



Run Norwich 2019

Sunday 21st July 2019

RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
1	9	31:41	Logan SMITH	City Of Norwich AC	Male	1	31:42	1
2	16	31:57	Ben SPRATLING	City Of Norwich AC	Male	2	31:57	2
3	8	32:21	Piers ARNOLD	City Of Norwich AC	Male	3	32:22	3
4	7	32:30	Adrian MUSSETT	Colchester Harriers AC	Male	4	32:30	4
5	3	33:08	James SENIOR	City Of Norwich AC	Male	5	33:08	5
6	1499	33:22	Scott GREEVES	City Of Norwich AC	Male	6	33:23	6
7	1494	33:24	Jonny EARL	Hercules Wimbledon	Male	7	33:24	7
8	31	33:27	Samuel COYNE	City Of Norwich AC	Male	8	33:27	8
9	850	33:31	Danny ROCK	Felixstowe RRC	Male	9	33:31	9
10	849	33:49	Jamie SHORT	Leicester Coritanian AC	Male	10	33:50	10
11	19	33:56	Michael ECCLES	Bure Valley Harriers	Male	11	33:56	11
12	25	33:58	Ryan DAVIDSON	Bure Valley Harriers	Male	12	33:58	12
13	876	34:09	Neil POLLARD		Male	13	34:10	13
14	15	34:16	Scott WALFORD	Bure Valley Harriers	Male	14	34:17	14
15	853	34:27	Kevin HOLLAND	Wymondham AC	Male	15	34:27	15
16	21	34:50	Laurence BALL		Male	16	34:52	16
17	870	34:51	Connor BRAITHWAITE	Tyne Bridge Harriers	Male	17	34:52	17
18	54	34:54	Jonathan STOCKWELL	City Of Norwich AC	Male	18	34:56	18
19	26	34:57	Robert CHENERY	Ipswich Jaffa RC	Male	19	34:58	19
20	851	35:10	Stephen SKINNER		Male	20	35:14	20
21	11	35:22	David ROY	Wymondham AC	Male	21	35:23	22
22	65	35:22	Sam TODD	City Of Norwich AC	Male	22	35:23	21
23	13	35:26	Jan KAISER	City Of Norwich AC	Male	23	35:27	23
24	36	35:31	Dean BAIN	Waveney Valley AC	Male	24	35:31	24
25	865	35:46	Neil ADAMS	North Norfolk Beach Runners	Male	25	35:47	25
26	18	35:57	Kim BOWLING		Male	26	35:58	26
27	862	36:06	Nicholas WITTRED		Male	27	36:09	27
28	867	36:08	Ed PLAGER		Male	28	36:13	29
29	27	36:11	Luke ALDEN	City Of Norwich AC	Male	29	36:14	30
30	938	36:11	Tom MCCUSKER	Newmarket Joggers	Male	30	36:12	28
31	46	36:14	Lawrence WADE	City Of Norwich AC	Male	31	36:16	31
32	884	36:16	Lee BARBER	Framlingham Flyers	Male	32	36:17	32
33	863	36:23	Roger BRAYBROOKS	London Heathside AC	Male	33	36:25	34
34	10	36:23	Iona LAKE	City Of Norwich AC	Female	1	36:24	33
35	33	36:23	John HUDSON	Norwich Road Runners	Male	34	36:26	35
36	872	36:24	Daniel COOK	Rugby & Northampton AC	Male	35	36:27	37
37	906	36:25	Aidan COUGHLAN	Vegan Runners UK	Male	36	36:32	38
38	41	36:26	Trevor GANNON	Norwich Road Runners	Male	37	36:27	36
39	64	36:32	Benn WALKER		Male	38	36:37	39
40	860	36:34	Tom GALLEY	Lowestoft Road Runners	Male	39	36:38	40
41	892	36:41	Rowan STRINGER		Male	40	36:46	42
42	57	36:43	Joe PENNINGTON	Barnet & District AC	Male	41	36:45	41
43	380	36:44	Ed WHITING	City Of Norwich AC	Male	42	36:46	43
44	58	36:50	Stephen MCLEOD	Fulham Running Club	Male	43	36:52	44
45	117	36:57	Kyle BROOKS	Wymondham AC	Male	44	36:59	45
46	23	37:00	Dominic BLAKE	Reepham Runners	Male	45	37:00	46
47	37	37:07	Liam ROWLANDS	Norwich Road Runners	Male	46	37:10	47
48	868	37:13	Rose PENFOLD	Fulham Running Club	Female	2	37:14	48
49	112	37:14	Mat PORTER	Norwich Road Runners	Male	47	37:16	49
50	12	37:17	Chris PARKER	North Norfolk Beach Runners	Male	48	37:19	50
51	98	37:19	Aidan BANFIELD	Wymondham AC	Male	49	37:21	52
52	89	37:20	Perry PAYNE	Norwich Road Runners	Male	50	37:20	51
53	28	37:20	Jeremy ROGERS	Norfolk Gazelles AC	Male	51	37:22	53
54	53	37:28	Simon PARTRIDGE	Bure Valley Harriers	Male	52	37:29	54
55	34	37:29	Nathan RISBEY	Tri-Anglia Triathlon Club	Male	53	37:32	55
56	63	37:30	Richard JONES	City Of Norwich AC	Male	54	37:32	56
57	85	37:31	Louie BLAKE	City Of Norwich AC	Male	55	37:33	57
58	1486	37:33	Philippa BOWDEN	Aldershot Farnham & District	Female	3	37:34	58
59	888	37:35	Luke HUBBARD		Male	56	37:41	61
60	35	37:36	Alex GRIFFITHS	Norwich Road Runners	Male	57	37:37	59
61	48	37:38	Nico DRINKWATER		Male	58	37:40	60
62	4	37:43	Jo ANDREWS	Bungay Black Dog RC	Female	4	37:44	62
63	115	37:46	James FOWLER	Norfolk Gazelles AC	Male	59	37:49	63
64	1390	37:49	Jacob ÖCAL		Male	60	37:52	64
65	102	37:51	Michael SAVVAS	Norwich Road Runners	Male	61	37:54	65
66	56	37:52	Jamie CONYARD	Norwich Road Runners	Male	62	37:54	66
67	875	37:55	Robert DOYLE	Thurrock Harriers	Male	63	37:58	67
68	49	37:59	Adam BAMFORD	City Of Norwich AC	Male	64	38:01	68
69	858	38:07	Marc EVANS	Great Yarmouth Road Runners	Male	65	38:10	69
70	143	38:10	Haydn LYON		Male	66	38:16	71



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
71	886	38:11	Tom DILREW		Male	67	38:17	72
72	176	38:11	David THOMSON		Male	68	38:14	70
73	880	38:14	Steven CARRUTHERS		Male	69	38:20	73
74	255	38:21	Benjamin SIMON		Male	70	38:35	77
75	62	38:21	Rory JUDD		Male	71	38:23	74
76	894	38:23	Dylan NEEVE	Waveney Valley AC	Male	72	38:28	75
77	356	38:25	Daryl LONDON	North Norfolk Beach Runners	Male	73	38:30	76
78	1411	38:31	Matthew PLANE		Male	74	38:36	78
79	90	38:34	Chris BULLOCK	Norwich Road Runners	Male	75	38:37	79
80	76	38:34	Craig ALEXANDER	Tri-Anglia Triathlon Club	Male	76	38:39	81
81	885	38:34	Chris LEEK	Framlingham Flyers	Male	77	38:38	80
82	879	38:39	Jonny HODGES		Male	78	38:41	82
83	32	38:41	Ashley HOBBS	Norwich Road Runners	Male	79	38:44	83
84	101	38:42	Chris GRAY		Male	80	38:45	85
85	977	38:42	Lucy MAPP		Female	5	38:44	84
86	79	38:43	Simon COOK	Lowestoft Road Runners	Male	81	38:48	88
87	40	38:44	Sammy RASHID	Liverpool Pembroke & Sefton H AC	Male	82	38:46	87
88	42	38:45	Jason PAINTER	Beccles Triathlon Club	Male	83	38:46	86
89	99	38:46	Rory STEEL		Male	84	38:50	90
90	72	38:46	Torben JESSEN	Folkestone Running Club	Male	85	38:48	89
91	1653	38:48	Terence ATTWOOD		Male	86	39:50	136
92	82	38:50	Mark GARRETT	Norwich Road Runners	Male	87	38:52	91
93	874	38:50	Jake PYE		Male	88	38:53	92
94	898	38:51	Ben HUGHES		Male	89	38:55	93
95	73	38:52	Matt HOWARD	Norwich Road Runners	Male	90	38:55	94
96	118	38:53	Charlotte NEALE	North Norfolk Beach Runners	Female	6	38:57	95
97	133	38:54	Daniel SMITH	Coltishall Jaguars RC	Male	91	39:00	96
98	83	38:57	Reuben LONGLEY		Male	92	39:25	118
99	95	38:57	Chris YEATES	City Of Norwich AC	Male	93	39:15	109
100	96	38:59	Chris HARRISON	Norwich Road Runners	Male	94	39:02	97
101	861	39:00	Simon BALES		Male	95	39:04	98
102	169	39:02	Matthew HUMPHREYS	Norwich Road Runners	Male	96	39:07	101
103	905	39:03	Chris MILLSTED		Male	97	39:10	103
104	51	39:03	Mark BANFIELD	Wymondham AC	Male	98	39:06	100
105	71	39:04	Westley WALKER	Haverhill Running Club	Male	99	39:05	99
106	126	39:05	Billy WHEELER		Male	100	39:16	110
107	881	39:06	John FAGAN	North Norfolk Beach Runners	Male	101	39:11	105
108	74	39:06	Philippa TAYLOR	Helpston Harriers AC	Female	7	39:08	102
109	969	39:08	Jordan HIPPERSON		Male	102	39:11	104
110	392	39:08	Dominic DOGETT		Male	103	39:14	108
111	127	39:08	Ashley WATERSON		Male	104	39:17	111
112	379	39:10	Phil WHITING	Norfolk Gazelles AC	Male	105	39:13	106
113	979	39:11	Geoffrey GREEN		Male	106	39:14	107
114	199	39:13	Jon WILES	Bungay Black Dog RC	Male	107	39:22	114
115	100	39:14	Kris HART		Male	108	39:18	112
116	219	39:16	Adam CAREY		Male	109	39:30	123
117	150	39:17	Darren LIVERSIDGE		Male	110	39:21	113
118	87	39:19	Mark CLUES	Tri-Anglia Triathlon Club	Male	111	39:25	119
119	896	39:20	Andrew BUCKLEY	Thetford AC	Male	112	39:35	126
120	67	39:20	Cat CUMMINGS	Wymondham AC	Female	8	39:23	115
121	869	39:20	Tom CROSSLEY	Tyne Bridge Harriers	Male	113	39:25	121
122	328	39:20	William ROBB	Norfolk Gazelles AC	Male	114	39:24	117
123	86	39:21	Mark VAN REE		Male	115	39:23	116
124	164	39:23	Aidan THORPE		Male	116	39:31	124
125	116	39:23	Simon BRYANT		Male	117	39:25	120
126	80	39:25	Alistair SHEARER	Wymondham AC	Male	118	39:29	122
127	209	39:29	Tom HULL		Male	119	39:36	127
128	110	39:31	Mabel BECKETT	City Of Norwich AC	Female	9	39:33	125
129	220	39:33	Sam EVANS		Male	120	39:41	130
130	6577	39:33	David HOUGHTON	Norwich Road Runners	Male	121	39:38	129
131	81	39:33	Kieron MCFARLANE	City Of Norwich AC	Male	122	39:36	128
132	970	39:36	Sean THOMPSON	Wymondham AC	Male	123	39:44	131
133	937	39:41	Juliette WATKINSON	Wymondham AC	Female	10	39:47	134
134	899	39:41	Ian BRAY	Norwich Road Runners	Male	124	39:47	133
135	945	39:42	Robert ELLSON		Male	125	39:49	135
136	1051	39:43	Dean JAMES	Fulham Running Club	Male	126	39:46	132
137	972	39:45	Sam JONES		Male	127	39:51	137
138	91	39:45	Ryan HIGGINS		Male	128	40:03	147
139	216	39:46	Lee COLLINS		Male	129	40:04	148
140	187	39:47	Matthew LABAND		Male	130	39:54	139



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
141	1013	39:47	Xiaofeng FANG		Male	131	39:55	141
142	147	39:48	Matt TOMLINSON	City Of Norwich AC	Male	132	40:07	149
143	93	39:51	Paul SMITH	Norwich Road Runners	Male	133	39:52	138
144	1392	39:51	Edward SIDGWICK		Male	134	39:58	142
145	135	39:52	Tony MCCALLUM		Male	135	39:54	140
146	70	39:53	Jack STUTTLE	Coltishall Jaguars RC	Male	136	39:59	145
147	69	39:53	James TUBB		Male	137	39:59	143
148	890	39:54	James LAYTON		Male	138	39:59	144
149	77	39:55	Dan CLAFLIN	Tri-Anglia Triathlon Club	Male	139	40:02	146
150	140	39:59	Will MCMORRIS		Male	140	40:16	152
151	1082	40:05	Daniel GUEST		Male	141	40:24	159
152	273	40:07	Jason HURST	Bungay Black Dog RC	Male	142	40:16	151
153	120	40:07	Adam PARKE		Male	143	40:12	150
154	3505	40:08	Shana WALPOLE		Female	11	40:18	154
155	186	40:11	Lee FORDER	Norwich Road Runners	Male	144	40:21	157
156	189	40:11	Rory FRENCH	Waveney Valley AC	Male	145	40:25	160
157	190	40:12	Neil WALPOLE	Norwich Road Runners	Male	146	40:19	155
158	871	40:13	Rosanna ANDREWS	Daventry Road Runners	Female	12	40:17	153
159	75	40:14	Will BAMBER		Male	147	40:23	158
160	160	40:16	Matt JENKINS	Norwich Road Runners	Male	148	40:21	156
161	1395	40:18	Joe DENTON	Harling Athletic Club	Male	149	40:27	163
162	137	40:19	Amy BECK	Norwich Road Runners	Female	13	40:25	161
163	1155	40:19	James YOUNGS	Stowmarket Striders RC	Male	150	40:39	171
164	224	40:21	Byron MCGILL	Bungay Black Dog RC	Male	151	40:31	165
165	887	40:22	Phil HURR	Bure Valley Harriers	Male	152	40:27	162
166	946	40:22	Peter CLARKE	Diss and District AC	Male	153	40:33	167
167	132	40:23	David ASKER	Norwich Road Runners	Male	154	40:31	166
168	368	40:23	Tyrone YOUNG		Male	155	40:57	184
169	263	40:26	Stephen RAMM		Male	156	40:35	168
170	908	40:28	Todd LAKE	Dereham Runners & AC	Male	157	40:36	169
171	891	40:29	David HINTON		Male	158	40:30	164
172	136	40:31	Neil BUTTON	Coltishall Jaguars RC	Male	159	40:38	170
173	195	40:32	Will LAYTON	Tri-Anglia Triathlon Club	Male	160	40:39	172
174	944	40:33	Tom HILL		Male	161	41:12	196
175	103	40:35	Tom BRISTOW	Norwich Road Runners	Male	162	41:08	192
176	959	40:36	Lee FAIRWEATHER		Male	163	40:53	180
177	138	40:40	Rhys FOYSTER	City Of Norwich AC	Male	164	40:45	174
178	68	40:40	Martin FARR	Lowestoft Road Runners	Male	165	40:45	173
179	931	40:41	Paul ROSE		Male	166	40:50	178
180	958	40:43	Leon NEEVE	Waveney Valley AC	Male	167	40:49	176
181	206	40:45	Paul OWEN		Male	168	40:55	181
182	596	40:45	Tashan ALLMAN		Male	169	41:06	190
183	240	40:45	Matthew WIGG		Male	170	40:48	175
184	111	40:46	Jason BRUNT	Norfolk Gazelles AC	Male	171	40:53	179
185	44	40:46	Craig SPEIRS		Male	172	40:50	177
186	97	40:46	Stu BARNARD	Wymondham AC	Male	173	40:55	182
187	673	40:46	Kevin WRIGHT		Male	174	40:55	183
188	895	40:48	Ben CHURCHMAN	Diss and District AC	Male	175	41:14	200
189	188	40:48	Luke GUY		Male	176	41:23	207
190	448	40:50	Shaun MARSHALL		Male	177	41:03	188
191	168	40:51	Joao DUARTE	Tri-Anglia Triathlon Club	Male	178	41:02	187
192	909	40:52	Robert GOLDSMITH		Male	179	41:21	204
193	292	40:53	Adam WRIGHT		Male	180	40:58	185
194	3832	40:54	Nick WATTS	Diss and District AC	Male	181	46:56	614
195	238	40:57	Darren WOODWARD	Tri-Anglia Triathlon Club	Male	182	41:18	203
196	22	40:58	Sam BARKER	Wymondham AC	Male	183	41:01	186
197	298	40:58	Jon SHORTEN	Norwich Road Runners	Male	184	41:10	194
198	201	40:59	David STEVENS		Male	185	41:08	193
199	434	40:59	Oliver DACK		Male	186	41:03	189
200	897	41:02	John FENSOM	Bungay Black Dog RC	Male	187	41:12	197
201	1066	41:03	Ross KOZYRKO		Male	188	41:13	199
202	119	41:04	Aaron FRANCIS		Male	189	41:16	202
203	1393	41:05	Remi BULLENT		Male	190	41:40	222
204	1030	41:06	Sean DONOGHUE		Male	191	41:13	198
205	920	41:06	Ella SHARROCK	City Of Norwich AC	Female	14	41:08	191
206	943	41:07	Steve HALL	Framlingham Flyers	Male	192	41:11	195
207	1009	41:07	Steven BURGE		Male	193	41:14	201
208	267	41:08	Thomas SORRELL		Male	194	41:35	216
209	139	41:09	Ryan PACK		Male	195	41:22	205
210	883	41:10	Stuart COE	Waveney Valley AC	Male	196	41:23	206



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
211	2423	41:13	James CASEY	North Norfolk Beach Runners	Male	197	44:13	367
212	1027	41:14	Dean HOWARD		Male	198	41:33	214
213	954	41:16	Daniel ROUTLEDGE		Male	199	41:31	213
214	213	41:16	Ian BAILEY	Waveney Valley AC	Male	200	41:25	208
215	149	41:18	Matt BALDRY		Male	201	41:31	212
216	1094	41:18	Paul WARD		Male	202	41:44	228
217	1036	41:20	David FOREMAN	Wymondham AC	Male	203	41:36	217
218	1208	41:21	Reuben LANE		Male	204	41:26	209
219	956	41:22	Kevin FRAZER		Male	205	41:30	211
220	998	41:23	James RODGERS	Norfolk Gazelles AC	Male	206	42:28	255
221	1022	41:24	Nans ADDOR		Male	207	41:58	236
222	498	41:25	Mark GRIFFIN		Male	208	41:36	218
223	316	41:25	Jonathan TUCKER	Tri-Anglia Triathlon Club	Male	209	41:29	210
224	962	41:25	Phillip BRAY		Male	210	41:40	223
225	1018	41:26	Craig SMITHERMAN		Male	211	41:34	215
226	145	41:27	Dan GOODWIN	Norwich Road Runners	Male	212	41:37	220
227	1763	41:27	Shaun LONG		Male	213	44:22	376
228	200	41:31	Stanley SWANEPOEL		Male	214	41:51	232
229	128	41:32	Aston MARTIN	Diss and District AC	Male	215	41:39	221
230	939	41:33	Lance ESCOBAR		Male	216	41:58	237
231	941	41:33	Charlie STONE		Male	217	41:47	229
232	197	41:33	Shaun CLEWORTH	Three Counties Running Club	Male	218	41:40	224
233	912	41:33	Lee JOHNSON		Male	219	41:42	225
234	78	41:34	Darren STEPHENSON		Male	220	41:37	219
235	153	41:36	Rose WATERMAN	Tri-Anglia Triathlon Club	Female	15	41:43	227
236	182	41:38	Craig MCCANN		Male	221	41:54	234
237	1482	41:39	Dale HURREN		Male	222	41:43	226
238	207	41:39	Ian MOORE	Wymondham AC	Male	223	41:47	230
239	1053	41:39	Chris GREENOUGH		Male	224	42:10	242
240	266	41:42	Mark MARDELL		Male	225	41:53	233
241	1102	41:44	George CRANE	Norwich Road Runners	Male	226	42:07	240
242	913	41:45	Nathan EDWARDS		Male	227	41:50	231
243	152	41:45	Ben BURGESS		Male	228	41:55	235
244	306	41:53	Matt OXBORROW	Wymondham AC	Male	229	42:07	239
245	873	41:55	Richard HAMMOND		Male	230	42:03	238
246	108	42:00	Steve ELY		Male	231	42:09	241
247	338	42:03	Matt PRIDDLE	Norwich Road Runners	Male	232	42:14	245
248	1218	42:04	Kev GAME		Male	233	42:47	268
249	177	42:05	Michael WILKINSON		Male	234	42:10	243
250	202	42:05	Philip BROCKINGTON	Ryston Runners	Male	235	42:12	244
251	1037	42:06	Jonathan GORMAN		Male	236	42:16	247
252	980	42:06	Joe FISH		Male	237	42:23	251
253	144	42:10	G GRAND	Coltishall Jaguars RC	Male	238	42:21	250
254	927	42:11	Lee EMMETT		Male	239	42:24	252
255	244	42:11	Matt EARL		Male	240	42:18	248
256	1010	42:14	Owen BURGE	Norwich Road Runners	Male	241	42:20	249
257	732	42:14	Joshua CRASKE		Male	242	42:44	266
258	257	42:15	James ASHWORTH		Male	243	42:29	256
259	926	42:15	Joe GILBERT	Norwich Road Runners	Male	244	42:16	246
260	1401	42:15	Andy KEELER		Male	245	42:26	254
261	165	42:16	David THOMAS		Male	246	42:24	253
262	162	42:17	Catriona WARD SELL	Fulham Running Club	Female	16	42:31	258
263	971	42:17	Tom BLOOMFIELD		Male	247	42:39	263
264	1011	42:18	Bob EMPSON		Male	248	42:30	257
265	311	42:18	Michael QUANTRILL	Wymondham AC	Male	249	42:32	261
266	1040	42:22	Tom MOORE		Male	250	42:41	264
267	205	42:24	Alexandra SMITH		Female	17	42:32	260
268	271	42:26	Desmond MICHAEL	City Of Norwich AC	Male	251	42:32	259
269	965	42:26	Ross ASHTON		Male	252	42:43	265
270	1026	42:27	Tim FORD		Male	253	42:35	262
271	283	42:30	Shane BIDLE	Stowmarket Striders RC	Male	254	42:56	275
272	323	42:30	Matt CLARKE		Male	255	42:45	267
273	163	42:30	Stuart HAYNES		Male	256	43:12	286
274	1042	42:32	William TERRY	Harwich Runners	Male	257	43:10	284
275	1145	42:34	Steven MIDDLETON		Male	258	42:49	269
276	976	42:36	Lee ALLEN		Male	259	43:05	280
277	955	42:36	Dan PERRIN	City Of Norwich AC	Male	260	43:09	283
278	433	42:38	Matt SANDERS		Male	261	43:11	285
279	258	42:40	James FRANCIS		Male	262	42:53	273
280	155	42:41	Sam WENHAM		Male	263	42:50	270



Run Norwich 2019

Sunday 21st July 2019

RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
281	893	42:43	Martin MILWARD	Fulham Running Club	Male	264	42:55	274
282	122	42:44	Ben LING	Fulham Running Club	Male	265	42:56	276
283	1412	42:45	Dan LITTLEBOY	Fulham Running Club	Male	266	42:52	272
284	1012	42:45	Jeremy BELL	Fulham Running Club	Male	267	42:51	271
285	1083	42:47	Fin RING-HRUBESH	Fulham Running Club	Male	268	43:45	322
286	130	42:48	Lee WILSON	Fulham Running Club	Male	269	43:00	277
287	325	42:49	Nick WILLIAMS	Taunton AC	Male	270	43:26	300
288	1096	42:50	Daniel JOHNSTONE	Taunton AC	Male	271	43:30	303
289	215	42:51	Darren THORPE	Taunton AC	Male	272	43:02	278
290	222	42:52	Ronnie MOUNT	Norwich Road Runners	Male	273	43:03	279
291	344	42:54	Dan NORTH	Norwich Road Runners	Male	274	43:46	323
292	66	42:54	George SHIPLEE	Beccles & Bungay Harriers	Male	275	43:15	289
293	730	42:58	Alistair LAIDLAW	Beccles & Bungay Harriers	Male	276	43:27	301
294	142	42:58	Peter WARD	Beccles & Bungay Harriers	Male	277	43:08	282
295	479	42:58	Matthew GRIMWOOD	Beccles & Bungay Harriers	Male	278	43:07	281
296	901	42:59	Daniel VERHOEST	Beccles & Bungay Harriers	Male	279	43:14	288
297	183	42:59	Shaun COPLAND	Norwich Road Runners	Male	280	43:25	299
298	1210	42:59	Alex CHALMERS-WILKES	Waveney Valley AC	Male	281	43:13	287
299	333	43:00	Ben SNELLING	Waveney Valley AC	Male	282	43:44	321
300	409	43:03	Jamie TUFTS	Waveney Valley AC	Male	283	43:19	292
301	3384	43:04	Colin FORSHAW	Waveney Valley AC	Male	284	47:35	683
302	276	43:06	Emma LAYTON	Waveney Valley AC	Female	18	43:17	290
303	293	43:06	Anthony KENDRICK	Waveney Valley AC	Male	285	43:22	294
304	424	43:07	Suzy HILL	Norwich Road Runners	Female	19	43:19	293
305	239	43:09	Alan KYLE	Norwich Road Runners	Male	286	43:30	304
306	1041	43:10	Chris PATON	Norwich Road Runners	Male	287	43:17	291
307	1414	43:10	Christopher STEWARD	Norwich Road Runners	Male	288	43:33	306
308	326	43:11	Chris SELFE	Lordshill Road Runners	Male	289	43:23	297
309	1425	43:11	Scotty BRUCE	Lowestoft Road Runners	Male	290	43:35	311
310	1289	43:12	Daniel GIBB	Lowestoft Road Runners	Male	291	43:40	317
311	309	43:12	John BAXTER	Bure Valley Harriers	Male	292	43:28	302
312	376	43:13	Christine FAULKNER	Bure Valley Harriers	Female	20	43:49	328
313	204	43:14	James STENNER	Bure Valley Harriers	Male	293	43:23	295
314	214	43:14	Shaun BRAYBROOK	Wymondham AC	Male	294	43:33	307
315	451	43:14	Mark FOWLER	Norfolk Gazelles AC	Male	295	43:25	298
316	1002	43:15	William GEORGE	Norfolk Gazelles AC	Male	296	43:59	338
317	557	43:16	John PARRY	Norfolk Gazelles AC	Male	297	43:56	334
318	281	43:16	David ALLUM	Norfolk Harriers RC	Male	298	43:36	313
319	3671	43:17	Liam DOYLE	Norfolk Harriers RC	Male	299	49:20	867
320	1031	43:17	Matthew TYE	Beccles & Bungay Harriers	Male	300	43:46	324
321	430	43:17	Ben PLAYER	Beccles & Bungay Harriers	Male	301	43:42	318
322	148	43:17	Simon BAXTER	Beccles & Bungay Harriers	Male	302	43:23	296
323	988	43:17	Elliot MCCURLEY	Beccles & Bungay Harriers	Male	303	44:07	353
324	1158	43:20	James OFFORD	Beccles & Bungay Harriers	Male	304	43:35	310
325	1157	43:20	Dai SMOLDON	Beccles & Bungay Harriers	Male	305	43:35	309
326	1418	43:20	Cleveland BENNETT	Beccles & Bungay Harriers	Male	306	44:02	344
327	925	43:20	Andrew AYERS	Waveney Valley AC	Male	307	43:34	308
328	1020	43:21	Chris VERNON	Waveney Valley AC	Male	308	43:37	314
329	929	43:21	Steven HARROWING	Norfolk Harriers RC	Male	309	43:39	315
330	180	43:21	Mark OGDEN	Norfolk Harriers RC	Male	310	43:35	312
331	284	43:21	Tom ASKEW	Norfolk Harriers RC	Male	311	43:33	305
332	996	43:22	Kevin SADD	Norfolk Harriers RC	Male	312	43:43	320
333	1126	43:22	Gavin BUNN	Norfolk Harriers RC	Male	313	43:39	316
334	1498	43:23	Jason FORD	Norfolk Harriers RC	Male	314	43:42	319
335	337	43:24	James HOPGOOD	Norfolk Harriers RC	Male	315	44:05	350
336	471	43:26	Jason HOWES	Norfolk Harriers RC	Male	316	43:48	327
337	1143	43:27	Jared LOWE	Norfolk Harriers RC	Male	317	43:53	330
338	496	43:28	Lewis WEATHERBURN	Norfolk Harriers RC	Male	318	44:07	355
339	1062	43:31	Trevor KUHRT	Norwich Road Runners	Male	319	44:07	354
340	1032	43:31	Andy BLACKBURNE	Norwich Road Runners	Male	320	44:02	345
341	947	43:34	Andrew BLACK	Norwich Road Runners	Male	321	44:17	374
342	210	43:35	David KIY	Norwich Road Runners	Male	322	44:40	397
343	475	43:35	Alan DAWSON	Norwich Road Runners	Male	323	43:56	335
344	1427	43:36	Charles PARTNER	Norwich Road Runners	Male	324	44:40	394
345	1456	43:39	Tom EAST	Norwich Road Runners	Male	325	46:52	605
346	1008	43:39	Simon STEVENS	Norwich Road Runners	Male	326	44:01	343
347	398	43:40	Andrew CALLEN	Diss and District AC	Male	327	44:05	351
348	370	43:40	Natasha DAVIS	Diss and District AC	Female	21	43:47	326
349	914	43:40	Liam SWIFT	Diss and District AC	Male	328	43:47	325
350	242	43:41	Greg HOWARD	Bure Valley Harriers	Male	329	44:05	349



Run Norwich 2019

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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
351	1130	43:41	Mark DOWNES	Norwich Road Runners Waveney Valley AC	Male	330	43:53	329
352	299	43:41	Mark BLOOMFIELD		Male	331	43:59	337
353	227	43:41	Neil BOYCE		Male	332	43:57	336
354	1114	43:42	Neil GOOCH		Male	333	43:55	333
355	678	43:42	Andy CLARK		Male	334	44:06	352
356	2055	43:42	Ady PENFOLD	Great Yarmouth Road Runners	Male	335	46:42	580
357	933	43:43	Ben MOORE		Male	336	44:10	358
358	2555	43:43	Ethan ROWDEN		Male	337	53:17	1308
359	1050	43:44	Andrew THOMAS		Male	338	44:03	346
360	1140	43:44	Steven TUTTLE		Male	339	44:09	357
361	435	43:45	Harry NEALE	Beccles & Bungay Harriers	Male	340	44:14	368
362	490	43:45	Alexandra FRENCH	City Of Norwich AC	Female	22	43:55	332
363	296	43:45	Ben HALPIN	Tri-Anglia Triathlon Club	Male	341	44:03	347
364	382	43:47	Richard LOONEY		Male	342	43:55	331
365	1173	43:47	Mike ALLUM		Male	343	44:17	373
366	1405	43:47	Paul FREESTONE		Male	344	44:29	382
367	289	43:49	Ian MOFFAT		Male	345	44:14	369
368	243	43:49	Steven ELVIN	Norwich Road Runners	Male	346	44:00	340
369	181	43:49	Michael ARMES		Male	347	43:59	339
370	3343	43:49	Holly BRAY		Female	23	49:51	928
371	1048	43:49	Ashley SPEIGHT		Male	348	44:13	366
372	461	43:50	Liam HOGAN		Male	349	44:40	398
373	2937	43:50	Aaron HOOPER	Harling Athletic Club	Male	350	48:44	806
374	211	43:50	Nick GURNEY		Male	351	44:01	342
375	1153	43:51	Duncan FROST		Male	352	44:17	371
376	702	43:51	Jordan HUNT		Male	353	44:52	413
377	978	43:51	Martin GOODERHAM		Male	354	44:13	364
378	1154	43:51	Alex HOLLAND	Clapham Chasers East London Runners	Male	355	44:08	356
379	1413	43:54	Kevin BROWN		Male	356	44:04	348
380	312	43:55	Andrew HART		Male	357	44:17	372
381	365	43:55	John OSBORNE		Male	358	44:12	363
382	232	43:56	Scott BEMMENT		Male	359	44:10	359
383	322	43:56	Nick CLARKE	Wymondham AC Thetford AC	Male	360	44:11	362
384	2674	43:56	Thomas BROWN		Male	361	47:06	630
385	339	43:57	Aaron LEVERETT		Male	362	44:43	400
386	985	43:58	Sharon HURREN		Female	24	44:11	361
387	196	43:58	Richard CREWE		Male	363	44:13	365
388	172	43:58	Holly BATEMAN	Reepham Runners Wymondham AC	Female	25	44:00	341
389	447	43:59	Andrew HAWES		Male	364	44:44	402
390	1394	44:00	Richard DADE		Male	365	44:29	384
391	2548	44:01	Andrew FISK		Male	366	47:22	656
392	3670	44:01	Emma DOYLE		Female	26	50:03	951
393	390	44:03	Isabelle PENDLETON	City Of Norwich AC	Female	27	44:45	404
394	218	44:04	Greg SHARPLES		Male	367	44:25	379
395	154	44:04	Lucian IFTIMIE HAU		Male	368	44:11	360
396	460	44:06	Nicola CAGE-BRIMELOW		Female	28	44:19	375
397	1287	44:08	Paul KNIGHTLEY		Male	369	44:42	399
398	194	44:08	Lorna ELLIOTT	Ryston Runners City Of Norwich AC	Female	29	44:17	370
399	1092	44:09	Eddie ALFORD		Male	370	44:29	383
400	1404	44:09	Dan EDWARDS		Male	371	44:25	380
401	593	44:10	Oliver MARRIOTT		Male	372	44:45	405
402	1505	44:12	Ben PAGE		Male	373	44:27	381
403	442	44:13	Ollly GLASSPOOLE	Attleborough Athletics Academy	Male	374	44:38	390
404	406	44:16	Lee FROST		Male	375	44:39	391
405	250	44:16	David VASS		Male	376	44:59	422
406	417	44:17	Richard THOMSON		Male	377	44:36	387
407	907	44:17	Will HONEYBONE		Male	378	44:40	395
408	514	44:17	Catherine HENERY	Attleborough Athletics Academy	Female	30	44:33	385
409	384	44:18	Sam THORPE		Male	379	44:56	417
410	310	44:18	Glen NELSON		Male	380	44:24	378
411	480	44:18	Howard DUFF		Male	381	44:44	403
412	295	44:19	Nigel WHITELEY		Male	382	44:39	393
413	1179	44:19	Joshua CADWALLADER	Attleborough Athletics Academy	Male	383	45:11	435
414	166	44:21	Jonathan PEARSON		Male	384	44:40	396
415	1128	44:21	Frazer BROOKS		Male	385	44:24	377
416	530	44:21	Chris PARSONS		Male	386	45:32	471
417	1426	44:22	Gav SMITH		Male	387	44:47	409
418	1046	44:22	Daniel TARR	Attleborough Athletics Academy	Male	388	44:47	408
419	1178	44:22	Alex GEORGE		Male	389	45:07	428
420	1421	44:24	Roger MADLE		Male	390	44:35	386



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
421	989	44:24	Matt NELSON	Norwich Road Runners	Male	391	45:08	429
422	1138	44:25	Rafal WISNIEWSKI		Male	392	44:51	411
423	468	44:25	David ALLEN		Male	393	44:47	410
424	1459	44:25	Sean MARTEN		Male	394	44:37	389
425	1101	44:25	Paul SYCAMORE		Male	395	44:53	414
426	1309	44:25	Martin MOORE		Male	396	44:58	419
427	300	44:27	Stephen MOSELEY		Male	397	47:35	682
428	642	44:29	Tom DURRELL		Male	398	49:25	875
429	953	44:29	Paul CHAMBERLAIN		Male	399	44:36	388
430	1003	44:29	Matthew FISKE		Male	400	45:10	434
431	423	44:29	Toby MOY		Male	401	44:56	418
432	1191	44:30	Ben WATSON		Male	402	44:39	392
433	713	44:30	Jonathan VARLEY		Male	403	44:54	415
434	1245	44:30	James PAUL		Male	404	45:10	431
435	245	44:32	Matthew METCALF		Male	405	44:55	416
436	439	44:33	Steve BIRD		Male	406	44:52	412
437	1466	44:33	Maria LEWIS		Female	31	45:43	482
438	377	44:33	Jamie MARRISON		Male	407	45:10	430
439	2114	44:36	Neil HOLMES		Male	408	48:25	763
440	355	44:37	Leon EDWARDS		Male	409	45:13	437
441	203	44:37	Gary MCDONALD	Lowestoft Road Runners	Male	410	45:00	423
442	1267	44:38	Daniel PAYNE		Male	411	44:44	401
443	1509	44:39	Toyah WARD		Female	32	45:38	477
444	357	44:39	Steve PARRY		Male	412	45:19	444
445	1675	44:40	Jose CRUZ	Norwich Road Runners	Male	413	47:41	694
446	923	44:41	Mark ARMSTRONG		Male	414	45:14	438
447	507	44:41	Alick BURNETT		Male	415	44:58	420
448	347	44:42	Sam OSBORNE		Male	416	44:46	406
449	1033	44:42	Barry SMITH	Ryston Runners	Male	417	44:59	421
450	217	44:42	Duncan CARDWELL	Tri-Anglia Triathlon Club	Male	418	45:46	487
451	992	44:42	Wayne BRANDON	Norfolk Gazelles AC	Male	419	44:46	407
452	1133	44:43	Kevin YOUNGS		Male	420	45:03	425
453	287	44:44	James HOYLE		Male	421	45:04	426
454	2593	44:44	Daniel YOUNGS		Male	422	49:10	846
455	836	44:45	Ross LEAMON	Wymondham AC	Male	423	45:07	427
456	1298	44:45	Daniel BROCKLEHURST		Male	424	45:15	439
457	386	44:47	Dominic THOMAS		Male	425	45:26	460
458	358	44:47	Mark HIGGINS		Male	426	45:22	449
459	229	44:47	Sarah NORMAN	Waveney Valley AC	Female	33	45:47	488
460	1488	44:47	Adrian MARTIN	Norfolk Gazelles AC	Male	427	45:22	447
461	161	44:48	Mark SHIELDS	Waveney Valley AC	Male	428	45:25	453
462	2415	44:48	Ian ARCHER		Male	429	47:50	704
463	3025	44:49	Jacob EDWARDS		Male	430	47:51	705
464	241	44:49	Emma TOWN		Female	34	45:02	424
465	748	44:49	Mark HOLROYD	Waveney Valley AC	Male	431	45:16	441
466	700	44:50	Jonny RAY		Male	432	46:01	516
467	741	44:51	Tom BEZANCE		Male	433	45:10	432
468	402	44:51	Nicholas REDFERN		Male	434	45:25	454
469	290	44:51	Adrian LEDDY	Coltishall Jaguars RC	Male	435	45:17	442
470	3661	44:53	Andrew HOWE		Male	436	50:55	1039
471	715	44:54	Glen ROBINSON		Male	437	45:32	472
472	760	44:55	Chris BROUGH		Male	438	45:24	452
473	262	44:56	Rob STEVENS	Waveney Valley AC	Male	439	45:10	433
474	1006	44:58	Zoe CHASE		Female	35	45:22	446
475	518	44:58	Shane LOFTUS		Male	440	45:48	490
476	1073	44:59	Paul GALLOP		Male	441	45:23	451
477	1220	44:59	Philip WINTER	Norfolk Gazelles AC	Male	442	45:15	440
478	246	44:59	Daniel GILBERT		Male	443	45:30	467
479	964	45:00	Jason CORNER		Male	444	45:53	498
480	366	45:00	Paul COTTRELL		Male	445	45:34	473
481	1108	45:00	Marek HALICKI	Wymondham AC	Male	446	45:29	466
482	1424	45:01	Antony RICHES		Male	447	45:42	481
483	212	45:03	Oliver GIBBONS		Male	448	45:23	450
484	1078	45:04	Jason BLACK		Male	449	45:21	445
485	1373	45:05	Chris HOWARD	Sudbury Joggers	Male	450	45:18	443
486	444	45:05	Jim FITCH		Male	451	46:06	522
487	930	45:05	Jamie FITTOCK		Male	452	45:27	464
488	4332	45:06	Stuart SMITH		Male	453	51:06	1064
489	363	45:07	Nick SMITH	Norwich Road Runners	Male	454	45:26	456
490	1024	45:07	David WELSH		Male	455	45:26	455



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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
491	320	45:08	Adam PEARCE	Dereham Runners & AC	Male	456	45:27	461
492	285	45:08	Andy ROWLES		Male	457	45:12	436
493	302	45:08	Chris LODGE		Male	458	45:49	492
494	427	45:09	Michael QUINTON	Crystal Palace Triathletes	Male	459	45:26	459
495	1163	45:10	Emma DODDS		Female	36	45:40	480
496	404	45:10	David BELL		Male	460	45:43	483
497	640	45:10	Chris HAYSTEAD	Norfolk Gazelles AC	Male	461	45:44	485
498	1448	45:10	Jack JILLINGS		Male	462	46:16	541
499	1476	45:11	Oliver STONE		Male	463	45:49	493
500	7233	45:11	Mark SELICK	Coltishall Jaguars RC	Male	464	57:39	1877
501	2075	45:11	Franklyn PLUME		Male	465	48:26	769
502	305	45:12	Joshua HARMES		Male	466	45:22	448
503	1060	45:13	Simon BUTTON	Norwich Road Runners	Male	467	45:30	469
504	233	45:13	Shaun SPARKES		Male	468	45:50	494
505	1818	45:13	Patrick DICKINSON		Male	469	48:22	759
506	500	45:13	Daniel RANKIN	Norfolk Gazelles AC	Male	470	45:58	511
507	264	45:13	Tom JORDAN		Male	471	45:58	512
508	431	45:13	James FRARY		Male	472	45:30	470
509	983	45:14	Kym ROBERTSON	Saint Edmund Pacers	Female	37	45:36	476
510	1247	45:14	Alan DUNCAN		Male	473	46:08	525
511	345	45:15	Mike HOWE		Male	474	46:03	520
512	510	45:15	Louis BOND	Tri-Anglia Triathlon Club	Male	475	45:27	462
513	303	45:15	Stacey HARPER		Female	38	45:27	463
514	1039	45:15	Robbie BREACH		Male	476	45:38	479
515	801	45:16	Timothy RENSHAW	Norwich Road Runners	Male	477	46:13	536
516	634	45:16	Paul DURRANT		Male	478	45:28	465
517	1057	45:17	Andy FOREMAN		Male	479	46:11	530
518	1222	45:17	Simon OTTAWAY	Coltishall Jaguars RC	Male	480	45:56	506
519	581	45:17	Robert DUNCAN		Male	481	46:11	533
520	1841	45:18	Neil STEVENS		Male	482	48:20	753
521	681	45:18	Nicholas ELEY	Coltishall Jaguars RC	Male	483	46:12	534
522	4569	45:18	Ian DUERDEN		Male	484	51:21	1092
523	156	45:19	Matthew ADAMS		Male	485	45:55	503
524	1144	45:19	Stuart ROBERTS	Norwich Road Runners	Male	486	45:30	468
525	1974	45:19	Dom MILLER		Male	487	50:59	1047
526	619	45:20	Peter SINGLE		Male	488	45:51	495
527	94	45:21	Andrew MULLIGAN	Coltishall Jaguars RC	Male	489	45:26	457
528	470	45:21	Carlene JOHNSON		Female	39	45:54	501
529	528	45:22	Jonathan LEUNIS		Male	490	46:11	532
530	729	45:22	Jack TAYLOR	Norwich Road Runners	Male	491	46:02	518
531	952	45:22	Stefan GLAYSHER		Male	492	45:35	474
532	2422	45:23	D OSBORNE-NOCKELS		Male	493	48:52	816
533	2561	45:23	Morgan JONES	Thetford AC	Male	494	48:42	803
534	1055	45:23	Peter ELLIOTT		Male	495	45:56	505
535	1028	45:24	Tom HOLT		Male	496	45:56	507
536	6014	45:25	Jon WILSON	Bure Valley Harriers	Male	497	55:19	1574
537	260	45:25	Graham DALTON		Male	498	45:58	514
538	1156	45:25	Dean PRESTON		Male	499	45:53	499
539	17	45:25	C MICKLEBURGH	Norwich Road Runners	Male	500	45:26	458
540	223	45:26	Kevin ROWE		Male	501	45:44	484
541	336	45:26	Paul RICHARDSON		Male	502	45:52	497
542	1808	45:26	Tom NEWMAN	Dereham Runners & AC	Male	503	49:44	913
543	254	45:27	Lloyd QUINTON		Male	504	45:36	475
544	450	45:27	Nigel HEMSTED		Male	505	45:54	502
545	643	45:27	Jonathan ABBS	Norfolk Harriers RC	Male	506	45:53	500
546	2948	45:28	James BEECH		Male	507	48:44	807
547	918	45:28	Will JARVIS		Male	508	46:11	529
548	1137	45:29	Charlie PEARCE	Mornington Chasers	Male	509	45:38	478
549	1428	45:29	Kevin RAISBOROUGH		Male	510	46:18	542
550	1480	45:30	Dale COOPER		Male	511	46:02	517
551	1004	45:30	Mark LAMB	Waveney Valley AC	Male	512	45:48	491
552	1116	45:30	John DOWNS		Male	513	45:57	509
553	749	45:31	Steven HEWKIN		Male	514	46:35	568
554	2697	45:32	James SCHAITE	Waveney Valley AC	Male	515	48:46	808
555	637	45:33	Anton PERKINS		Male	516	46:10	528
556	1290	45:33	Craig KNIGHTS		Male	517	46:47	591
557	580	45:34	Robin JONES	Waveney Valley AC	Male	518	45:48	489
558	1228	45:35	Shaun CONWAY		Male	519	45:51	496
559	61	45:35	Ross GOULDEN		Male	520	45:44	486
560	1316	45:36	Clive JOHNSON		Male	521	46:50	599



Run Norwich 2019

Sunday 21st July 2019

RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
561	429	45:37	Kevin POWLES	Reepham Runners	Male	522	46:15	539
562	1076	45:37	Armin PALMER		Male	523	45:57	508
563	472	45:38	Andy SEXTON		Male	524	45:55	504
564	1117	45:39	Tim SUSWAIN		Male	525	46:25	553
565	5487	45:40	Lauren RIDING		Female	40	54:51	1519
566	294	45:40	Stuart CLARK	Lowestoft Road Runners	Male	526	46:08	524
567	1049	45:41	Richard DAWS		Male	527	46:28	557
568	141	45:42	Eddie WARREN		Male	528	46:36	571
569	486	45:43	Kierstan FOREMAN		Male	529	45:58	510
570	279	45:44	Wayne RAMSBOTTOM		Male	530	46:10	526
571	1713	45:45	Jonathan EAGLE	Wymondham AC	Male	531	49:07	840
572	3111	45:46	Callum RHODES		Male	532	51:47	1132
573	824	45:46	Benjamin HUTCHINGS		Male	533	46:29	560
574	4075	45:46	Paul WAREHAM		Male	534	52:59	1271
575	1119	45:46	Charles FRY		Male	535	46:28	558
576	936	45:46	Daniel GROCOTT	Norwich Road Runners	Male	536	46:41	576
577	297	45:46	Rachel MILLER		Female	41	45:58	513
578	321	45:48	Ellie WILKINSON		Female	42	46:03	519
579	1197	45:48	Adam PIMBLE		Male	537	46:23	549
580	509	45:48	Jonathan MCMANUS		Male	538	46:13	535
581	4441	45:48	Joe SPARKES	East London Runners	Male	539	51:54	1143
582	1019	45:49	Stacy TOVELL		Male	540	46:16	540
583	1106	45:49	Benjamin KENT		Male	541	46:25	554
584	636	45:49	Daniel BLAND		Male	542	47:00	622
585	526	45:49	James COOPER		Male	543	45:59	515
586	655	45:49	Philip SEMMENCE	Coltishall Jaguars RC	Male	544	46:23	548
587	396	45:50	Howard HARPER		Male	545	46:44	582
588	565	45:51	Fiona COOLEY		Female	43	46:24	550
589	981	45:51	Daniel CRITOPH		Male	546	46:06	521
590	1146	45:52	Chris CHORLEY		Male	547	46:38	573
591	2267	45:52	Harry PEEK	Bungay Black Dog RC	Male	548	48:53	819
592	2604	45:52	Grant OLLEY		Male	549	49:37	897
593	6209	45:53	Jade WARDROP		Female	44	57:18	1825
594	1166	45:54	Will BUCK		Male	550	46:32	563
595	397	45:54	Thomas ENGLISH		Male	551	46:24	551
596	1035	45:55	Oliver THOMSON	Norwich Road Runners	Male	552	46:37	572
597	1914	45:55	Kierran HAYNES		Male	553	49:11	852
598	170	45:56	Dan ARCHER		Male	554	46:07	523
599	253	45:56	Joshua LANE		Male	555	46:33	566
600	758	45:57	Danny SWEATMAN		Male	556	46:43	581
601	520	45:57	Gary CHEESMAN	Coltishall Jaguars RC	Male	557	46:35	569
602	1195	45:58	Stuart BARBER		Male	558	46:55	612
603	547	45:58	Claire BROWN		Female	45	46:11	531
604	2513	45:58	Westley BYFORD		Male	559	50:08	960
605	483	45:58	Josh GOWEN		Male	560	46:48	593
606	550	45:59	Joe KONIECZNY	Norwich Road Runners	Male	561	46:51	602
607	455	45:59	Alan BULLOCK		Male	562	46:10	527
608	2056	45:59	Jack PARKER		Male	563	49:21	869
609	278	46:00	Sandra MARIE		Female	46	46:14	538
610	779	46:00	Dick CHEUNG		Male	564	46:14	537
611	381	46:00	Paul CROSS	Attleborough Athletics Academy	Male	565	46:49	596
612	1259	46:00	Arthur BLAND		Male	566	46:22	547
613	1038	46:00	Daniel HARRIS		Male	567	46:41	577
614	288	46:00	Martin MCCONNELL		Male	568	49:13	859
615	819	46:00	James BATES		Male	569	46:26	555
616	403	46:01	James MCFARLANE	City Of Norwich AC	Male	570	46:20	544
617	1266	46:01	Ed WELLER		Male	571	47:06	631
618	616	46:01	Richard CROSSLAND		Male	572	46:49	595
619	1132	46:02	Paul ROGERS		Male	573	46:20	543
620	2390	46:02	Kevin THOMPSON		Male	574	49:11	849
621	1113	46:02	James PAUL	Bungay Black Dog RC	Male	575	46:51	600
622	1120	46:02	Ben BLACKLOCK		Male	576	46:29	561
623	667	46:03	Joseph KEABLE		Male	577	47:06	632
624	1175	46:04	James GOLDSMITH		Male	578	46:46	588
625	818	46:04	Jonathan LINES		Male	579	46:45	587
626	193	46:05	Jonny COCKERILL	Thetford AC	Male	580	46:29	559
627	961	46:05	Jason ELRICK		Male	581	46:20	545
628	4295	46:06	Rob LEIGH		Male	582	54:30	1471
629	481	46:07	Chris GOODWIN		Male	583	47:09	638
630	631	46:08	Maurice WILLIAMS		Male	584	46:59	621



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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
631	1902	46:08	Jason FLIGG		Male	585	49:14	860
632	1075	46:09	David MOWER	Waveney Valley AC	Male	586	46:33	565
633	1219	46:09	Lisa KNIGHTS	Waveney Valley AC	Female	47	46:34	567
634	1086	46:09	Ian HAWKES	Waveney Valley AC	Male	587	46:24	552
635	1217	46:10	Keith ANDREWS		Male	588	46:50	598
636	1269	46:10	Christian TAYLOR		Male	589	46:54	608
637	735	46:10	Steve COOK	Norfolk Gazelles AC	Male	590	46:45	586
638	7223	0:46:10	Jason STONE		Male	591	1:00:08	2191
639	1253	46:10	Will MAIN		Male	592	47:21	653
640	2070	46:11	Nigel HODGE	City Of Norwich AC	Male	593	49:24	874
641	2368	46:11	Anthony ABNETT		Male	594	49:38	902
642	184	46:11	Matthew RENFORTH		Male	595	54:02	1412
643	469	46:11	Richard WOOD		Male	596	46:48	594
644	175	46:12	Romas BL?DA		Male	597	47:23	657
645	1276	46:13	Alex PENDLETON		Male	598	46:55	609
646	591	46:13	Chris WELLS		Male	599	46:31	562
647	3041	46:14	Karl HORTON		Male	600	49:17	865
648	846	46:14	Tom STOREY		Male	601	46:40	574
649	517	46:14	Sean COCKRELL		Male	602	47:11	641
650	999	46:15	Oliver DACK		Male	603	46:56	613
651	2243	46:15	Robert CUMMINGS		Male	604	49:57	937
652	1168	46:15	Thomas RIVETT	North Norfolk Beach Runners	Male	605	46:35	570
653	5553	46:15	Wayne BUISST		Male	606	52:46	1253
654	1312	46:16	Andrew THORPE		Male	607	46:47	592
655	2438	46:16	Adam BUFFIN		Male	608	49:30	884
656	910	46:16	Dane SAYER		Male	609	47:22	654
657	648	46:16	William STONER		Male	610	46:47	590
658	1135	46:17	Andy DOYLE		Male	611	47:04	627
659	265	46:17	David CROW	Norwich Road Runners	Male	612	46:28	556
660	134	46:17	Andy BOBBIN		Male	613	46:55	610
661	419	46:18	Christopher SEXTON	Tri-Anglia Triathlon Club	Male	614	47:28	669
662	388	46:18	Samuel SOUTHGATE		Male	615	46:40	575
663	1159	46:18	Amy CLARKE	City Of Norwich AC	Female	48	46:42	578
664	1500	46:20	Glyn COTTON		Male	616	46:46	589
665	236	46:21	Kieran MELLETT		Male	617	46:22	546
666	1487	46:21	Jonah POWELL-TUCK		Male	618	47:17	650
667	675	46:21	Christopher WALL		Male	619	47:15	648
668	1068	46:22	Stefan GOODSWEN	Beccles & Bungay Harriers	Male	620	46:52	603
669	1232	46:22	Craig TOPLEY		Male	621	46:49	597
670	6578	46:23	Caroline HOUGHTON	Norwich Road Runners	Female	49	58:50	2045
671	1326	46:23	Mark LAWES		Male	622	49:30	886
672	576	46:24	Andrew WICKS	Coltishall Jaguars RC	Male	623	47:18	651
673	1141	46:25	Sarah STUBBS	City Of Norwich AC	Female	50	46:42	579
674	1440	46:25	Emma RAY		Female	51	46:44	584
675	1492	46:26	Ashley GROTE		Male	624	47:10	639
676	527	46:26	James ROBERTS	Bungay Black Dog RC	Male	625	47:04	625
677	1172	46:26	John STARES	North Norfolk Beach Runners	Male	626	47:29	673
678	830	46:26	Rebecca GREEN		Female	52	47:11	640
679	1408	46:27	Simon HAMILTON	Tri-Anglia Triathlon Club	Male	627	47:05	628
680	1339	46:27	Richard LAWES		Male	628	49:35	896
681	1372	46:27	Gemma EDWARDS		Female	53	47:27	667
682	638	46:27	Pat WALLACE		Male	629	46:33	564
683	1299	46:27	Matthew TAYLOR		Male	630	47:04	626
684	986	46:27	Paul DUNTHORNE		Male	631	46:44	583
685	1640	46:27	Joanne WALMSLEY	Wymondham AC	Female	54	49:33	890
686	1192	46:28	Mark HARRISON		Male	632	46:53	606
687	372	46:28	O GILLARD-EASTOP		Male	633	46:51	601
688	508	46:28	Anthony SINDEN	Beccles & Bungay Harriers	Male	634	46:58	619
689	847	46:28	Steven RIX	Dereham Runners & AC	Male	635	46:53	607
690	2151	46:30	A TILSTON-DANIELS		Male	636	50:21	987
691	228	46:30	Nick OVERY		Male	637	46:58	618
692	1095	46:30	Carl WILLIMOTT	Reepham Runners	Male	638	47:16	649
693	1686	46:31	Natalie KENDALL		Female	55	49:46	918
694	1980	46:31	Liam FROST		Male	639	50:01	943
695	1167	46:31	Jason KNIGHTS		Male	640	47:13	646
696	1684	46:31	James KENDALL		Male	641	49:46	917
697	231	46:31	Nicholas HUDSON	Coltishall Jaguars RC	Male	642	47:12	642
698	485	46:32	David WRIGHT		Male	643	47:43	698
699	304	46:32	Matthew TOWN		Male	644	46:45	585
700	2938	46:33	Jamie RILEY		Male	645	53:55	1390



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
701	329	46:33	James PARKER	Taunton AC	Male	646	47:13	645
702	1945	46:34	Damian HUMPHREY		Male	647	49:49	926
703	4739	46:34	Sam WATKINSON		Male	648	55:58	1643
704	1302	46:34	Peter ALDRED		Male	649	46:55	611
705	809	46:34	Stuart CLAXTON		Male	650	47:07	636
706	493	46:35	Ellie STEER		Female	56	47:12	643
707	1350	46:36	John CASHEN		Male	651	47:04	624
708	505	46:36	Grant KING		Male	652	47:26	663
709	1251	46:37	A POSTLE-KNOWLES		Male	653	47:26	664
710	1398	46:37	Graeme WOODEN		Male	654	47:02	623
711	361	46:37	James GEORGIOU	Norwich Road Runners	Male	655	46:57	615
712	1609	46:38	Rick BISSET		Male	656	51:33	1107
713	399	46:38	Becky WILLETT		Female	57	47:15	647
714	503	46:39	Mark TOWNSEND		Male	657	47:06	633
715	352	46:40	Graeme BENTLEY		Male	658	47:07	635
716	2121	46:40	Chris FISHER		Male	659	50:34	1009
717	499	46:40	Chris LEE		Male	660	46:59	620
718	1069	46:41	Harley PEEK		Male	661	46:52	604
719	840	46:42	Rebecca FERRIS		Female	58	47:42	696
720	1659	46:42	Shaun ROSE	North Norfolk Beach Runners	Male	662	49:42	910
721	2462	46:42	Tom LYONS		Male	663	49:44	914
722	537	46:42	Rachel MATTHEWS		Female	59	47:22	655
723	1109	46:43	Anne FLANAGAN		Female	60	47:20	652
724	2943	46:44	Josh WILSON		Male	664	49:48	922
725	359	46:44	Craig FARR		Male	665	47:30	676
726	440	46:45	Sarah CROCKETT		Female	61	47:30	675
727	1381	46:45	Chris DACK		Male	666	47:27	665
728	3529	46:45	Dios FERNANDEZ		Male	667	52:46	1251
729	410	46:45	Chris DOGETT		Male	668	47:32	678
730	1147	46:46	Juan LUQUE DE MENA	North Herts RRC	Male	669	46:58	616
731	221	46:47	Penny STUDLEY		Female	62	47:07	634
732	4281	46:48	Chris HERRING		Male	670	54:39	1497
733	2929	46:48	Owen HOY		Male	671	50:26	995
734	540	46:49	Peter SMITH		Male	672	47:38	691
735	1196	46:50	James NICE		Male	673	47:08	637
736	456	46:50	Lisa BOLTON		Female	63	47:44	699
737	916	46:50	Thomas HUNNISETT		Male	674	46:58	617
738	1202	46:51	Jon ROWDEN		Male	675	47:29	672
739	367	46:51	Garry WHITING		Male	676	47:05	629
740	2841	46:51	Robert STANDEN	Lonely Goat RC	Male	677	50:25	993
741	808	46:52	James PRITCHARD		Male	678	47:54	710
742	3005	46:53	Michael LONDON		Male	679	49:58	938
743	3061	46:53	Owen RHODES		Male	680	51:02	1056
744	633	46:54	Anne ELLEN		Female	64	47:28	668
745	1446	46:54	Jonathan MAWER		Male	681	47:28	670
746	1768	46:54	Mark WOODS		Male	682	49:54	931
747	6584	46:56	Karyn BRAY		Female	65	47:38	689
748	274	46:56	Theresa DOOLEY		Female	66	47:25	661
749	277	46:56	Sean RADFORD		Male	683	48:05	727
750	1496	46:56	Helen TERRY	Norfolk Gazelles AC	Female	67	47:25	662
751	2973	46:57	Aaron SADDLETON		Male	684	50:09	962
752	2572	46:57	Abigail COSSEY		Female	68	50:03	949
753	2666	46:57	Thomas FLINT		Male	685	51:49	1136
754	2668	46:58	Tom CHATWIN		Male	686	52:12	1181
755	839	46:58	Nipuna SENARATNE		Male	687	47:57	717
756	803	46:58	Laura SMITHERMAN		Female	69	47:34	681
757	1368	46:59	Danny GOWING		Male	688	48:06	730
758	2393	46:59	Ian KENNEDY		Male	689	50:11	970
759	1367	46:59	Paul HENMAN		Male	690	47:29	674
760	1284	47:00	Matthew JOHNSON	Beccles & Bungay Harriers	Male	691	47:39	692
761	1406	47:01	Mark HURREN		Male	692	48:08	734
762	1091	47:01	Simon FARROW		Male	693	47:47	701
763	3044	47:01	Howard CARTER		Male	694	50:07	958
764	767	47:01	Ian FISHER		Male	695	50:02	944
765	1429	47:01	Paul UTTING		Male	696	47:27	666
766	684	47:01	Chris MAHONEY		Male	697	47:48	702
767	1198	47:02	Neil DENNIS		Male	698	47:28	671
768	2417	47:03	M FERRINGTON-CRAMMOND		Male	699	50:07	959
769	1185	47:03	David MURRAY		Male	700	47:35	685
770	4528	47:03	Ian GRANGE	Stowmarket Striders RC	Male	701	53:04	1282



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
771	2979	47:04	Mike ROUT	Norwich Road Runners	Male	702	50:07	957
772	2925	47:04	Alistair HALLAM		Male	703	50:13	973
773	458	47:04	Max OPPENHEIM		Male	704	47:24	659
774	1151	47:05	Duncan JONES		Male	705	47:33	680
775	611	47:05	Emmet GRIFFITHS		Male	706	47:56	715
776	280	47:08	Keith BLAKE		Male	707	47:12	644
777	270	47:08	Daniel MCKAIL		Male	708	47:24	660
778	2559	47:08	Richard SEXTON		Male	709	51:18	1087
779	1895	47:08	Christabel JONES		Female	70	50:28	999
780	1226	47:08	Robert GREEVES	Reepham Runners	Male	710	47:55	714
781	609	47:08	Caroline LONG		Female	71	47:37	686
782	488	47:09	Duncan EAGLESHAM	Bungay Black Dog RC Waveney Valley AC	Male	711	47:52	707
783	523	47:09	Alexander FITZGERALD		Male	712	47:37	687
784	738	47:10	Alex COOK		Male	713	48:01	719
785	639	47:10	Peter FOX		Male	714	47:42	695
786	272	47:11	Christopher DENT		Male	715	47:31	677
787	1436	47:11	Tristan DEFEW		Male	716	48:06	729
788	723	47:12	Philip HOUGHTON		Male	717	47:55	712
789	414	47:12	Nick CASON		Male	718	48:17	747
790	882	47:12	Ricci WILSON		Male	719	47:53	708
791	762	47:12	Jack BOBBIN		Male	720	47:37	688
792	587	47:13	Russell BROWN	Thetford AC	Male	721	48:09	735
793	1079	47:13	Richard DOLMAN		Male	722	47:48	703
794	1344	47:13	Tim GUNTER	Thetford AC	Male	723	47:44	700
795	1054	47:14	Jimmy SECKER	Sudbury Joggers	Male	724	47:35	684
796	706	47:14	Perry KELF		Male	725	47:52	706
797	318	47:14	Alex SWATRIDGE	Norfolk Gazelles AC	Female	72	47:23	658
798	646	47:14	Matt BAILEY		Male	726	48:04	726
799	816	47:16	Paul REDBARNES		Male	727	47:40	693
800	602	47:16	Andrew HAMMOND		Male	728	48:07	731
801	1491	47:16	Neil ADCOCK		Male	729	48:02	721
802	1954	47:17	Anthony HUGHES		Male	730	51:08	1067
803	567	47:17	Katy DICKINSON		Female	73	47:43	697
804	3513	47:17	Pierre DELHOUGNE		Male	731	54:50	1518
805	1652	47:18	Daniel CLEMENTS		Male	732	50:34	1006
806	1361	47:18	David COSLETT		Male	733	48:13	741
807	1753	47:19	Brad DAY	Waveney Valley AC	Male	734	50:24	992
808	997	47:19	Joel THOMSON		Male	735	50:56	1041
809	1234	47:20	Samuel WHITHAM		Male	736	47:38	690
810	1375	47:20	Peter MINNS		Male	737	47:33	679
811	2112	47:21	Samantha FRANKLIN		Female	74	50:24	991
812	1162	47:22	Brian COOK		Male	738	48:17	749
813	1205	47:23	Paul ROGERSON		Male	739	47:55	713
814	2396	47:23	Chris PARKE		Male	740	50:26	996
815	822	47:23	Nigel BRADLEY		Male	741	47:57	716
816	1651	47:24	Ben HALLATT		Male	742	50:51	1032
817	3006	47:25	Tom STEVERSON	Tri-Anglia Triathlon Club	Male	743	50:28	998
818	1474	47:25	James PIESSE		Male	744	48:13	743
819	994	47:25	Justin PEARCE	Beccles Triathlon Club	Male	745	48:03	723
820	420	47:26	Charles AUSTIN		Male	746	48:25	764
821	1949	47:26	Rob ADAMS		Male	747	50:47	1027
822	484	47:27	Craig GILBERT		Male	748	48:30	776
823	603	47:27	Kate BRYSON		Female	75	47:58	718
824	1833	47:28	Alex COBURN		Male	749	50:31	1003
825	1789	47:28	Chris ARNOLD		Male	750	50:43	1017
826	677	47:28	Joel MCALLISTER		Male	751	48:08	733
827	789	47:28	Steven YOUNG		Male	752	52:44	1245
828	1410	47:29	Andrew HILL		Male	753	48:25	767
829	1174	47:30	Andrew GREEN	Norwich Road Runners	Male	754	50:30	1001
830	1029	47:30	Paul HUNT		Male	755	48:18	750
831	549	47:30	Dan BELL		Male	756	48:13	742
832	600	47:31	Iain INGLIS		Male	757	48:37	792
833	821	47:31	Adam GILBERTSON		Male	758	48:03	722
834	436	47:32	Shaune GOOCH		Male	759	48:13	744
835	714	47:32	Karl COULSON		Male	760	48:34	787
836	1331	47:33	Jane WILLIAMS	Harling Athletic Club	Female	76	47:54	711
837	1647	47:33	Simon HOWARD		Male	761	50:59	1046
838	2735	47:34	Benjamin WATERSON		Male	762	51:10	1072
839	452	47:34	Michael FORD		Male	763	48:04	724
840	1093	47:34	Adam LEECH		Male	764	48:36	791



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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
841	261	47:34	John ALGAR	Great Yarmouth Road Runners	Male	765	48:26	770
842	502	47:35	Edward PINCH	Tri-Anglia Triathlon Club	Male	766	48:48	811
843	1956	47:35	Richard MILLER		Male	767	51:02	1057
844	2896	47:36	Colin LOCKWOOD		Male	768	52:44	1243
845	515	47:36	Gary LINDER	North Norfolk Beach Runners	Male	769	48:23	760
846	2392	47:36	Kevin DAWSON		Male	770	50:40	1013
847	504	47:37	Neil TIMMS	Tri-Anglia Triathlon Club	Male	771	48:25	766
848	1366	47:37	Mark SAYER		Male	772	48:07	732
849	343	47:37	Simon BRANSBY	Norwich Road Runners	Male	773	48:04	725
850	4595	47:37	Barry RANDLE		Male	774	56:55	1774
851	2401	47:38	Richard RANCE		Male	775	51:56	1147
852	3635	47:38	John BALDWIN		Male	776	53:38	1353
853	922	47:38	Steve MURTON		Male	777	48:06	728
854	157	47:38	Neil BUNNAGE	Norwich Road Runners	Male	778	48:19	752
855	2118	47:38	James BACON		Male	779	51:08	1068
856	618	47:38	Kerry LYMBERY	Norwich Road Runners	Female	77	48:33	784
857	1333	47:39	Barry HALKYARD	Coltishall Jaguars RC	Male	780	48:37	793
858	4248	47:39	Jack BURTON		Male	781	53:48	1368
859	131	47:39	Mark SHARMAN		Male	782	48:24	762
860	2885	47:39	Jake GRAY		Male	783	50:44	1022
861	2935	47:40	Alex JAMIESON		Male	784	52:32	1219
862	1249	47:40	Andrew SPENCER		Male	785	48:29	774
863	2146	47:40	Thomas NASH		Male	786	50:47	1028
864	465	47:40	Graham WORSFOLD		Male	787	47:53	709
865	2400	47:40	Ryan LYTHGOE		Male	788	51:01	1051
866	4117	47:40	Rob HALL	Bungay Black Dog RC	Male	789	53:41	1355
867	1084	47:40	C UNDERWOOD	Saint Edmund Pacers	Male	790	48:12	739
868	727	47:41	Gareth EVERITT		Male	791	48:11	738
869	1243	47:41	Alastair CODLING		Male	792	48:34	786
870	650	47:43	Mark OLLETT		Male	793	48:38	796
871	2367	47:43	Lyndon WARD		Male	794	51:11	1075
872	917	47:43	Sarah CONRAD		Female	78	48:21	755
873	1939	47:43	Keith JAMES		Male	795	51:03	1058
874	1355	47:44	Wayne MUNNS		Male	796	48:23	761
875	592	47:44	Brett CORNISH	Norwich Road Runners	Male	797	48:46	809
876	1803	47:44	K HARRINGTON-BALL		Male	798	51:02	1055
877	449	47:44	Lee HARVEY	Great Yarmouth Road Runners	Male	799	48:36	790
878	604	47:44	David CROTCH		Male	800	48:46	810
879	513	47:44	Robert BARKER		Male	801	48:41	802
880	1735	47:44	Simon MILLARD		Male	802	50:49	1030
881	291	47:45	Michael CLARK		Male	803	48:15	746
882	1484	47:45	Jonathan EDWARDS	Bure Valley Harriers	Male	804	48:26	768
883	454	47:45	Mark HOLLAND		Male	805	48:34	785
884	1194	47:46	Craig STAMMERS		Male	806	48:29	775
885	1881	47:46	Simon SMITH	Bungay Black Dog RC	Male	807	51:20	1091
886	2533	47:46	Richard BELL		Male	808	51:18	1086
887	560	47:46	Matthew REYNOLDS	Lowestoft Road Runners	Male	809	48:33	782
888	2516	47:48	Gary INGREY	Three Counties Running Club	Male	810	51:13	1078
889	1164	47:48	Ben TITLEY		Male	811	48:29	773
890	330	47:48	Charlie VOGWILL		Male	812	48:02	720
891	736	47:48	Oliver THOMPSON		Male	813	48:18	751
892	1351	47:48	Dominic WEST		Male	814	48:12	740
893	466	47:49	Roisin MARKS	Norwich Road Runners	Female	79	48:25	765
894	1457	47:49	Adam SMITH		Male	815	51:11	1074
895	1264	47:49	Abraham ZACHARIAH		Male	816	48:27	771
896	572	47:51	Stephen REED		Male	817	49:00	830
897	1318	47:51	Mark HOULDEY		Male	818	48:49	812
898	683	47:51	Richard MANINGTON		Male	819	48:35	789
899	1212	47:51	Peter KILBY		Male	820	48:54	822
900	1335	47:51	Jack PEARCE		Male	821	48:39	798
901	765	47:51	Mark KEENAN	Lonely Goat RC	Male	822	48:53	820
902	1643	47:51	Dane BOYLE-SMITH		Male	823	52:46	1255
903	2568	47:52	Rowan SHINGLER		Male	824	51:00	1049
904	6341	47:52	Lauren MIDDLETON		Female	80	52:47	1256
905	1001	47:52	Martin JACKSON	Grange Farm & Dunmow Runners	Male	825	48:35	788
906	495	47:52	Richard TALLOWIN		Male	826	48:55	825
907	129	47:52	Darren HART		Male	827	48:17	748
908	348	47:54	Stuart GOLLANDS		Male	828	48:54	823
909	541	47:54	Shane SMITH		Male	829	48:10	736
910	2977	47:55	Tom PURCHASE		Male	830	51:17	1085



Run Norwich 2019

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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
911	301	47:55	Stephen BROWN	City Of Norwich AC	Male	831	48:14	745
912	782	47:56	Jack CHEUNG		Male	832	48:11	737
913	2688	47:56	Harry KING		Male	833	50:57	1043
914	566	47:56	Andrew MUNDY		Male	834	48:51	814
915	1453	47:56	Lewis GADSDON		Male	835	48:22	756
916	4191	47:57	Caroline DICKENS	North Norfolk Beach Runners	Female	81	53:56	1399
917	1601	47:57	Glyn MANTON	Norwich Road Runners	Male	836	53:57	1400
918	467	47:57	Chris SWANSTON		Male	837	49:11	851
919	553	47:58	Gary BARTRAM		Male	838	48:21	754
920	1431	47:58	Stephen DYE	Defra AC	Male	839	48:30	777
921	2515	47:58	Gemma BROWN		Female	82	51:18	1088
922	2988	47:59	Carlos GREEVES		Male	840	51:12	1076
923	256	47:59	Paul SMITH	Norwich Road Runners	Male	841	51:07	1065
924	623	47:59	James COLEMAN		Male	842	48:40	800
925	1283	48:00	Helen LAW		Female	83	48:22	757
926	610	48:01	Chris ARMES		Male	843	49:01	832
927	248	48:01	Luke WILTSHIRE		Male	844	48:50	813
928	1705	48:01	Louise GARDINER		Female	84	51:04	1061
929	2831	48:01	William ANDERSON		Male	845	51:13	1077
930	522	48:01	Rick VOUTT		Male	846	48:22	758
931	2442	48:02	Natalie DRAKE	North Norfolk Beach Runners	Female	85	52:12	1180
932	635	48:02	Colin OSWALD		Male	847	48:28	772
933	478	48:02	Claudia MILBURN	Fenland Running Club	Female	86	48:31	779
934	1103	48:02	James QUERIEPEL		Male	848	48:41	801
935	3794	48:03	Donna WILKINS		Female	87	54:04	1418
936	546	48:03	Chris KIDD		Male	849	49:12	856
937	1812	48:03	James UTTING		Male	850	51:03	1060
938	1293	48:05	Tim GARROD		Male	851	48:40	799
939	1726	48:05	Ian ARROWSMITH		Male	852	51:26	1099
940	820	48:05	Eve DEWSNAP		Female	88	48:38	795
941	724	48:05	Tim SEELY		Male	853	48:55	826
942	2391	48:06	Riki CHASE		Male	854	51:25	1096
943	1922	48:06	Brooke CLARKE	Norwich Road Runners	Female	89	51:10	1071
944	2696	48:07	Ben FULCHER		Male	855	52:02	1161
945	911	48:07	Thomas MEGGS		Male	856	49:12	855
946	2984	48:08	Faith PEARCE	Norfolk Gazelles AC	Female	90	51:29	1103
947	3663	48:08	Shane SMITH		Male	857	54:26	1466
948	2117	48:09	Alison RICHES		Female	91	52:03	1165
949	799	48:09	Wayne ROSTANT		Male	858	49:08	841
950	1321	48:09	Sharon RODGERS		Female	92	49:23	872
951	3792	48:10	Tom DOWNS		Male	859	54:11	1432
952	563	48:10	John LEE	Tri-Anglia Triathlon Club	Male	860	48:44	804
953	1206	48:10	Phin ROBINSON		Male	861	48:33	783
954	1099	48:11	Iain DAWSON	Tri-Anglia Triathlon Club	Male	862	48:32	781
955	516	48:11	James WALKER		Male	863	48:54	821
956	2949	48:12	William HARVEY		Male	864	51:23	1094
957	1271	48:13	Graham O'HARA		Male	865	49:13	857
958	2414	48:13	Steve MARTIN	Newark Striders RC	Male	866	51:17	1083
959	354	48:14	Glenn MATTHEWS		Male	867	49:20	868
960	1383	48:14	Mark SMITH	Lowestoft Road Runners	Male	868	49:00	831
961	476	48:14	Zane AXTEN		Male	869	48:52	817
962	2539	0:48:14	James BARNES		Male	870	1:00:50	2291
963	1608	48:15	Michael STREFFORD		Male	871	51:19	1089
964	3562	48:15	Nick CUSTANCE		Male	872	55:23	1585
965	768	48:15	Simon BURKE		Male	873	48:44	805
966	575	48:15	Martin ROWE	Lonely Goat RC	Male	874	49:17	864
967	341	48:16	Nicholas RICHARDSON		Male	875	49:06	838
968	1387	48:16	George WADSLEY		Male	876	48:52	818
969	2944	48:17	Sam COLLARD		Male	877	52:02	1164
970	1374	48:18	Steven TEALE		Male	878	49:06	837
971	1171	48:18	John GAGE		Male	879	49:11	853
972	802	48:18	Jessica LARGE	Wymondham AC	Female	93	49:30	885
973	555	48:19	Deborah BLACKWELL		Female	94	48:39	797
974	385	48:19	Darren BEARD		Male	880	49:23	871
975	2263	48:19	Jamie DACK		Male	881	52:20	1196
976	1900	48:20	Corrado DI MARIA		Male	882	53:26	1323
977	3460	48:20	Jake RICHARDS		Male	883	55:43	1613
978	1996	48:20	Martin SCENT		Male	884	52:02	1162
979	2083	48:21	John CLARKE		Male	885	51:28	1100
980	1187	48:21	Mark WALPOLE		Male	886	48:31	780



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
981	771	48:21	Wes MCINTOSH		Male	887	48:30	778
982	2892	48:22	Samuel WOOLCOCK		Male	888	51:39	1118
983	7414	0:48:22	Nathanael COAKLEY		Male	889	1:00:49	2288
984	1170	48:22	Dave WALTON		Male	890	48:51	815
985	1186	48:22	Luke SUTHERLAND		Male	891	49:06	836
986	2736	48:22	Dave FOULKES		Male	892	51:52	1139
987	1014	48:23	Lee WATKINS		Male	893	49:10	848
988	780	48:23	Louise ISHERWOOD	Norfolk Gazelles AC	Female	95	49:09	844
989	1017	48:24	Stewart MARDEN		Male	894	49:16	861
990	1165	48:24	Gavin SKIPPER		Male	895	49:17	866
991	7602	48:24	Jessica KNIGHT		Female	96	55:25	1587
992	1790	48:25	Stuart HARPER		Male	896	51:31	1105
993	1180	48:25	Matthew CATTEE		Male	897	48:37	794
994	1403	48:25	Jody WARNER		Male	898	57:30	1860
995	1744	48:25	Gareth PAYNE		Male	899	51:44	1128
996	5932	48:25	Kierron ROSE		Male	900	57:30	1861
997	1242	48:25	Justin SMITH	Ely Runners	Male	901	49:22	870
998	645	48:26	Glenn ORFORD	Bungay Black Dog RC	Male	902	49:09	843
999	2378	48:28	Galahad BLAND		Male	903	51:48	1135
1000	2974	48:28	Dan PARKER		Male	904	52:36	1229
1001	1337	48:28	James WALTERS		Male	905	52:15	1184
1002	1149	48:28	Nicki LEAVEY	Norwich Road Runners	Female	97	48:55	824
1003	1629	48:29	Stephen ALGER		Male	906	51:52	1140
1004	418	48:30	Peter LADDIMAN	Norfolk Harriers RC	Male	907	49:01	833
1005	647	48:30	Pete BROOKS		Male	908	49:37	898
1006	2085	48:31	Keith WALPOLE	Norwich Road Runners	Male	909	54:33	1479
1007	2018	48:31	Darren MATTHEWSON	Coltishall Jaguars RC	Male	910	51:31	1104
1008	2917	48:31	Alex EWBANK	North Norfolk Beach Runners	Male	911	52:08	1173
1009	1893	48:31	Mohamed ELSHEEMY		Male	912	52:58	1268
1010	3349	48:32	Craig FRANCIS		Male	913	54:39	1496
1011	3103	48:32	Nick HARRIS		Male	914	54:34	1481
1012	2554	48:33	Shaun MARY		Male	915	51:40	1121
1013	2928	48:33	Claire RACKHAM	Norwich Road Runners	Female	98	51:35	1114
1014	561	48:34	Steve GENDERS		Male	916	49:37	901
1015	2397	48:35	James BRABBEN		Male	917	53:30	1330
1016	1182	48:36	Justin DICKS		Male	918	49:27	876
1017	2687	48:36	Lauren STAFFORD		Female	99	53:11	1295
1018	3651	48:36	Gary CURTIS		Male	919	54:44	1507
1019	1279	48:36	Jason DAY		Male	920	49:40	907
1020	1445	48:36	Shaun LONG		Male	921	49:39	905
1021	1369	48:37	Sharon BRANDON	Saint Edmund Pacers	Female	100	49:05	835
1022	800	48:37	Negar MIRSHEKAR		Female	101	49:31	888
1023	2132	48:37	Patrick MOORE		Male	922	52:45	1247
1024	621	48:37	Kathryn HEAD		Female	102	49:49	924
1025	552	48:37	Simon SMITH	North Norfolk Beach Runners	Male	923	49:43	912
1026	588	48:37	Lewis WILKINS		Male	924	49:30	883
1027	457	48:39	James SHARMAN		Male	925	49:12	854
1028	1343	48:39	Jamie MORDECAI		Male	926	49:35	895
1029	1691	48:39	Wil HOLMAN		Male	927	52:19	1192
1030	543	48:40	Gav DENT	North Norfolk Beach Runners	Male	928	49:33	891
1031	2019	48:40	Amelia WHITING	Norfolk Gazelles AC	Female	103	52:02	1160
1032	728	48:40	Karl STEWARD		Male	929	49:33	892
1033	405	48:41	Dale LARWOOD		Male	930	49:10	847
1034	1244	48:41	Gary TUTTLE		Male	931	52:46	1252
1035	1203	48:41	Chris BONE		Male	932	49:39	906
1036	2424	48:41	Alasdair BIRRELL		Male	933	51:58	1153
1037	810	48:41	Jonathan PERCIVAL		Male	934	49:29	881
1038	2394	48:41	James HERON		Male	935	52:21	1199
1039	595	48:41	Daniel HOBDAV		Male	936	51:54	1144
1040	1770	48:41	Claire BISHOP		Female	104	52:46	1254
1041	597	48:42	Carly JERMY	City Of Norwich AC	Female	105	49:54	930
1042	307	48:42	Paul DOWSON		Male	937	49:29	879
1043	1877	48:42	Samuel JENKINS		Male	938	52:00	1158
1044	473	48:42	Niall MAHONEY		Male	939	48:57	827
1045	1238	48:42	Karl HARPER	North Norfolk Beach Runners	Male	940	49:46	920
1046	2384	48:43	Peter KEOGH	Norwich Road Runners	Male	941	52:01	1159
1047	612	48:43	Mike BRETTON	Waveney Valley AC	Male	942	49:07	839
1048	710	48:44	Jodie CAUSER	Norwich Road Runners	Female	106	48:59	829
1049	740	48:45	Lisa GREENGRASS	Wymondham AC	Female	107	49:56	933
1050	1969	48:45	Nick DANN		Male	943	52:36	1231



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
1051	1796	48:45	Mark WATLOW	Beccles & Bungay Harriers	Male	944	51:47	1133
1052	2930	48:46	Ryan NEWELL		Male	945	53:48	1367
1053	1952	48:46	Blair LUTHER-VEITCH		Male	946	52:00	1157
1054	932	48:46	L CHIPPERFIELD		Male	947	49:39	903
1055	375	48:47	Phil CALEY	Great Yarmouth Road Runners	Male	948	48:58	828
1056	4646	48:47	Alex HOSS		Male	949	58:09	1943
1057	1225	48:47	Lindsay BLACK		Female	108	49:17	863
1058	1739	48:47	Mark ROBINSON		Male	950	52:29	1214
1059	1125	48:49	Mark MOUNTAIN	Great Yarmouth Road Runners	Male	951	49:09	845
1060	1262	48:49	Kevin FULLER		Male	952	49:41	908
1061	1728	48:49	Daniel FRAPPELL	Norwich Road Runners	Male	953	54:53	1521
1062	967	48:49	Lisanne VAN INGEN		Female	109	53:11	1296
1063	2147	48:50	Louise CHAPPEL		Female	110	51:57	1151
1064	269	48:50	Roly COOK		Male	954	51:57	1149
1065	1254	48:50	Tom LEEDER	Norwich Road Runners	Male	955	50:00	940
1066	3011	48:50	Jordan TIPPLE		Male	956	52:45	1249
1067	669	48:50	Oliver PARRIS		Male	957	49:09	842
1068	1622	48:50	Steven MILLS		Male	958	52:14	1183
1069	1475	48:51	Toby LAW	Norwich Road Runners	Male	959	49:47	921
1070	2409	48:51	Kristoffer HOWELL		Male	960	53:38	1350
1071	1951	48:51	C HODGSON		Female	111	51:58	1154
1072	1612	48:51	Nathan WELTON		Male	961	53:22	1311
1073	579	48:51	Nancy CONNOLLY	Wymondham AC	Female	112	52:35	1226
1074	2485	48:52	Kate GOODING		Female	113	53:29	1329
1075	823	48:52	Ruth STEELE		Female	114	49:23	873
1076	167	48:52	Elliott WOOD		Male	962	49:13	858
1077	1961	48:53	Ben HARVEY	Coltishall Jaguars RC	Male	963	52:20	1194
1078	6278	0:48:54	Harry WEBB		Male	964	1:01:41	2409
1079	1846	48:54	Katie ALLAN		Female	115	53:36	1342
1080	1662	48:56	John BISHOP		Male	965	54:57	1530
1081	1504	48:56	Bradley WATKER	Bungay Black Dog RC	Male	966	52:00	1155
1082	1633	48:56	Tekendra LIMBU		Male	967	54:07	1424
1083	928	48:56	Adam PEAD		Male	968	49:31	887
1084	2379	48:56	Joe MEADOWS		Male	969	52:04	1166
1085	2385	48:56	Jo LOCKHART	Bungay Black Dog RC	Female	116	51:58	1152
1086	6281	0:48:56	John GUYMER		Male	970	1:01:25	2376
1087	1209	48:57	Brett ATKINS		Male	971	49:04	834
1088	2493	48:57	Sam BURNHAM		Male	972	53:08	1286
1089	1975	48:57	James FULLAM	Great Yarmouth Road Runners	Male	973	52:43	1241
1090	524	48:58	Navin Kumar GHOSH		Male	974	49:37	899
1091	834	48:58	David PALMER		Male	975	49:37	900
1092	5800	0:48:58	Charlie DOUGLAS		Female	117	1:03:11	2620
1093	2444	48:58	Julian BLAKE	Marshall Milton Keynes AC	Male	976	52:16	1188
1094	1910	48:59	Tim PARR		Male	977	52:19	1191
1095	7513	0:48:59	Dion PHILLIPS		Male	978	1:02:31	2531
1096	185	48:59	James CARASS		Male	979	49:39	904
1097	573	49:00	Lilli PETERS	Lowestoft Road Runners	Female	118	49:34	894
1098	1295	49:00	Paul REED		Male	980	49:16	862
1099	529	49:00	Seb CONWAY		Male	981	49:48	923
1100	584	49:01	James FEE		Male	982	49:57	935
1101	1800	49:01	Kieran RUDRUM	Bure Valley Harriers	Male	983	52:59	1273
1102	1118	49:01	Emily KING		Female	119	49:11	850
1103	497	49:01	Mark TAYLOR		Male	984	50:14	974
1104	5728	49:01	James CARTWRIGHT		Male	985	58:06	1939
1105	786	49:01	Colin RICHARDS	Lowestoft Road Runners	Male	986	49:34	893
1106	249	49:02	Jason GAUL		Male	987	50:10	966
1107	2232	49:02	Nick SEARLE		Male	988	52:28	1213
1108	1297	49:02	Aaron SMART		Male	989	49:49	925
1109	2590	49:02	Julien CLARKE	Bure Valley Harriers	Male	990	52:30	1215
1110	2078	49:02	Sarah BIRD		Female	120	52:07	1170
1111	1160	49:02	Harly MOON		Female	121	49:29	880
1112	625	49:02	Tom STEVENS		Male	991	49:57	936
1113	2403	49:02	Matt MORLEY	North Norfolk Beach Runners	Male	992	52:17	1189
1114	1931	49:02	Simon KEMP		Male	993	52:22	1200
1115	1814	49:02	Ian WHALEBELLY		Male	994	52:09	1174
1116	1781	0:49:02	Christian KEMP		Male	995	1:01:50	2431
1117	2427	49:03	Elizabeth GOODLIFFE	North Norfolk Beach Runners	Female	122	52:10	1177
1118	1627	49:03	Callum STIRLING		Male	996	52:39	1234
1119	1463	49:04	Neil DOBSON		Male	997	50:11	968
1120	2347	49:04	Mark CATLING		Male	998	55:36	1600



Run Norwich 2019

Sunday 21st July 2019

RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos	
1121	2881	49:04	Mark WATSON	Norfolk Harriers RC	Male	999	52:36	1230	
1122	664	49:04	Jerry THAXTON		Male	1000	50:05	956	
1123	1246	49:05	Steve SMITH		Male	1001	49:43	911	
1124	3281	49:05	John WIGGETT		Male	1002	55:24	1586	
1125	582	49:05	Michael AUSTIN		Male	1003	50:04	953	
1126	1181	49:05	Jordan GREER		Male	1004	49:28	877	
1127	1795	49:06	Mark MADLE		Male	1005	52:22	1201	
1128	2455	49:06	Neil ANDERSON		Male	1006	52:49	1257	
1129	2059	49:06	Sarah HARRIS		Female	123	52:55	1266	
1130	1121	49:07	Iain HILL		Male	1007	50:23	990	
1131	1307	49:08	Neil COLLINS		Male	1008	50:15	975	
1132	1605	49:08	Lucy CAMPBELL		Female	124	52:18	1190	
1133	2484	49:08	Benjamin COOK		Male	1009	54:12	1436	
1134	1751	49:08	Stephen WARNCKEN		Male	1010	52:23	1203	
1135	1667	49:08	Matthew TREMAYNE		Male	1011	52:42	1238	
1136	1780	49:08	Alice WATSON		Female	125	53:09	1289	
1137	2570	49:10	Gary PHILLIPS		Male	1012	52:33	1220	
1138	1188	49:10	Steve WHEATLEY		Male	1013	50:08	961	
1139	2926	49:10	Shaun OASTLER		Male	1014	53:10	1292	
1140	688	49:10	Jonathan SINCLAIR		Male	1015	49:46	916	
1141	3086	49:10	Tony GOWING		Male	1016	53:32	1335	
1142	2910	49:11	Tony BURCH		Male	1017	52:20	1197	
1143	1703	49:11	Andy FLEET	Thetford AC	Male	1018	52:11	1178	
1144	775	49:11	Richard PETERS	Coltishall Jaguars RC	Male	1019	50:04	952	
1145	783	49:11	Martin HOWARD	Norwich Road Runners	Male	1020	50:20	986	
1146	1694	49:11	Linda CUSACK	Thetford AC	Female	126	52:22	1202	
1147	3058	49:12	Ioana MATTHEWS	Beccles & Bungay Harriers	Female	127	52:59	1272	
1148	2398	49:12	George SOKHI		Male	1021	53:49	1374	
1149	1683	49:12	Jack NORTHWOOD		Male	1022	53:06	1285	
1150	697	49:12	Michael PAYNE		Male	1023	50:03	950	
1151	601	49:12	Rafal KASIKOWSKI		Male	1024	50:12	971	
1152	1899	49:12	Emiliya LAZAROVA		Female	128	54:19	1453	
1153	3236	49:12	Roy ROBERTS		Male	1025	55:15	1565	
1154	2389	49:13	Mike WHITE		Male	1026	52:25	1210	
1155	2834	49:14	Jonathan PUXLEY		Male	1027	52:25	1211	
1156	743	49:14	Christopher RYMARZ		Male	1028	50:20	984	
1157	1301	49:14	James CRISP	Norfolk Gazelles AC	Male	1029	50:02	945	
1158	586	49:14	Jason PECK		Male	1030	49:41	909	
1159	1460	49:14	Connor HARWOOD		Male	1031	53:05	1283	
1160	532	49:15	Neil VENDY	Thetford AC	Male	1032	49:46	919	
1161	1359	49:15	Martin EDGAR	Norwich Road Runners	Male	1033	50:30	1002	
1162	787	49:15	Kelly PARRY		Female	129	50:01	941	
1163	1623	49:15	Rosie SEXTON		City Of Norwich AC	Female	130	52:25	1208
1164	626	49:16	Dylan DANIELS		Male	1034	50:16	978	
1165	1771	49:16	Chris EDWARDS		Male	1035	53:15	1304	
1166	2488	49:16	Christopher BURT		Male	1036	54:09	1429	
1167	1901	49:16	Chris PALMER		Male	1037	52:36	1227	
1168	5545	49:17	Luke MOORHOUSE		Male	1038	58:33	2009	
1169	698	49:18	Steohen HUTCHINSON		Male	1039	50:05	954	
1170	1950	49:18	Matthew SNELL		Male	1040	52:26	1212	
1171	1432	49:18	Marcus COOPER	Norwich Road Runners	Male	1041	49:59	939	
1172	769	49:19	Paul SPOONER		Male	1042	50:11	967	
1173	692	49:19	Chris BLINCOE		Male	1043	50:20	985	
1174	1898	49:19	Emily LINNELL		Female	131	52:20	1195	
1175	1435	49:20	Bryn MAINWARING		Male	1044	49:45	915	
1176	2395	49:20	Greg MILLS		Male	1045	52:45	1246	
1177	1124	49:20	Simon ANDREWS		Male	1046	49:50	927	
1178	844	49:20	Jamie TIDSWELL		Male	1047	49:32	889	
1179	1213	49:21	Matthew PALMER		Male	1048	50:31	1004	
1180	4414	49:21	Nicholas JONES		Male	1049	55:38	1602	
1181	1661	49:21	Tris HOLTZER	Waveney Valley AC	Male	1050	52:57	1267	
1182	1380	49:21	Philip HOPGOOD		Male	1051	50:01	942	
1183	813	49:21	Santino PICCOLI		Male	1052	50:17	981	
1184	811	49:21	David HUNT	Norwich Road Runners	Male	1053	50:16	980	
1185	1407	49:22	Kristian BOREHAM		Male	1054	49:29	882	
1186	1332	49:22	Louise RAYNER		Female	132	50:18	982	
1187	3248	49:22	Thomas VOWLES		Male	1055	55:50	1627	
1188	371	49:23	James LARNDER		Male	1056	54:41	1502	
1189	462	49:24	Sarah BOOSEY		Female	133	50:09	964	
1190	720	49:24	Matt HOWES		Male	1057	50:10	965	



Run Norwich 2019

Sunday 21st July 2019

RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
1191	1743	49:24	Lewis DRAYCOTT	Waveney Valley AC	Male	1058	53:15	1306
1192	3945	49:24	Matt FISHER		Male	1059	55:46	1617
1193	3064	49:24	Peter BUXTON		Male	1060	52:25	1209
1194	1059	49:24	Jamie DUGDALE		Male	1061	49:29	878
1195	1746	49:25	Christian AMOS		Male	1062	52:44	1244
1196	1621	49:25	Lucy CLARK		Female	134	52:58	1270
1197	1305	49:26	Stephen CROSS		Male	1063	53:50	1376
1198	2661	49:26	Daniella LIFFEN		Female	135	53:50	1375
1199	2446	49:26	Thomas ROWLEY		Male	1064	53:44	1361
1200	6696	0:49:26	Darren CRISP		Male	1065	1:01:56	2441
1201	1402	49:27	John HARRISON		Male	1066	50:11	969
1202	598	49:27	Sophie REDGRAVE		Female	136	49:57	934
1203	2658	49:28	Matthew SEAMAN		Male	1067	53:12	1298
1204	3082	49:28	Charlotte BELL		Female	137	52:36	1228
1205	1349	49:28	Ian CLEMINSON		Male	1068	50:34	1008
1206	957	49:28	Michael TIMM	Norfolk Gazelles AC	Male	1069	50:21	988
1207	174	49:28	Stuart PECK		Male	1070	50:16	979
1208	3200	49:28	Richard FRY		Male	1071	57:12	1814
1209	766	49:29	Hugh WOOLFENDEN	City Of Norwich AC	Male	1072	50:05	955
1210	151	49:29	Paul WOODYATT	Norwich Road Runners	Male	1073	49:51	929
1211	2991	49:30	Jon TAYLOR		Male	1074	52:32	1218
1212	2679	49:30	Alan ROBERTSON		Male	1075	52:33	1221
1213	774	49:31	Julie HUGHES	Norwich Road Runners	Female	138	52:33	1222
1214	1775	49:32	Adrian JONES		Male	1076	53:28	1327
1215	383	49:33	Philip NICHOLSON		Male	1077	52:35	1224
1216	1664	49:33	Melissa BAKER	St Neots Riverside Runners	Female	139	52:35	1225
1217	2143	49:33	Rebecca DAVIS		Female	140	52:34	1223
1218	2461	49:33	Craig GAGE		Male	1078	52:58	1269
1219	764	49:34	Jonathan HAYWOOD	Norwich Road Runners	Male	1079	50:35	1010
1220	2622	49:35	Stephen RICHES		Male	1080	52:49	1259
1221	544	49:35	Dean BURRAGE		Male	1081	50:44	1020
1222	4048	49:35	Brett MELLING	North Norfolk Beach Runners	Male	1082	56:41	1749
1223	1023	49:35	Richard TEAGER		Male	1083	49:54	932
1224	654	49:36	Amy MAAMOUN		Female	141	50:19	983
1225	574	49:36	Andy PALMER	Norwich Road Runners	Male	1084	50:23	989
1226	2994	49:36	Martin HANNER		Male	1085	52:43	1240
1227	1415	49:37	Antony DAVIES		Male	1086	50:02	946
1228	3718	49:38	Ben PORTER	North Norfolk Beach Runners	Male	1087	56:43	1756
1229	2630	49:38	Ady WOODS		Male	1088	53:12	1299
1230	4502	49:39	Sarah COOKE		Female	142	55:50	1628
1231	2966	49:39	Jonathan COLE	Bungay Black Dog RC	Male	1089	53:58	1406
1232	3964	49:39	Michael BROXUP		Male	1090	57:46	1891
1233	362	49:39	Warren NEWELL		Male	1091	50:09	963
1234	842	49:41	Matthew HINCHLIFFE		Male	1092	50:41	1014
1235	2418	49:41	Gavin KING		Male	1093	52:46	1250
1236	721	49:42	Sean O'LOUGHLIN		Male	1094	50:37	1012
1237	2987	49:42	Steven HINDRY		Male	1095	53:35	1341
1238	2814	49:42	Stuart CANWELL		Male	1096	53:54	1387
1239	2319	49:42	Nick HOWE		Male	1097	54:29	1470
1240	1282	49:43	Darren JOHNSON		Male	1098	50:47	1029
1241	2042	49:43	Jaime GOLDING		Male	1099	53:01	1277
1242	1921	49:43	Gary MELTON		Male	1100	56:08	1668
1243	1658	49:43	Lisa GOUGH		Female	143	54:39	1494
1244	1470	49:43	Grant BURTON		Male	1101	50:16	977
1245	2511	49:44	Mark EMMERSON		Male	1102	54:35	1485
1246	841	49:44	Mark WHITING	Tri-Anglia Triathlon Club	Male	1103	50:59	1045
1247	1635	49:44	J KENDRICK-ERIKSEN		Male	1104	52:50	1261
1248	1602	49:45	Michael WALKER		Male	1105	54:56	1526
1249	2547	49:46	Scott ABLETT	Norwich Road Runners	Male	1106	53:38	1349
1250	2614	49:46	Matthew FORRESTER		Male	1107	53:13	1301
1251	1639	49:46	Neil BURRAGE		Male	1108	53:28	1326
1252	1467	49:47	Chris BOLDERSTONE	Norwich Road Runners	Male	1109	51:01	1050
1253	2095	49:47	Ben WALKER		Male	1110	54:55	1525
1254	649	49:47	Rob DAVIES		Male	1111	50:57	1042
1255	1617	49:48	Anna FROSTWICK	Norwich Road Runners	Female	144	52:52	1263
1256	1260	49:48	Richard EVANS		Male	1112	50:55	1040
1257	1630	49:49	Tim BACKHOUSE		Male	1113	53:50	1377
1258	259	49:49	Theresa COLBY	Norwich Road Runners	Female	145	50:02	947
1259	1169	49:49	Andrew WALKER		Male	1114	50:26	994
1260	286	49:49	Liam MARSHALL		Male	1115	50:02	948



Run Norwich 2019

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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
1261	1955	49:49	Kathryn TODD	Norfolk Harriers RC	Female	146	53:01	1279
1262	1315	49:50	Mark TIMM		Male	1116	50:42	1016
1263	672	49:51	Tim LAMB		Male	1117	51:02	1053
1264	2345	49:51	Simon GILLIES		Male	1118	53:24	1318
1265	1345	49:53	Vicky ROBINSON	Norwich Road Runners	Female	147	50:44	1021
1266	773	49:53	Lewis BROOKER		Male	1119	50:42	1015
1267	1749	49:54	Steven CLEVELAND		Male	1120	53:53	1384
1268	2749	49:54	Marie CLARK		Female	148	54:49	1514
1269	1089	49:54	Gareth THOMPSON	Norwich Road Runners	Male	1121	51:06	1063
1270	1353	49:54	Christopher STONES		Male	1122	50:46	1025
1271	753	49:54	Gareth HOWELLS		Male	1123	50:36	1011
1272	2564	49:55	Ed SMITH		Male	1124	53:00	1275
1273	1268	49:55	Carl BEANEY	Norwich Road Runners	Male	1125	50:12	972
1274	719	49:56	Kevin AMES		Male	1126	50:59	1044
1275	4014	49:56	Andrew FISH		Male	1127	56:35	1732
1276	1938	49:57	James CRISAFULLI		Male	1128	53:15	1305
1277	1792	0:49:57	Jacob WARDROP	Norwich Road Runners	Male	1129	1:01:23	2370
1278	3002	49:58	Tom PARSLEY		Male	1130	53:10	1291
1279	2567	49:58	Daniel JEFFREY		Male	1131	53:11	1294
1280	585	49:58	Ruth GAUNT		Female	149	50:51	1033
1281	1642	49:58	Thomas FLAHIVE	Lowestoft Road Runners	Male	1132	52:59	1274
1282	1341	49:58	Karen EVANS		Female	150	50:45	1024
1283	2445	49:59	Daniel GODBOLT		Male	1133	53:09	1287
1284	2867	49:59	Joe ATKINSON		Male	1134	53:59	1407
1285	2062	50:00	Richard CORNELIUS	North Norfolk Beach Runners	Male	1135	54:37	1492
1286	2750	50:00	Eddie KIDD		Male	1136	53:58	1403
1287	624	50:00	Andrew HARDY		Male	1137	50:45	1023
1288	1323	50:00	Alison ARMSTRONG		Female	151	50:34	1007
1289	2816	50:00	Daniel NIXON	North Norfolk Beach Runners	Male	1138	53:03	1281
1290	1604	50:00	Sam HARBROW		Male	1139	56:03	1657
1291	6234	0:50:01	Jonathan DINGLE		Male	1140	1:02:29	2527
1292	2406	50:01	Samuel HUESTON		Male	1141	54:32	1474
1293	699	50:01	Jamie CHILDS	Tri-Anglia Triathlon Club	Male	1142	50:28	1000
1294	2716	50:01	Matthew FIELD		Male	1143	53:10	1290
1295	525	50:01	Richard PALLETT		Male	1144	50:16	976
1296	1669	50:01	Ian DALLAIN		Male	1145	53:16	1307
1297	1964	50:01	Richard BEASTALL	North Norfolk Harriers Athletics Club	Male	1146	54:20	1458
1298	2388	50:02	Steve WOOLSTON		Male	1147	53:22	1313
1299	1838	50:02	Gary TURNER		Male	1148	53:22	1312
1300	542	50:03	Henry DURAND		Male	1149	53:29	1328
1301	438	50:03	Ralph COX	Dereham Runners & AC	Male	1150	50:47	1026
1302	5625	50:03	Jade DIGHTON		Female	152	59:17	2095
1303	5687	0:50:04	Gauthier DUPONT		Male	1151	1:01:21	2368
1304	3586	50:04	Spencer ELLIS		Male	1152	58:17	1965
1305	2951	50:05	Ewan WILSON	Dereham Runners & AC	Male	1153	53:37	1346
1306	2637	50:05	Luke BURROWS		Male	1154	55:12	1561
1307	1308	50:06	Adrian HOLLIS		Male	1155	50:32	1005
1308	319	50:06	Andrew JACKSON		Male	1156	51:02	1054
1309	1177	50:06	Dylan JONES	Waveney Valley AC	Male	1157	51:22	1093
1310	2026	50:06	Stephen GOOK		Male	1158	55:01	1538
1311	790	50:06	Nathan SOLOMON		Male	1159	51:09	1069
1312	4314	50:08	Kerrie PIMBLE		Female	153	56:09	1670
1313	1354	50:08	Daryl MCKEOWN	Waveney Valley AC	Female	154	50:50	1031
1314	1944	50:08	Tim BUTTIFANT		Male	1160	53:37	1348
1315	4068	50:09	Shaun NEWRICK		Male	1161	58:19	1977
1316	1736	50:09	Rebecca PRESTON		Female	155	53:14	1302
1317	705	50:09	Ashley JUDD	Dereham Runners & AC	Male	1162	50:52	1035
1318	2456	50:10	Ivan BLOCK		Male	1163	53:52	1383
1319	6328	0:50:10	Julia THOMAS		Female	156	1:04:22	2801
1320	2017	50:10	Barney LEE		Male	1164	53:23	1314
1321	1923	50:10	Tom HARVEY	Coltishall Jaguars RC	Male	1165	53:35	1340
1322	792	50:11	Louise HUDSON		Female	157	51:01	1052
1323	1682	50:11	Luke TOWNSHEND		Male	1166	54:05	1419
1324	2457	50:11	Jason BODMER		Male	1167	54:17	1448
1325	2657	50:12	Pippa MASKELL	Fulham Running Club	Female	158	55:08	1553
1326	3259	50:12	Kevin FINN		Male	1168	57:15	1819
1327	158	50:14	Charli THOMAS		Female	159	50:28	997
1328	690	50:14	Steve BROCKES		Male	1169	50:43	1018
1329	1654	50:14	Sophie DENMAN	Fulham Running Club	Female	160	53:24	1316
1330	1288	50:15	Joe PARKER		Male	1170	50:43	1019



Run Norwich 2019

Sunday 21st July 2019

RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
1331	4704	0:50:15	James WEBSTER	Fenland Running Club	Male	1171	1:05:14	2916
1332	1670	50:15	James O'GRADY		Male	1172	53:42	1356
1333	1772	50:16	Paul HANN		Male	1173	53:50	1378
1334	3363	50:16	Hannah ELY		Female	161	58:19	1976
1335	3520	50:16	James JEWSON		Male	1174	56:19	1693
1336	1628	50:16	Ian MILBURN		Male	1175	53:26	1322
1337	437	50:17	Steve BLOMFIELD		Male	1176	51:19	1090
1338	2993	50:17	Adam FIDDAMENT		Male	1177	53:37	1345
1339	1624	50:18	Darren COLLISON		Male	1178	53:32	1336
1340	2969	50:19	Stuart BAILEY		Male	1179	53:28	1324
1341	2123	50:19	Duncan BARBER		Male	1180	54:02	1413
1342	2190	50:19	Mark RAMSDEN		Male	1181	54:12	1438
1343	1223	50:19	Dave WILSON		Male	1182	51:03	1059
1344	1918	50:19	Richard HOLT		Male	1183	54:43	1506
1345	615	50:19	Chris WINTER		Male	1184	50:52	1034
1346	1606	50:19	Ian MARSHALL	Lowestoft Road Runners	Male	1185	53:24	1317
1347	577	50:20	Matt BOWLES		Male	1186	53:28	1325
1348	1090	50:20	Jonny SAYER		Male	1187	51:17	1084
1349	1469	50:20	Andrew HANNANT	Norwich Road Runners	Male	1188	50:53	1036
1350	6680	50:20	Guy SHEARWOOD		Male	1189	56:50	1768
1351	1718	50:21	Nicola JEPSON	Norfolk Harriers RC	Female	162	53:33	1338
1352	2102	50:21	Nicola DOGGETT	Ipswich Jaffa RC	Female	163	54:07	1425
1353	1672	50:21	Chris MURPHY		Male	1190	53:24	1319
1354	1183	50:21	Carl BERGDAHL		Male	1191	50:54	1038
1355	5925	50:21	Callum POTTS		Male	1192	59:55	2170
1356	2069	50:21	Dominic STRAW		Male	1193	54:08	1427
1357	3012	50:22	Michael SEAGO	Stowmarket Striders RC	Male	1194	54:17	1451
1358	2434	50:22	Jonathan SHACKSHAFT		Male	1195	53:42	1357
1359	2454	50:22	Andy WOOD		Male	1196	53:25	1320
1360	2404	50:22	Stephen PAGE		Male	1197	54:14	1443
1361	1904	50:22	Jayne HUDSON		Female	164	53:42	1358
1362	1330	50:22	Celia CLARKE	Wymondham AC	Female	165	51:14	1079
1363	2512	50:23	Sally RYDER	North Norfolk Beach Runners	Female	166	53:57	1401
1364	2710	50:23	Sarah BURBIDGE		Female	167	53:45	1362
1365	857	50:24	Andrew COLE	Thetford AC	Male	1198	51:00	1048
1366	1310	50:24	Nicola GREENOUGH		Female	168	51:41	1122
1367	1655	50:24	Adam PALMER		Male	1199	54:02	1414
1368	2246	50:24	James CHAPLIN		Male	1200	54:12	1437
1369	1752	50:25	Daniel LITTLEBOY		Male	1201	53:34	1339
1370	2584	50:25	Katie BUCKLEY	North Norfolk Beach Runners	Female	169	54:34	1482
1371	2489	50:26	Mark CUTTING		Male	1202	53:58	1404
1372	1340	50:26	David HYETT		Male	1203	53:31	1331
1373	2566	50:26	Nia HEYCOCKS		Female	170	53:47	1363
1374	539	50:27	Dean HAWKINS		Male	1204	51:10	1070
1375	1636	50:27	Liam RAY	Bure Valley Harriers	Male	1205	54:22	1460
1376	1722	50:27	Andy HIBBINS		Male	1206	53:41	1354
1377	3321	50:28	M CORREA SICOLI		Male	1207	58:33	2011
1378	1717	50:28	Christopher DRUMMEE		Male	1208	55:58	1644
1379	2970	50:28	Angus CAMPBELL		Male	1209	53:36	1343
1380	3939	50:28	Gregg BAKER	Norfolk Gazelles AC	Male	1210	57:09	1805
1381	7572	0:50:28	Christopher CLARKE		Male	1211	1:03:06	2606
1382	1250	50:28	Isaac DIWA		Male	1212	51:06	1062
1383	2476	50:29	Zachary DEAN		Male	1213	54:23	1462
1384	5132	50:29	Mark BAGNALL		Male	1214	59:33	2132
1385	5434	0:50:29	Chloe LARKINS	Norfolk Gazelles AC	Female	171	1:00:50	2290
1386	1362	50:30	Kevin HYDEN		Male	1215	53:55	1393
1387	2437	50:30	Tony ARTHURTON		Male	1216	53:42	1359
1388	2381	50:30	Jeremy SOKHI		Male	1217	55:08	1555
1389	1886	50:30	Claire LEE		Female	172	54:10	1430
1390	2094	50:32	Edward SEAMAN	Great Yarmouth Road Runners	Male	1218	53:49	1369
1391	1959	50:32	Peter STILLINGS		Male	1219	55:29	1592
1392	812	50:32	Nico PAGANINI		Male	1220	51:33	1106
1393	685	50:32	Harry HUGHES		Male	1221	50:54	1037
1394	716	50:32	Russell PARKINS		Male	1222	51:35	1112
1395	3913	50:33	Simon HILBURN		Male	1223	57:35	1872
1396	671	50:33	Richard LAMB		Male	1224	51:44	1127
1397	1913	50:33	Simon GRIFFITH		Male	1225	53:38	1351
1398	1879	50:34	James PLUNKETT		Male	1226	53:38	1352
1399	2047	50:34	Jo HIPPERSON		Female	173	53:47	1364
1400	2040	50:34	Ed ORCHIN		Male	1227	53:36	1344



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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
1401	1976	50:34	Lucy WALKER	Coltishall Jaguars RC	Female	174	54:57	1528
1402	2355	50:34	Paul HENERY	City Of Norwich AC	Male	1228	55:15	1564
1403	492	50:35	Brian WILSON		Male	1229	51:43	1125
1404	2654	50:36	Jamie TINK		Male	1230	54:13	1439
1405	2124	50:36	Tabby POWELL-TUCK		Female	175	54:19	1455
1406	3018	50:36	Vikki HARPER	Coltishall Jaguars RC	Female	176	53:43	1360
1407	4683	0:50:36	Michael LESTER		Male	1231	1:00:56	2307
1408	2616	50:36	Daniel GRIMMER	Great Yarmouth Road Runners	Male	1232	55:06	1550
1409	1473	50:36	Dean BLYTH		Male	1233	53:56	1398
1410	1230	50:36	Stewart CURSON		Male	1234	51:45	1130
1411	1263	50:37	Jamie PICKERING		Male	1235	51:26	1098
1412	1891	50:37	Andrew ELLIOTT		Male	1236	54:15	1445
1413	511	50:37	Steve MCCARTHY		Male	1237	51:07	1066
1414	1702	50:38	Simon PARKER		Male	1238	54:00	1411
1415	7137	0:50:38	Sam OLLEY		Male	1239	1:03:29	2665
1416	2176	50:38	Paul MCCARTHY		Male	1240	55:20	1578
1417	489	50:38	Daniel MOORE		Male	1241	51:49	1137
1418	3197	50:38	Peter HENLEY		Male	1242	56:46	1759
1419	5667	0:50:39	Chris GORDON		Male	1243	1:00:59	2315
1420	2276	50:39	Iwona LITWINIEC	Coltishall Jaguars RC	Female	177	53:47	1365
1421	1184	50:39	Thomas KERIN		Male	1244	51:16	1081
1422	4100	50:39	Tom SWARBRICK		Male	1245	56:42	1753
1423	1762	50:39	Stephen CHARMAN		Male	1246	53:52	1382
1424	1981	50:40	Benjamin TUBBY		Male	1247	55:27	1589
1425	1280	50:40	Roy TAIT		Male	1248	51:35	1111
1426	1314	50:40	Leanne HEAVENS		Female	178	51:35	1110
1427	1911	50:40	Robin JOLLY		Male	1249	53:55	1392
1428	1677	50:41	Emma MULLEY		Female	179	55:13	1562
1429	1835	50:41	Neil STAVELEY	Norfolk Gazelles AC	Male	1250	54:06	1420
1430	2939	50:42	Matt STOKES		Male	1251	54:13	1440
1431	1490	50:43	Scott EVANS		Male	1252	54:02	1415
1432	191	50:43	John DUNGAR	Bure Valley Harriers	Male	1253	51:15	1080
1433	722	50:44	Naomi BOWDITCH		Female	180	51:44	1129
1434	2853	50:44	Chris RICHARDSON	Norwich Road Runners	Male	1254	53:53	1385
1435	1085	50:44	Ian MOORE	Norwich Road Runners	Male	1255	53:55	1394
1436	3015	50:45	Alison BRISTER		Female	181	53:54	1388
1437	2521	50:45	Graeme JOHNSON		Male	1256	54:00	1409
1438	737	50:45	Tim SHATTOCK		Male	1257	51:53	1141
1439	4221	50:46	Stephen SWAN		Male	1258	57:30	1858
1440	2089	50:46	Peter WRIGHT		Male	1259	54:10	1431
1441	3079	50:46	Mark KING		Male	1260	55:08	1556
1442	1815	50:46	Sonny NEEVE	Waveney Valley AC	Male	1261	53:51	1379
1443	282	50:47	James HALLS		Male	1262	51:11	1073
1444	3037	50:47	Thomas OSBORNE		Male	1263	54:11	1433
1445	2576	50:47	Stuart DEWELL	Lowestoft Road Runners	Male	1264	54:04	1416
1446	1199	50:47	Tony BEALES	Wymondham AC	Male	1265	52:00	1156
1447	2405	50:48	Martin BROWN		Male	1266	54:38	1493
1448	4671	50:48	Scott HOLLINGS	Lonely Goat RC	Male	1267	59:49	2157
1449	3436	50:48	Paul BILHAM		Male	1268	57:36	1874
1450	1741	50:48	Kevin WILLOUGHBY		Male	1269	54:14	1442
1451	2482	50:48	Jonathan MULLEY		Male	1270	55:21	1581
1452	1123	50:48	Edward WHARTON		Male	1271	51:29	1102
1453	2692	50:49	Mark JOHNSON		Male	1272	53:56	1396
1454	3189	50:49	Steven NEWSON		Male	1273	56:50	1767
1455	3944	50:49	Kristina EMMINS		Female	182	56:50	1766
1456	1732	50:49	David WOODS		Male	1274	54:33	1480
1457	1507	50:50	Alysia BURROWS		Female	183	51:28	1101
1458	2505	50:50	Martin LARKINS		Male	1275	54:14	1444
1459	2971	50:50	Phoebe SCOTT		Female	184	54:00	1410
1460	2835	50:50	Elizabeth ESCOBAR		Female	185	54:31	1473
1461	1224	50:51	Anne-Marie FALGATE		Female	186	51:40	1120
1462	1613	50:51	Leon CARRARA		Male	1276	54:53	1520
1463	2535	50:51	Helen HARBON	North Herts RRC	Female	187	54:17	1450
1464	2011	50:52	John WILSON		Male	1277	54:20	1459
1465	605	50:52	Christopher CARR	Norwich Road Runners	Male	1278	55:04	1545
1466	1657	50:52	Matt FEVER		Male	1279	55:06	1551
1467	2058	50:52	Daniel CRASKE		Male	1280	54:23	1461
1468	726	50:52	Simon GILCHRIST		Male	1281	51:16	1082
1469	1377	50:54	Russell HARMER	North Norfolk Beach Runners	Male	1282	54:31	1472
1470	2961	50:54	Thomas AMES-WALLER		Male	1283	54:04	1417



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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
1471	2024	50:55	Paul YOUNGMAN	Tri-Anglia Triathlon Club	Male	1284	54:08	1426
1472	2506	50:55	Richard BENNETT		Male	1285	56:05	1661
1473	641	50:55	Benjamin MORGAN		Male	1286	52:08	1171
1474	3119	50:55	Laura ADAMS	Tri-Anglia Triathlon Club	Female	188	57:27	1854
1475	606	50:56	Richard TAYLOR		Male	1287	52:04	1167
1476	1356	50:56	Dave SMITH	Bungay Black Dog RC	Male	1288	51:55	1145
1477	536	50:56	Melissa SAMPSON		Female	189	51:23	1095
1478	2316	50:56	Steve COE		Male	1289	53:58	1405
1479	845	50:57	Marian CROSSLAND	City Of Norwich AC	Female	190	52:09	1175
1480	704	50:57	Jonny LITTLEWOOD	Norwich Road Runners	Male	1290	51:36	1115
1481	1190	50:57	Gemma GARLAND		Female	191	51:26	1097
1482	607	50:57	Peter PENNY	Tri-Anglia Triathlon Club	Male	1291	52:11	1179
1483	3072	50:57	Nikolas CHARALAMBOUS		Male	1292	55:10	1558
1484	3001	50:58	Lauren CUNNINGHAM		Female	192	55:54	1637
1485	407	50:58	James PLANT		Male	1293	51:57	1150
1486	1346	50:59	Shashana RUSHBROOKE		Female	193	51:43	1126
1487	2727	50:59	Daniel LIGHTFOOT		Male	1294	54:11	1434
1488	4420	51:00	Joel SHIPPEY		Male	1295	57:09	1806
1489	3053	51:00	William TAIT		Male	1296	55:41	1607
1490	2490	51:00	Jason WILSON		Male	1297	54:29	1469
1491	4512	51:01	Jonathan FRARY		Male	1298	57:02	1792
1492	5474	0:51:01	Dan BASSON		Male	1299	1:00:43	2267
1493	2857	51:01	Adam BARKER		Male	1300	58:20	1979
1494	2711	51:01	Colin FISH		Male	1301	55:48	1623
1495	3948	51:01	Matthew BACON		Male	1302	58:15	1961
1496	2507	51:02	Neal WOLTON-HARRAGAN		Male	1303	54:37	1487
1497	1176	51:02	Claire WILKINSON		Female	194	52:02	1163
1498	656	51:03	Anthony FULLAM		Male	1304	51:52	1138
1499	2203	51:03	Stephen HIGGS		Male	1305	54:32	1476
1500	731	51:03	Callum DAVENPORT	Norfolk Gazelles AC	Male	1306	51:38	1116
1501	2978	51:03	Christopher MOORE		Male	1307	56:38	1741
1502	759	51:04	Amanda HARDS		Female	195	51:39	1117
1503	342	51:04	Richard TUBB	Wymondham AC	Male	1308	51:35	1113
1504	2667	51:04	Matthew NICHOLS		Male	1309	56:12	1678
1505	3882	51:04	Peter O'MALLEY		Male	1310	57:05	1798
1506	360	51:04	Jason SPARKES		Male	1311	51:41	1123
1507	763	51:04	Taylor DE SOUSA	Norwich Road Runners	Male	1312	51:55	1146
1508	2656	51:04	Georgina MACARTHUR		Female	196	54:06	1423
1509	538	51:05	Simon JONES		Male	1313	51:42	1124
1510	1607	51:05	Alexander ROLFE		Male	1314	54:09	1428
1511	506	51:05	David JAY		Male	1315	51:53	1142
1512	104	51:05	Ginta DAUNORAVICIUTE		Female	197	52:16	1187
1513	6748	0:51:06	Lee WALLER		Male	1316	1:03:40	2708
1514	1614	51:06	Scott NEWSTEAD		Male	1317	54:37	1490
1515	2032	51:06	Silvia FERRETTI		Female	198	54:32	1475
1516	3195	51:07	Stuart KENRICK		Male	1318	57:27	1855
1517	2012	51:08	Will TUTTLE		Male	1319	54:23	1464
1518	2811	51:09	Paul LITTLEWOOD		Male	1320	55:40	1604
1519	2806	51:09	Andy HOUSEGO		Male	1321	55:28	1591
1520	2603	51:09	Caroline FLELLO		Female	199	55:51	1630
1521	1272	51:09	Adrian SLATTERY		Male	1322	51:46	1131
1522	4299	51:10	Ben CLARKE		Male	1323	57:46	1892
1523	6568	0:51:10	Manuel GIRALDO		Male	1324	1:03:38	2702
1524	7096	0:51:10	Sian TIBBLE		Female	200	1:03:38	2701
1525	1820	51:10	Debbie POWLES	Norfolk Gazelles AC	Female	201	55:52	1633
1526	1660	51:11	Stephen HARTIGAN	Datchet Dashers	Male	1325	55:53	1634
1527	3985	51:11	Amanda PATERSON		Female	202	57:36	1873
1528	725	51:11	Michelle ATKINSON		Female	203	54:20	1457
1529	2005	51:11	Robert LIGHTFOOT		Male	1326	54:16	1446
1530	2004	51:12	Michelle LIGHTFOOT	Bungay Black Dog RC	Female	204	54:16	1447
1531	445	51:12	Claire BROOKE	Wymondham AC	Female	205	52:10	1176
1532	5006	0:51:12	John GIL		Male	1327	1:00:23	2226
1533	2133	51:13	Mark FARLEY		Male	1328	54:28	1468
1534	6958	0:51:13	James HARMON		Male	1329	1:06:05	3036
1535	7239	0:51:13	Sarah KEEBLE		Female	206	1:03:41	2712
1536	1650	51:13	Francisco ARTOLA		Male	1330	55:49	1624
1537	666	51:14	Susan AVES	Springfield Striders RC	Female	207	52:07	1169
1538	1501	51:14	Gary GANNON	Norwich Road Runners	Male	1331	55:47	1621
1539	1148	51:14	Sam ALLEN		Male	1332	52:16	1185
1540	3834	51:14	Jack TARRANT		Male	1333	57:17	1822



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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
1541	459	0:51:14	Simon GIBSON	North Norfolk Beach Runners	Male	1334	1:02:41	2556
1542	797	51:14	Oliver HARMAN-HOWES		Male	1335	52:43	1242
1543	599	51:14	Ben WINSTANLEY		Male	1336	51:35	1109
1544	1943	51:15	Emily GOODEY	Redway Runners	Female	208	54:25	1465
1545	701	51:15	Chris HYAM		Male	1337	52:12	1182
1546	2989	51:15	Matt WALKER		Male	1338	54:34	1483
1547	1905	51:16	Will BARKER		Male	1339	58:44	2031
1548	1342	51:16	Julian HANTON		Male	1340	51:57	1148
1549	3249	51:17	John BENNETT		Male	1341	57:56	1916
1550	5786	0:51:17	Mark JAMES	Beccles & Bungay Harriers	Male	1342	1:00:47	2279
1551	3721	51:17	Bradley STONE		Male	1343	57:38	1875
1552	1364	51:18	Poppy BURNHAM		Female	209	51:34	1108
1553	2150	51:18	Jeremy CLARKE		Male	1344	55:33	1596
1554	744	51:19	Karl COUTTS		Male	1345	51:48	1134
1555	1831	51:19	Sarah LOWERY		Female	210	55:04	1543
1556	3995	51:19	Ben WOODRUFF	Coltishall Jaguars RC	Male	1346	57:43	1888
1557	1189	51:19	Harley EVANS		Male	1347	56:24	1700
1558	1799	51:20	Jonathan MILLS		Male	1348	55:21	1583
1559	4633	0:51:20	Mark CIRCUIT		Male	1349	1:02:25	2517
1560	1860	51:20	Jo SKINNER		Female	211	54:50	1516
1561	1678	51:20	Graham FRYER		Male	1350	55:08	1557
1562	1869	51:20	Sarah SKINNER	Norfolk Harriers RC	Female	212	54:50	1517
1563	1452	51:21	Sarah MACLENNAN		Female	213	54:37	1488
1564	1737	51:21	Peter SMITH		Male	1351	54:26	1467
1565	2894	51:21	Matthew RIX		Male	1352	54:50	1515
1566	695	51:23	Andrew FRENCH		Male	1353	52:30	1216
1567	2858	51:23	Kelly TIPPLE		Female	214	55:04	1544
1568	2628	51:24	Harvey WALTERS	Norwich Road Runners	Male	1354	55:10	1559
1569	987	51:24	Jonathan BLAINEY		Male	1355	55:04	1546
1570	2726	51:25	Thomas SMITH		Male	1356	54:45	1509
1571	4429	51:25	Dylan THOMAS		Male	1357	59:02	2065
1572	3062	51:25	Gemma MINORS		Female	215	55:56	1638
1573	2844	51:25	Jaqueline COLEMAN		Female	216	54:32	1477
1574	2000	51:25	Lee JOHNSON	Norfolk Harriers RC	Male	1358	54:57	1529
1575	1907	51:25	Giles KERKHAM		Male	1359	56:13	1682
1576	2869	51:25	Keith YAXLEY		Male	1360	54:45	1508
1577	2647	51:25	Stu ANDREWS		Male	1361	54:37	1491
1578	1701	51:26	Oliver MORGAN		Male	1362	55:20	1579
1579	1890	51:27	Michael PERSICH		Male	1363	54:39	1495
1580	408	51:27	Robert STEVENS	GoodGym Race Team	Male	1364	52:37	1232
1581	1286	51:27	Dave ANDREWS		Male	1365	52:24	1205
1582	2577	51:27	Darren GORE		Male	1366	56:18	1692
1583	1791	51:27	Robert HEMMENS		Male	1367	54:55	1523
1584	3269	51:27	Mat EWING		Male	1368	58:47	2040
1585	2142	51:28	Natasha WATTS		Female	217	56:40	1746
1586	2645	51:29	Andrew GREEN	Norwich Road Runners	Male	1369	55:21	1582
1587	2705	0:51:29	Mark CHICK		Male	1370	1:02:02	2458
1588	1551	51:30	Oliver JELLEY		Male	1371	51:40	1119
1589	1716	51:30	Rick PAGE		Male	1372	55:41	1608
1590	2408	51:30	Kate CHILDS		Female	218	54:42	1505
1591	2642	51:30	Jessica BROWN		Female	219	54:40	1498
1592	1215	51:31	Craig SKIPPER	Wymondham AC	Male	1373	52:43	1239
1593	2528	51:31	James GLADDEN		Male	1374	56:25	1703
1594	2752	51:31	Sonya MALLETT		Female	220	54:42	1504
1595	1970	51:32	Denis TUTTLE		Male	1375	54:47	1510
1596	921	51:32	Geoffrey BROWN		Male	1376	52:23	1204
1597	770	51:32	Stuart CUTTING		Male	1377	52:19	1193
1598	1679	51:32	Richard WOODARD	Coltishall Jaguars RC	Male	1378	54:49	1512
1599	1434	51:33	Jim DORAN		Male	1379	52:08	1172
1600	1884	51:33	Andrew WISEMAN		Male	1380	54:35	1484
1601	2759	51:33	Austin SPENCE		Male	1381	54:58	1531
1602	2460	51:33	Heather BUSH		Female	221	54:49	1513
1603	1953	51:33	Christopher TAYLOR		Male	1382	55:59	1645
1604	2199	51:34	Adam HIGGS	Norwich Road Runners	Male	1383	55:00	1536
1605	2686	51:34	Nuria FRANCES		Female	222	54:41	1500
1606	1734	51:35	Rob WINNER		Male	1384	56:31	1717
1607	7136	0:51:35	Cat WATSON		Female	223	1:04:26	2810
1608	2817	51:35	Dougie BARBER		Male	1385	55:30	1593
1609	1417	51:36	John NORMAN	Norwich Road Runners	Male	1386	59:14	2085
1610	1797	51:36	Paul ROBBINS		Male	1387	56:01	1651



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
1611	1648	51:36	Andy OAKLEY	Norfolk Harriers RC	Male	1388	56:02	1652
1612	6681	0:51:37	Luke HULL		Male	1389	1:06:09	3050
1613	1646	51:37	Hope PAGANINI		Female	224	55:03	1541
1614	2544	51:37	James BRIGHTON		Male	1390	55:18	1572
1615	4510	51:38	Gordon MCATEER		Male	1391	58:48	2041
1616	3432	51:39	Carl EASTICK	Bungay Black Dog RC	Male	1392	57:45	1889
1617	1883	51:39	Jamie BURGESS		Male	1393	54:55	1524
1618	548	51:39	Tom CLARK		Male	1394	54:41	1501
1619	778	51:40	Owen JENKINS		Male	1395	52:45	1248
1620	2421	51:40	Graham ALDOUS		Male	1396	55:19	1576
1621	2953	51:40	Tom STRACHAN	Waveney Valley AC	Male	1397	56:41	1748
1622	1707	51:40	Isabel EMBUREY		Female	225	54:48	1511
1623	2099	51:41	Charlotte HOOD		Female	226	54:58	1534
1624	4721	0:51:41	Thomas BULLEY		Male	1398	1:01:53	2434
1625	1227	51:42	Karl BRADY		Male	1399	52:05	1168
1626	2879	51:42	Ed KEARSE	Dereham Runners & AC	Male	1400	56:59	1780
1627	1868	51:42	Trevor THOMAS		Male	1401	56:01	1650
1628	627	51:42	Richard PALMER		Male	1402	56:48	1762
1629	2600	51:42	Richard FLETCHER		Male	1403	56:51	1769
1630	2021	51:43	Amy ROBINSON		Female	227	56:04	1659
1631	1211	51:44	Katie HUGGINS	North Norfolk Beach Runners	Female	228	52:50	1260
1632	2540	51:44	Carl NEALE		Male	1404	55:18	1570
1633	2052	51:45	Selena WRIGHT		Female	229	55:08	1554
1634	7248	0:51:45	Lauren FINCH		Female	230	1:04:13	2783
1635	2883	51:45	Emily SAVORY		Female	231	55:19	1575
1636	5669	0:51:45	Liam HOBDELL	Waveney Valley AC	Male	1405	1:02:09	2483
1637	4111	51:46	Damian LESLIE		Male	1406	57:58	1923
1638	1265	51:46	Kurt BISH		Male	1407	52:49	1258
1639	1214	51:47	Kevin WHITTRED		Male	1408	52:53	1264
1640	415	51:47	Stuart WALKER		Male	1409	52:24	1206
1641	2044	51:48	Tim COOK	Norfolk Gazelles AC	Male	1410	57:00	1786
1642	2957	51:48	Mark AHIER		Male	1411	56:12	1677
1643	2609	51:49	Colin WITHERS		Male	1412	55:00	1535
1644	1472	51:49	Fin O'BRIEN		Male	1413	53:01	1278
1645	2914	51:49	Marcus WEBB		Male	1414	55:23	1584
1646	4241	51:50	Leo KELLOCK	Dereham Runners & AC	Male	1415	57:58	1924
1647	3063	51:50	Gary MANN		Male	1416	55:01	1539
1648	1067	51:51	Matt LICENCE		Male	1417	52:52	1262
1649	1384	51:51	Michael BODIAM		Male	1418	58:34	2012
1650	1932	51:52	Mark FLETCHER		Male	1419	54:53	1522
1651	3956	51:52	Martin KEELER	Harling Athletic Club	Male	1420	59:54	2166
1652	2912	51:53	Jason RUST		Male	1421	56:48	1763
1653	3396	51:53	Tom HOLMES		Male	1422	59:03	2067
1654	7421	0:51:53	Jake HUMPHRIES		Male	1423	1:04:33	2832
1655	4238	51:54	Chris CORBETT		Male	1424	58:32	2006
1656	2108	51:54	Derek JACKSON	Norwich Road Runners	Male	1425	56:42	1752
1657	2335	51:54	Neil HENERY		Male	1426	56:09	1669
1658	2441	51:55	Matthew GIBBARD		Male	1427	55:17	1568
1659	4021	51:55	Stuart BARTON		Male	1428	58:39	2024
1660	4153	51:56	Anouska STOTT		Female	232	58:30	2000
1661	2545	51:56	Paul CLAUGHTON	Norwich Road Runners	Male	1429	55:16	1566
1662	694	51:56	Matthew WHITE		Male	1430	53:06	1284
1663	679	51:56	James BABB		Male	1431	58:39	2026
1664	3648	51:56	Sarah STEELE		Female	233	59:44	2147
1665	1871	51:57	Thomas MAXWELL		Male	1432	58:08	1942
1666	746	51:57	Ben KENDALL	Wymondham AC	Male	1433	52:38	1233
1667	1690	51:57	David WRIGHT		Male	1434	55:27	1590
1668	2091	51:58	Tom LARDNER		Male	1435	57:32	1865
1669	1324	51:58	Matt GOODE		Male	1436	55:17	1569
1670	2678	51:58	James MONCUR-BROWN		Male	1437	54:58	1533
1671	2860	51:58	Darren CARTER	Norwich Road Runners	Male	1438	55:17	1567
1672	1807	51:58	Nick SAUNDERS		Male	1439	57:05	1797
1673	796	51:58	Katherine HUMPHREYS		Female	234	53:12	1297
1674	3076	51:59	Caroline POCOCK		Female	235	56:27	1705
1675	5817	0:51:59	George BLAKE		Male	1440	1:01:54	2438
1676	831	51:59	Alison BEALES	Wymondham AC	Female	236	55:05	1549
1677	1233	51:59	Liam WARD		Male	1441	52:16	1186
1678	3294	52:00	Karl TUTT		Male	1442	59:15	2089
1679	3911	52:00	Danielle RACKHAM		Female	237	59:56	2172
1680	1727	52:00	Michelle BARKER		Female	238	55:57	1642



Run Norwich 2019

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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
1681	1887	52:00	Tony HARLAND	Framlingham Flyers	Male	1443	55:05	1547
1682	1958	52:02	Gavin LEEDER		Male	1444	56:00	1648
1683	2098	52:02	Melissa WELTON		Female	239	56:34	1725
1684	1761	52:03	Jennifer GOULD		Female	240	55:53	1635
1685	2660	52:03	Alix MIDDLETON		Female	241	55:18	1573
1686	2956	52:03	Dharmesh CHANDARIA		Male	1445	56:05	1660
1687	1821	52:04	Carlos NODAR		Male	1446	55:11	1560
1688	3065	52:04	Laura WING		Female	242	56:05	1662
1689	1100	52:05	James SAVAGE		Male	1447	52:21	1198
1690	7122	0:52:05	Paul BLEASE		Male	1448	1:07:34	3222
1691	2959	52:05	John YOUNG	Beccles & Bungay Harriers	Male	1449	56:36	1736
1692	661	52:05	Dhiren MISTRY		Male	1450	53:00	1276
1693	7393	0:52:05	Daniel SNOWDEN		Male	1451	1:04:53	2870
1694	364	52:05	Ben DE TARRIER		Male	1452	52:42	1237
1695	2631	52:06	Lara GILMAN		Female	243	55:07	1552
1696	2492	52:06	Richard CATOR		Male	1453	55:40	1605
1697	2366	52:06	Harriet JOHNSON		Female	244	55:13	1563
1698	2145	52:07	Matthew CUBITT		Male	1454	55:54	1636
1699	1861	52:07	Simon BLACKWELL		Male	1455	56:41	1750
1700	2663	52:07	Michael GRAND		Male	1456	55:47	1620
1701	2416	52:07	Claire HEWS	Norfolk Gazelles AC	Female	245	55:56	1639
1702	614	52:07	Kirsty WINTER	Beccles & Bungay Harriers	Female	246	52:40	1235
1703	2491	52:08	Adrian MOULAM		Male	1457	55:40	1606
1704	1986	52:08	Jeremy HOWARD		Male	1458	56:59	1782
1705	1852	52:08	David HOGG		Male	1459	56:41	1751
1706	1946	52:08	Benjamin EDWARDS		Male	1460	56:07	1665
1707	2964	52:08	Greg FLOYD		Male	1461	55:50	1626
1708	4794	0:52:08	James TAYLOR		Male	1462	1:02:00	2453
1709	2998	52:08	Jake GORROD		Male	1463	56:07	1666
1710	4915	0:52:08	Kerry WRIGHT		Female	247	1:02:55	2586
1711	4641	0:52:09	Tom HUGHES		Male	1464	1:01:46	2423
1712	1673	52:10	Nick EAGLE	City Of Norwich AC	Male	1465	55:32	1595
1713	1715	52:10	Peter ALDER		Male	1466	56:32	1721
1714	2033	52:10	Linzi GRAY		Female	248	56:35	1727
1715	2027	52:10	Dennis ROGERS		Male	1467	56:37	1737
1716	747	52:10	Charlotte NORTH		Female	249	52:31	1217
1717	3916	52:10	Alan WAGNER		Male	1468	59:31	2130
1718	2706	52:10	Steve MARSH		Male	1469	55:51	1632
1719	1637	52:11	Jacqui MUNFORD		Female	250	55:39	1603
1720	806	52:11	Tom MUSKER		Male	1470	53:11	1293
1721	2517	52:11	Dave WILSON		Male	1471	55:45	1615
1722	2751	52:11	Laurel ANDREWS	Bure Valley Harriers	Female	251	55:41	1609
1723	2704	52:12	Sarah LAUCLAN		Female	252	55:41	1610
1724	6828	52:12	David HARRIS		Male	1472	59:17	2096
1725	1322	52:12	Jan MURTON		Female	253	52:41	1236
1726	3552	52:13	Ed CHAPMAN		Male	1473	58:25	1987
1727	1471	52:13	Adam KOBYLECKI		Male	1474	53:03	1280
1728	2178	52:14	Anna GOLAMY		Female	254	56:29	1711
1729	594	52:14	Laura PARRY		Female	255	52:54	1265
1730	1850	52:14	Joel BROAD		Male	1475	56:31	1719
1731	3348	52:15	Matthew ROBSON		Male	1476	58:22	1981
1732	3653	52:15	Leanne BOTWRIGHT	North Herts RRC	Female	256	59:17	2097
1733	2503	52:15	Lindsay HOWLETT		Female	257	55:47	1619
1734	2037	52:15	Andrew LOVEDAY		Male	1477	56:27	1708
1735	3014	52:16	Raven BOYCE		Male	1478	56:57	1778
1736	2126	52:16	Peter WALSH		Male	1479	57:26	1849
1737	3970	52:16	Dianne BIRD		Female	258	59:06	2072
1738	2300	52:17	Chris WELFARE		Male	1480	56:48	1764
1739	2305	52:17	Jonathan SCOTT		Male	1481	55:45	1614
1740	369	52:17	Kirk MOORE		Male	1482	52:24	1207
1741	2534	52:17	Matt ANKERS		Male	1483	55:42	1612
1742	2436	52:17	Pete GODDARD	Fulham Running Club	Male	1484	56:17	1691
1743	1510	52:18	Michael SHARMAN		Male	1485	55:56	1640
1744	670	52:19	Sydnee WATLOW		Female	259	53:14	1303
1745	1782	52:19	Hannah SMITH		Female	260	58:26	1991
1746	2646	52:19	Dan OSBORNE		Male	1486	57:12	1813
1747	5879	52:20	Kieran GRAHAM		Male	1487	58:32	2007
1748	3083	52:20	Charlie HIELD		Male	1488	55:51	1631
1749	1399	52:20	Joe MITCHELL		Male	1489	57:35	1871
1750	1632	52:21	Louise WHITE		Female	261	56:09	1671



Run Norwich 2019

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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
1751	2725	52:22	Steve GOWING	Dereham Runners & AC	Male	1490	55:33	1597
1752	3909	0:52:23	Robert CLARKE		Male	1491	1:00:17	2215
1753	2046	52:24	James LOWE		Male	1492	55:50	1629
1754	3969	52:25	Miles YAXLEY		Male	1493	58:31	2004
1755	2113	52:25	Katie HALE		Female	262	55:26	1588
1756	2365	52:26	Andrew OLDRIDGE		Male	1494	56:55	1775
1757	1787	52:26	Richard COLE		Male	1495	56:00	1646
1758	4162	52:26	Mark HUNTER-LINES		Male	1496	58:33	2010
1759	2473	52:27	Jenni JONES		Female	263	57:02	1790
1760	2336	52:27	Fiona SEARSON		Female	264	55:33	1598
1761	4864	0:52:28	Jacob Rory STIRLING	Bracknell Forest Runners	Male	1497	1:01:56	2440
1762	1793	52:28	Craig PARKE		Male	1498	55:31	1594
1763	2776	52:28	John GAVIN		Male	1499	56:11	1673
1764	1363	52:29	Paul HORROCKS		Male	1500	53:26	1321
1765	2088	52:29	Anna PATERSON		Female	265	58:31	2003
1766	3484	0:52:29	Chris SCOTT		Male	1501	1:00:01	2182
1767	1671	52:29	N RUSHWORTH-WHITE		Female	266	56:27	1709
1768	2076	52:29	Michael PALMER		Male	1502	56:13	1684
1769	2224	52:29	Matthew MULLINS		Male	1503	56:27	1707
1770	2051	52:30	Justin HARRIS		Male	1504	57:40	1882
1771	2472	52:31	Hung LAI	Lowestoft Road Runners	Male	1505	56:02	1655
1772	3050	52:31	Glenn PEARCE		Male	1506	55:45	1616
1773	2425	52:31	Hazel THORN		Female	267	56:29	1712
1774	1200	52:31	Daniel BURKE		Male	1507	53:22	1310
1775	2175	52:32	Liam DAVISON		Male	1508	58:58	2057
1776	5807	0:52:32	Dominic BRAY		Male	1509	1:01:48	2428
1777	2093	52:32	Sean ORTON		Male	1510	57:26	1850
1778	838	52:32	Joanna GODWIN		Female	268	53:47	1366
1779	3299	52:32	Robert WHITBY		Male	1511	59:15	2090
1780	1829	52:33	Sue COOKE		Female	269	55:46	1618
1781	482	52:33	Michelle REEVE	Wymondham AC	Female	270	53:23	1315
1782	1056	52:33	Daniel SAVAGE		Male	1512	53:49	1371
1783	554	52:33	Michael BAILEY		Male	1513	53:49	1370
1784	562	52:33	Conrad DOGGETT		Male	1514	58:45	2033
1785	1866	52:34	James GOODMAN		Male	1515	57:43	1887
1786	4815	0:52:34	Theo TSOI		Male	1516	1:01:44	2420
1787	5106	0:52:35	Declan MARKS		Male	1517	1:02:04	2465
1788	3283	52:35	James GRIFFITHS		Male	1518	59:12	2079
1789	2916	52:35	Andy ARBON		Male	1519	57:55	1913
1790	1925	52:35	Alex MARSHALL		Male	1520	56:21	1696
1791	3942	52:35	Stuart THOMPSON	Norfolk Gazelles AC	Male	1521	58:54	2054
1792	487	52:36	Sam BENCE		Male	1522	53:32	1333
1793	3217	0:52:36	Rob CRAFT		Male	1523	1:00:36	2247
1794	1611	52:36	Daniel BROCK		Male	1524	56:31	1718
1795	3870	52:37	Colin CLARK		Male	1525	58:50	2044
1796	2999	52:37	Sian WAGER		Female	271	56:36	1733
1797	1098	52:37	Charles ALLEN		Male	1526	53:51	1380
1798	817	52:37	Pete SHARPE		Male	1527	57:20	1829
1799	3660	0:52:37	Stan CLARKE		Male	1528	1:00:09	2197
1800	571	52:38	Louise GRINSDALE		Female	272	53:52	1381
1801	2913	52:38	Andrew TRUSWELL	Wymondham AC	Male	1529	57:27	1856
1802	1481	52:38	Tom GINN		Male	1530	53:13	1300
1803	1774	52:38	Matt ISHERWOOD		Male	1531	56:14	1686
1804	2626	52:38	Ben HOWES		Male	1532	57:20	1827
1805	2248	52:39	Karl DODGSON		Male	1533	57:47	1897
1806	3428	52:39	Adam MOWER		Male	1534	58:56	2056
1807	2792	52:39	Sally TURNER		Female	273	56:00	1647
1808	3252	52:40	Tom MARRISON		Male	1535	58:55	2055
1809	2592	52:40	Kevin STUBLEY		Male	1536	56:01	1649
1810	545	0:52:41	Chris JOHNSON		Male	1537	1:00:36	2249
1811	1107	52:42	Stephen RYAN	Coltishall Jaguars RC	Male	1538	53:53	1386
1812	1880	52:43	Terence BROWN		Male	1539	56:16	1688
1813	2096	52:43	David HOPKINSON		Male	1540	56:16	1690
1814	1748	52:43	Nathan BROWN		Male	1541	56:16	1689
1815	4095	52:44	Chris ASHLING		Male	1542	59:28	2124
1816	5495	0:52:44	Alex WARE		Male	1543	1:01:54	2437
1817	1930	52:44	Steph JOHNSON		Female	274	55:57	1641
1818	1382	52:45	S GAIDAMAVICIUTE		Female	275	56:32	1722
1819	825	52:45	Graham HARDINGHAM		Male	1544	53:37	1347
1820	1704	52:45	Samuel IJAPOO		Male	1545	59:40	2143



Run Norwich 2019

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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
1821	2621	52:45	Jason JEARY	Norwich Road Runners	Male	1546	56:11	1674
1822	2799	52:45	Caroline DICKINSON		Female	276	57:26	1846
1823	3066	52:45	Jon CAMERON		Male	1547	56:11	1672
1824	3574	52:45	Chris METCALF		Male	1548	58:47	2038
1825	1700	52:46	Thomas CAREY		Male	1549	55:48	1622
1826	2571	52:46	Richard SWAIN		Male	1550	58:18	1970
1827	3085	52:46	Simon JARRETT	Tri-Anglia Triathlon Club	Male	1551	57:11	1812
1828	3158	0:52:47	Chris GROVES		Male	1552	1:00:55	2304
1829	1257	52:47	Toni GEORGE	Great Yarmouth Road Runners	Female	277	53:33	1337
1830	2549	52:47	Caroline BRITTON	Coltishall Jaguars RC	Female	278	57:06	1801
1831	2982	52:47	Richard GEDGE	Norwich Road Runners	Male	1553	56:25	1702
1832	2764	52:47	Tom RAMPLING		Male	1554	56:13	1683
1833	1783	52:47	Emma CROW		Female	279	57:22	1834
1834	4838	0:52:48	Simon WICKS		Male	1555	1:04:06	2770
1835	2494	52:50	Helen HARPER		Female	280	56:14	1685
1836	425	52:50	Ben ROBINSON		Male	1556	56:06	1664
1837	3220	0:52:50	Tom MARGITSON	North Norfolk Beach Runners	Male	1557	1:00:45	2270
1838	2030	52:51	Tony HARRISON		Male	1558	56:38	1743
1839	5028	0:52:51	Hadleigh DRAKE		Male	1559	1:02:26	2521
1840	1358	52:51	Simon BEST		Male	1560	54:06	1422
1841	1306	52:52	Matt WRIGHT		Male	1561	53:32	1334
1842	1365	52:52	Mike ROUGHSEGE		Male	1562	53:55	1395
1843	1867	52:53	Susanna JOHNS	Norwich Road Runners	Female	281	56:33	1723
1844	4064	52:53	Becca SEAMAN		Female	282	59:59	2178
1845	416	52:53	Jonny BURRELL		Male	1563	56:19	1694
1846	2022	52:53	Dominic CROOK		Male	1564	56:52	1770
1847	1714	52:54	Paul ELLIS		Male	1565	56:44	1757
1848	2149	52:54	Benedetta GATTARI		Female	283	57:30	1859
1849	707	52:54	Lee CHEUNG	Norfolk Harriers RC	Male	1566	53:09	1288
1850	4876	0:52:54	Karl ARNOLD		Male	1567	1:02:26	2522
1851	421	52:54	Andrew GRIFFITHS		Male	1568	54:06	1421
1852	1972	52:54	Karl HAYWARD		Male	1569	56:13	1680
1853	2968	52:55	Ben CARVER		Male	1570	56:13	1681
1854	2965	52:55	Brett HADLEY		Male	1571	56:13	1679
1855	2313	52:55	Garry WARD	North Norfolk Beach Runners	Male	1572	56:08	1667
1856	2825	52:55	Liz HARRIS		Female	284	57:09	1808
1857	1689	52:55	Raymond MARSHALL	Norwich Road Runners	Male	1573	57:31	1863
1858	7391	0:52:55	Louie WATTS	Norwich Road Runners	Male	1574	1:05:28	2953
1859	2458	52:55	Dominic NORTH		Male	1575	56:27	1706
1860	1839	52:56	Isabel SHAW		Female	285	57:42	1886
1861	2090	52:56	Franky TRIPP		Female	286	57:55	1914
1862	2451	52:56	Andrew PARFITT		Male	1576	58:01	1929
1863	3042	52:56	Bernice LITTLEBOY	Norfolk Harriers RC	Female	287	56:24	1699
1864	6022	0:52:56	Iveta OSOBOVA		Female	288	1:05:29	2958
1865	4114	52:56	Kevin THOMPSON		Male	1577	59:44	2149
1866	3030	52:57	Kate HODDS		Female	289	56:06	1663
1867	3036	52:58	Stephen FROST		Male	1578	57:14	1817
1868	2508	52:58	John PENNINGTON	North Norfolk Beach Runners	Male	1579	56:39	1745
1869	2238	52:58	Jonathan BRIGHTON	Norfolk Gazelles AC	Male	1580	57:57	1917
1870	2327	52:58	Jason PILBROW	Tri-Anglia Triathlon Club	Male	1581	57:01	1788
1871	2278	52:59	Elizabeth GIBSON	Diss and District AC	Female	290	56:38	1738
1872	2068	53:00	Emma DADY	Bure Valley Harriers	Female	291	56:58	1779
1873	2161	53:00	Sarah GOODWIN		Female	292	56:38	1742
1874	2450	53:00	Rachel WOODIER		Female	293	56:54	1773
1875	3827	0:53:01	Victoria MILLINGTON		Female	294	1:00:26	2233
1876	2420	53:01	Patrick NELSON		Male	1582	56:31	1716
1877	1892	53:01	Natasha WALSH		Female	295	56:12	1675
1878	3225	53:01	Richard WATSON	Norwich Road Runners	Male	1583	59:05	2070
1879	1853	53:02	Karen BASHAM		Female	296	56:47	1761
1880	2182	53:02	Pete MCNULTY		Male	1584	57:58	1921
1881	1468	53:02	Patrick THOMPSON		Male	1585	53:59	1408
1882	4426	0:53:02	Daisy CLAXTON-PEARCE		Female	297	1:01:36	2396
1883	2862	53:02	Ella WAKELEY	Norwich Road Runners	Female	298	57:15	1820
1884	1858	53:02	Judy CROOKS		Female	299	57:49	1902
1885	1616	53:02	Tony EVES		Male	1586	56:42	1754
1886	2035	53:03	Michael CHILDS		Male	1587	56:15	1687
1887	2125	0:53:04	Abigail OTTOLANGUI		Female	300	1:00:46	2275
1888	5462	0:53:04	Karl OTTOLANGUI	Wymondham AC	Male	1588	1:00:46	2274
1889	2168	53:05	Fay WHEELER		Female	301	57:54	1911
1890	1836	53:05	Anne MILLETT	Norwich Road Runners	Female	302	57:23	1837



Run Norwich 2019

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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
1891	3088	53:05	E MCLELLAND-PLAYER		Female	303	58:16	1962
1892	5292	0:53:06	Daniel ROGERS		Male	1589	1:02:09	2482
1893	1729	53:06	Lucie HARROWING		Female	304	56:22	1697
1894	2122	53:06	Andy WALTER	Norfolk Gazelles AC	Male	1590	56:30	1715
1895	3713	53:07	Barry SMITH		Male	1591	59:22	2110
1896	2936	53:07	Scott MCKINNEY		Male	1592	56:24	1698
1897	1856	53:07	Martyn BALL	Bungay Black Dog RC	Male	1593	56:56	1777
1898	1370	53:07	Hilary PEACHMENT	Reepham Runners	Female	305	53:56	1397
1899	7141	0:53:07	David CARLIN		Male	1594	1:06:16	3062
1900	828	53:08	Mark ROBERTS		Male	1595	53:18	1309
1901	2348	53:09	Nathan PARKINSON		Male	1596	56:26	1704
1902	3177	0:53:09	Liam POWERS		Male	1597	1:00:41	2255
1903	4087	53:09	Geoffrey CURRAN		Male	1598	59:14	2084
1904	3130	53:10	Harry DAVISON		Male	1599	59:30	2129
1905	1386	53:10	Andrew JARVIS	Coltishall Jaguars RC	Male	1600	57:02	1793
1906	3987	53:11	Christopher POINTER		Male	1601	59:18	2100
1907	2464	53:11	Robert PYKE		Male	1602	57:40	1881
1908	374	53:11	Cathy TYRRELL		Female	306	54:17	1449
1909	1984	53:12	Richard BELL		Male	1603	56:34	1724
1910	373	53:12	David TYRRELL		Male	1604	54:17	1452
1911	2639	53:12	Matthew PUMMELL		Male	1605	57:25	1842
1912	682	53:12	Jonathan SELLEX		Male	1606	56:31	1720
1913	2334	53:12	Phil DAVIS		Male	1607	57:25	1843
1914	1708	53:12	David MURRELL	Norfolk Gazelles AC	Male	1608	56:35	1728
1915	317	53:12	Kerri-Ann GIBBONS		Female	307	53:49	1373
1916	1071	53:12	Ceri THEOBALD	Norfolk Gazelles AC	Male	1609	56:35	1730
1917	2556	53:12	Hayley BRAITHWAITE		Female	308	57:32	1864
1918	1495	53:13	Stephen TERRY	Norfolk Gazelles AC	Male	1610	56:35	1731
1919	1058	53:13	Erik GIBBONS	Norwich Road Runners	Male	1611	53:31	1332
1920	788	53:13	Richard DESWARTE		Male	1612	53:49	1372
1921	2801	53:13	Ben GREEN		Male	1613	56:28	1710
1922	2308	53:13	Angela PERKINS		Female	309	56:59	1783
1923	3426	0:53:14	Karen EVANS	Coltishall Jaguars RC	Female	310	1:00:57	2308
1924	3593	0:53:14	Richard TODD		Male	1614	1:00:45	2269
1925	1080	53:14	Craig HARRIS		Male	1615	54:19	1456
1926	387	53:15	Max JENNINGS		Male	1616	53:55	1389
1927	756	0:53:15	Scott CHAPMAN	Norwich Road Runners	Male	1617	1:01:07	2335
1928	5939	0:53:16	Ben PAGE		Male	1618	1:02:35	2541
1929	2016	53:16	Neil ANDERTON	Dereham Runners & AC	Male	1619	56:38	1739
1930	3472	53:16	Ben AYLMER		Male	1620	59:54	2168
1931	843	53:16	Richard GREEN-STREET		Male	1621	54:12	1435
1932	2952	53:18	Ryan FORWOOD		Male	1622	58:19	1973
1933	2947	53:18	Jamie SMITH	Norwich Road Runners	Male	1623	57:07	1803
1934	1927	53:19	Rebecca GENDERS		Female	311	57:07	1802
1935	1275	53:19	Darren NOCKELS		Male	1624	54:19	1454
1936	353	53:20	Ian MONCUR		Male	1625	54:23	1463
1937	2882	53:20	Jordan BAKER		Male	1626	56:38	1740
1938	2698	53:20	Ryan BAKER		Male	1627	56:38	1744
1939	4504	53:21	Rose STRATTON		Female	312	59:24	2117
1940	1987	53:21	S APPLEYARD-SMITH		Female	313	57:53	1908
1941	2950	53:21	Michael FISHER		Male	1628	57:18	1826
1942	4555	53:22	Jolyon FERRIER		Male	1629	59:31	2131
1943	3806	0:53:23	Juliusz BOKIEJ		Male	1630	1:03:06	2607
1944	3967	0:53:23	Tracey RENSHAW	Wymondham AC	Female	314	1:00:04	2185
1945	2617	53:24	Caroline CHAPMAN	Saint Edmund Pacers	Female	315	58:34	2014
1946	2828	53:24	Martin GARRARD		Male	1631	56:55	1776
1947	2873	53:24	Julie READ		Female	316	58:12	1951
1948	5383	0:53:24	Chris JACKSON		Male	1632	1:02:29	2525
1949	2877	53:25	Michelle GARDINER		Female	317	56:29	1713
1950	2690	53:26	Lisa STICKELLS	North Norfolk Beach Runners	Female	318	57:39	1879
1951	1989	53:26	Nicky ROPER	Framlingham Flyers	Female	319	57:23	1836
1952	1754	53:26	Craig HALLIDAY		Male	1633	57:03	1795
1953	1755	53:26	Cristina LEMUS		Female	320	57:03	1796
1954	3435	0:53:26	Amy GRIFFITHS		Female	321	1:01:13	2348
1955	2495	53:26	Brian BLACK		Male	1634	58:02	1932
1956	2585	53:27	T DA SILVA WITTRED		Female	322	58:19	1974
1957	2629	53:27	Matthew STOCKS		Male	1635	57:06	1800
1958	2013	53:28	Benjamin HUMPHREY		Male	1636	57:53	1910
1959	1786	53:28	Andrea BELL		Female	323	58:22	1983
1960	3280	0:53:28	Cheryl STONE		Female	324	1:00:08	2195



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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
1961	1489	53:28	Jodie DRAKE	Attleborough Athletics Academy	Female	325	56:45	1758
1962	4630	0:53:28	Alex HILLING-SMITH		Male	1637	1:04:33	2834
1963	6678	0:53:28	Trudie SPARKES		Female	326	1:05:56	3011
1964	6567	0:53:29	Hayley LUGASSY		Female	327	1:05:56	3016
1965	2781	53:29	Andrew BAYLISS	Beccles & Bungay Harriers	Male	1638	57:27	1853
1966	3496	0:53:29	Simon SKINNER		Male	1639	1:03:25	2650
1967	1764	53:29	Martin FERGUSON		Male	1640	57:01	1789
1968	2728	53:29	Dominic PARR		Male	1641	57:40	1880
1969	2855	53:29	Nicola BYFORD		Female	328	57:41	1883
1970	4493	53:29	Kirsty DAVIES		Female	329	59:56	2171
1971	2819	53:30	Scott GEORGE		Male	1642	57:39	1878
1972	1934	53:30	Hayley HYAM		Female	330	57:51	1905
1973	2237	53:30	Steven CHILVERS		Male	1643	59:36	2135
1974	313	53:30	Chris LINEHAN		Male	1644	53:55	1391
1975	7152	0:53:30	Edward CURMI		Male	1645	1:06:07	3045
1976	2003	53:30	James LIGHTFOOT		Male	1646	56:35	1726
1977	2297	53:30	Gail THOMAS		Female	331	58:38	2023
1978	7556	0:53:30	Blake WOODRUFF		Male	1647	1:06:54	3149
1979	4103	53:30	Lisa LUMMIS		Female	332	59:46	2153
1980	2380	53:31	Matthew BARKER		Male	1648	58:10	1947
1981	807	53:31	Daniel CROWDER		Male	1649	57:00	1784
1982	1801	53:31	Sarah LARNDER		Female	333	58:49	2043
1983	3569	0:53:31	Robert GIBSON		Male	1650	1:01:30	2385
1984	5461	0:53:31	David BURKE		Male	1651	1:04:35	2836
1985	3052	53:31	Gareth DAVIES		Male	1652	57:45	1890
1986	3078	53:31	Jordan CREED		Male	1653	57:09	1807
1987	2670	53:31	Katie HUNT		Female	334	56:53	1771
1988	3077	53:32	Jefferson CREED		Male	1654	57:10	1809
1989	7396	0:53:32	Chris CLARK		Male	1655	1:06:27	3086
1990	1982	53:32	Carri VENDY		Female	335	56:42	1755
1991	1864	53:32	Ruth SKINNER		Female	336	57:02	1791
1992	2477	53:33	Hollie MIDDLETON		Female	337	58:27	1994
1993	2386	53:33	Paul MITCHELL	Norwich Road Runners	Male	1656	57:20	1830
1994	1999	53:33	Sarah HERMAN		Female	338	56:53	1772
1995	703	53:33	William MILLS		Male	1657	56:36	1734
1996	2923	53:33	Wendy LANGLEY		Female	339	56:59	1781
1997	2459	53:33	Maryanne PETERS		Female	340	56:36	1735
1998	7385	0:53:34	Bobby RISEBOROUGH		Male	1658	1:06:04	3034
1999	2166	53:34	Simon FIELDS		Male	1659	57:00	1787
2000	2518	53:34	Greg GRAVER		Male	1660	58:50	2047
2001	3971	0:53:34	Lee HANNANT		Male	1661	1:00:29	2240
2002	2605	53:34	David LUTON		Male	1662	58:13	1954
2003	5683	0:53:34	Joe LEVELL		Male	1663	1:03:16	2631
2004	2015	53:35	Chris TYRRELL		Male	1664	58:23	1984
2005	2208	53:36	Julie WINNER	Wymondham AC	Female	341	58:31	2002
2006	2920	53:36	Tracey HOPPER		Female	342	56:46	1760
2007	1378	53:36	Chris JOHNSON		Male	1665	56:49	1765
2008	4093	0:53:36	Claire HUMPHRIES		Female	343	1:01:04	2323
2009	2101	53:37	Alan DOGGETT		Male	1666	57:24	1839
2010	2496	53:37	Michael SMITH		Male	1667	58:01	1928
2011	3096	53:37	James RICHARDSON		Male	1668	57:14	1818
2012	6966	0:53:37	Andrew BIGG		Male	1669	1:09:11	3446
2013	5128	0:53:38	Hassan AHMED		Male	1670	1:04:20	2794
2014	4200	53:38	Ryan HARVEY		Male	1671	59:57	2175
2015	2352	53:38	Simon GRANT		Male	1672	58:36	2018
2016	6811	0:53:39	Robbie JECKELL		Male	1673	1:06:29	3090
2017	4020	0:53:39	Miss STONER		Female	344	1:00:13	2206
2018	2618	53:39	Kerry ALDERTON		Female	345	58:44	2032
2019	2765	53:39	Taylor ANDERSON		Male	1674	58:30	2001
2020	2741	53:39	Dominic TYLER		Male	1675	57:28	1857
2021	3165	0:53:41	Lucy RING	Norwich Road Runners	Female	346	1:00:00	2180
2022	3221	0:53:41	K COPEMAN-LAMOUREUX	Beccles & Bungay Harriers	Male	1676	1:03:37	2696
2023	1261	53:41	Bec JUDGE		Female	347	53:57	1402
2024	3237	0:53:42	Nick PARRY		Male	1677	1:01:37	2400
2025	734	53:42	Nigel GILHAM		Male	1678	54:41	1499
2026	4754	0:53:43	Marc WARD		Male	1679	1:04:28	2815
2027	3272	0:53:43	Adam WILLIS	Bungay Black Dog RC	Male	1680	1:01:04	2325
2028	2563	0:53:44	Matthew DONOVAN		Male	1681	1:06:52	3141
2029	1663	53:44	James CONWAY		Male	1682	57:15	1821
2030	6420	0:53:44	Gillian FEURY		Female	348	1:06:13	3056



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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
2031	3231	0:53:44	Helena DANIELL	Bungay Black Dog RC	Female	349	1:00:19	2219
2032	1962	53:45	Adam MCCLELLAND		Male	1683	57:03	1794
2033	2611	53:45	James BLYTH		Male	1684	57:18	1824
2034	2651	53:45	Kate SMITH		Female	350	58:25	1986
2035	2082	53:46	Rachel TAYLOR		Female	351	58:25	1988
2036	2762	53:46	Leon SCHULZ		Male	1685	57:12	1815
2037	3113	0:53:46	Martin TAYLOR		Male	1686	1:01:38	2401
2038	5521	0:53:46	Jenny MARTIN		Female	352	1:02:54	2584
2039	109	0:53:47	Richard HANSON		Male	1687	1:02:20	2507
2040	6469	0:53:47	Allie WELSH		Female	353	1:02:20	2504
2041	660	53:48	Chris SHEARING	Norfolk Gazelles AC	Male	1688	54:32	1478
2042	2972	53:48	Richard LAIN-SMITH		Male	1689	57:06	1799
2043	6733	0:53:48	Mark ASHWOOD		Male	1690	1:02:22	2511
2044	1875	53:48	Daniel READ		Male	1691	58:36	2019
2045	3954	0:53:48	Garth LEESE		Male	1692	1:01:48	2429
2046	742	53:48	Dan JONES		Male	1693	57:47	1896
2047	6127	0:53:49	Kieran BLAKEMORE		Male	1694	1:06:35	3099
2048	1696	53:49	Rose MELEADY		Female	354	57:47	1898
2049	2483	0:53:49	Jay DASHWOOD		Male	1695	1:05:21	2931
2050	6181	0:53:49	Gavin FLOOD		Male	1696	1:06:24	3079
2051	1730	53:51	Daniel SHANKS	Lowestoft Road Runners	Male	1697	57:10	1811
2052	2695	53:51	Liam BUFFIN		Male	1698	57:08	1804
2053	2954	53:51	Ian GUEST		Male	1699	57:57	1920
2054	1935	0:53:52	Danny THOMAS		Male	1700	1:01:27	2381
2055	2619	53:53	Kate WLODARCZYK		Female	355	57:18	1823
2056	3191	0:53:53	Leigh GRACIE		Male	1701	1:00:19	2217
2057	1438	53:53	David GRAHAM		Male	1702	54:42	1503
2058	3013	53:54	Nick TAYLOR		Male	1703	57:26	1852
2059	1740	53:54	Emily JORDAN	Norwich Road Runners	Female	356	58:17	1968
2060	3274	0:53:54	Polly WILLIS	Wymondham AC	Female	357	1:01:15	2351
2061	733	53:54	Matthew HITCHIN		Male	1704	54:37	1489
2062	3273	0:53:54	Sam WILLIS		Male	1705	1:01:16	2353
2063	2780	53:55	Agne SELLERS		Female	358	58:16	1963
2064	1842	53:55	Stephanie GARDINER		Female	359	57:00	1785
2065	2470	53:55	Vanessa DUFFY		Female	360	58:17	1967
2066	2501	53:55	Georgia WILLIAMS		Female	361	58:34	2013
2067	1485	53:55	Will LOUIS		Male	1706	55:00	1537
2068	2524	53:55	Doug BETTS		Male	1707	57:33	1866
2069	1926	53:55	Paul SAUNDERS	Tri-Anglia Triathlon Club	Male	1708	58:41	2029
2070	2138	53:56	Sarah COLE	Wymondham AC	Female	362	58:35	2017
2071	1458	53:56	James DUCKER	Lowestoft Road Runners	Male	1709	54:58	1532
2072	833	0:53:56	Hannah PARRY		Female	363	1:06:43	3118
2073	2522	53:57	John LENEY		Male	1710	58:01	1930
2074	2737	53:58	Cheryl BROWN		Female	364	57:49	1901
2075	3738	0:53:58	Mark PEACHER		Male	1711	1:01:57	2445
2076	5934	0:53:59	James MOORE		Male	1712	1:03:02	2596
2077	4457	0:53:59	David MULLIGAN		Male	1713	1:03:01	2594
2078	4141	0:53:59	Karl ALDERTON		Male	1714	1:00:48	2287
2079	2475	53:59	Catherine FLETCHER		Female	365	58:25	1985
2080	2195	54:00	David SPURGEON		Male	1715	58:39	2025
2081	5388	0:54:00	Charlotte FLINT	Norwich Road Runners	Female	366	1:03:53	2745
2082	2286	54:00	Andrew THORPE		Male	1716	57:23	1835
2083	1778	54:00	Jo BRAKENBURY		Female	367	57:10	1810
2084	5591	0:54:01	Mal HANT		Male	1717	1:03:42	2715
2085	2886	54:01	Emily COWAN		Female	368	57:25	1845
2086	3107	0:54:01	Stephanie FOUTZ		Female	369	1:01:42	2413
2087	2840	54:01	Jens SCHWEIGART		Male	1718	58:52	2049
2088	2285	54:01	Andrew CARTER		Male	1719	58:15	1956
2089	3390	0:54:01	Marie COMPTON		Female	370	1:00:06	2189
2090	711	0:54:01	Darren EVANS		Male	1720	1:05:48	2997
2091	4031	0:54:02	Kate BOARDMAN	Norwich Road Runners	Female	371	1:00:42	2261
2092	2230	54:02	Kevin FARROW		Male	1721	58:41	2028
2093	2552	54:02	Samantha LAURIE		Female	372	57:24	1840
2094	2633	54:03	Matthew WARE		Male	1722	58:13	1953
2095	4967	0:54:04	Alison FIDDY		Female	373	1:03:47	2721
2096	2290	0:54:04	Ben HOWLETT-COBB		Male	1723	1:02:24	2514
2097	2598	0:54:04	Hadley CONNOR		Male	1724	1:00:50	2292
2098	5426	0:54:04	Kelly PICK		Female	374	1:03:47	2720
2099	4083	0:54:05	Kate BLINCOE		Female	375	1:01:48	2425
2100	2595	54:05	Alaine FIELDING		Female	376	59:19	2102



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
2101	1784	54:05	Naomi PEARSON	Reepham Runners Coltishall Jaguars RC	Female	377	58:09	1946
2102	776	54:06	Robert DIXON		Male	1725	57:21	1831
2103	2941	54:06	Richard LOVETT		Male	1726	57:21	1832
2104	960	54:06	Leigh NOBES		Male	1727	58:15	1958
2105	754	54:06	N STALLARD-MULFORD		Male	1728	55:04	1542
2106	578	54:06	Mark WARDEN		Male	1729	55:18	1571
2107	1725	54:06	Tomasz KWIATKOWSKI	Reepham Runners	Male	1730	58:26	1992
2108	7351	0:54:06	Tony SERGENT		Male	1731	1:06:36	3102
2109	2700	54:06	Leona BROUGHTON		Female	378	58:15	1959
2110	2990	54:06	Jeremy LEE		Male	1732	58:03	1935
2111	3817	0:54:07	Daniel GIBLETT		Male	1733	1:01:10	2338
2112	674	54:07	Thomas ALLEN	Tri-Anglia Triathlon Club	Male	1734	54:13	1441
2113	3295	0:54:07	Carey BRIGGS		Female	379	1:01:32	2390
2114	3905	0:54:07	Karl SAVILL		Male	1735	1:00:26	2232
2115	3717	0:54:07	Francesca SELF	Wymondham AC	Female	380	1:00:11	2200
2116	1957	54:07	Deborah LAST	Dereham Runners & AC	Female	381	58:12	1949
2117	2188	54:07	Amber TSOI	Dereham Runners & AC	Female	382	57:13	1816
2118	1874	54:07	Robert LAST		Male	1736	58:12	1950
2119	2323	54:08	Gary WILLIAMS		Male	1737	58:08	1941
2120	2868	54:08	Gareth BRADBURY	Waveney Valley AC	Male	1738	57:20	1828
2121	4027	0:54:08	Susan LARKE	Wymondham AC	Female	383	1:00:12	2202
2122	2985	0:54:08	Tom WRIGHT		Male	1739	1:00:47	2281
2123	3075	54:08	Dawn LAVERY		Female	384	58:15	1960
2124	1638	54:09	Ashley BLACK		Male	1740	57:30	1862
2125	1738	54:09	Gavin HALL		Male	1741	57:48	1900
2126	2669	54:09	Martyn BOND		Male	1742	59:09	2073
2127	1849	54:09	Chris BALDWIN	Norwich Road Runners	Male	1743	57:51	1904
2128	39	54:09	Steven BALDWIN	Waveney Valley AC	Male	1744	57:51	1903
2129	1201	54:10	Daren COULTER		Male	1745	57:21	1833
2130	4349	0:54:10	Scott GUYTON		Male	1746	1:00:47	2284
2131	4807	0:54:10	Mark LEMMON	Wymondham AC	Male	1747	1:01:23	2373
2132	2487	54:10	Laura DOWNS		Female	385	58:59	2059
2133	3022	54:10	Steve LOVE		Male	1748	58:09	1944
2134	4337	0:54:11	Jack CHENERY		Male	1749	1:01:14	2350
2135	3478	0:54:11	Amanda SMALL		Female	386	1:00:28	2235
2136	3493	0:54:11	Andrew SMALL		Male	1750	1:00:28	2237
2137	2183	54:11	Suzanne SHARMAN	Tri-Anglia Triathlon Club Wymondham AC	Female	387	59:17	2098
2138	1827	54:11	Asher GIRLING		Male	1751	57:46	1893
2139	3359	0:54:11	Brian ENDEAN		Male	1752	1:00:20	2220
2140	3246	0:54:11	Jack TRAVIS		Male	1753	1:00:42	2260
2141	1828	54:11	Stephen GIRLING		Male	1754	57:46	1894
2142	4491	0:54:12	Paul HOVELL		Male	1755	1:00:21	2222
2143	3261	0:54:12	Hannah PURVIS	Lowestoft Road Runners	Female	388	1:00:16	2211
2144	2573	54:12	Peter BARRETT		Male	1756	57:42	1885
2145	2789	54:13	Jack RAYNER		Male	1757	58:05	1938
2146	2346	54:14	Tom COWAN		Male	1758	57:38	1876
2147	2057	54:14	Steve SHARP		Male	1759	58:13	1952
2148	3853	0:54:14	Peter WAPSHOTT		Male	1760	1:00:16	2212
2149	2197	54:14	Sasha TUCKER	Coltishall Jaguars RC	Male	1761	57:26	1847
2150	113	0:54:15	Niall WAPSHOTT		Male	1762	1:00:16	2213
2151	3570	0:54:15	Peter KEAN-COCKBURN		Male	1763	1:02:00	2452
2152	2480	54:16	Nicola KERMEZ		Female	389	59:15	2088
2153	2734	54:16	Tim DREW		Male	1764	59:15	2087
2154	4850	0:54:16	Stuart WARDROPE		Male	1765	1:03:43	2716
2155	2074	54:16	Kirsty WHEELER	Newmarket Joggers	Female	390	57:25	1841
2156	2264	54:16	Keith CUTTING		Male	1766	58:00	1926
2157	4480	0:54:17	Steve MARRIS		Male	1767	1:01:53	2436
2158	2504	54:17	Giles MACROW	Diss and District AC	Male	1768	57:47	1895
2159	2045	54:17	Steph WALSHINGHAM		Female	391	58:36	2022
2160	7381	0:54:18	Bartram SAWYER		Male	1769	1:08:13	3320
2161	659	54:18	Sam BARTRAM	Diss and District AC	Male	1770	54:35	1486
2162	4107	0:54:19	Banice FROSDICK		Female	392	1:00:48	2286
2163	3298	0:54:19	Nic DRAKE		Male	1771	1:01:11	2342
2164	3031	54:19	David HAWES		Male	1772	58:34	2016
2165	2596	54:19	Kevin BOLDY		Male	1773	58:02	1933
2166	2537	54:19	Clement ROUILLARD		Male	1774	58:25	1989
2167	2635	54:20	James HUNT	Diss and District AC	Male	1775	59:20	2105
2168	268	54:20	Mel ALEXANDER		Female	393	59:20	2107
2169	2640	54:20	Greg WARD		Male	1776	58:50	2046
2170	1773	54:20	Jenny WANGUI		Female	394	57:23	1838



Run Norwich 2019

Sunday 21st July 2019

RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
2171	1817	54:20	Georgina SEXTON	Tri-Anglia Triathlon Club	Female	395	58:26	1990
2172	1462	0:54:20	Anna BENTLEY WARD		Female	396	1:00:28	2236
2173	3081	54:20	John AYLWARD		Male	1777	57:26	1848
2174	5455	0:54:21	Hannah PARTRIDGE	City Of Norwich AC	Female	397	1:05:03	2886
2175	4088	0:54:21	Penny GALEY		Female	398	1:01:03	2320
2176	2724	54:21	Nicola DREW		Female	399	58:04	1936
2177	3620	0:54:22	Chris BROOKS		Male	1778	1:02:06	2475
2178	4092	0:54:22	Sean RAYNER		Male	1779	1:02:21	2509
2179	2701	54:22	James LOACH		Male	1780	59:11	2078
2180	613	54:22	Cristian CIURLIC	Norwich Road Runners	Male	1781	55:19	1577
2181	1676	0:54:22	Stuart BREWER		Male	1782	1:01:06	2331
2182	4315	0:54:23	Sam GIBSON		Male	1783	1:02:42	2557
2183	4223	0:54:23	Linsey WILCOX	Dereham Runners & AC	Female	400	1:00:52	2295
2184	2428	54:23	Louise ROWE		Female	401	57:34	1867
2185	3934	0:54:24	Jonathan WILKINSON	Norwich Road Runners	Male	1784	1:00:56	2305
2186	2775	54:25	Florence BLYTH		Female	402	57:57	1918
2187	629	54:25	Laura MORTON		Female	403	55:05	1548
2188	3872	0:54:25	Rich HARRISON	Thetford AC	Male	1785	1:02:06	2473
2189	3102	0:54:26	David WILLCOX		Male	1786	1:00:33	2242
2190	2980	54:26	Neil LAWES		Male	1787	58:03	1934
2191	1455	54:26	Nick RICHARDS	Thetford AC	Male	1788	55:21	1580
2192	2255	54:26	Ian DAVIES		Male	1789	58:32	2008
2193	5055	0:54:26	Nathan HARRIS		Male	1790	1:04:30	2824
2194	3136	0:54:27	Dave SADLER	Thetford AC	Male	1791	1:00:47	2277
2195	4005	0:54:27	Jon SPINK		Male	1792	1:01:04	2326
2196	4304	0:54:28	Darren BATESON		Male	1793	1:01:07	2336
2197	3544	0:54:28	Joseph ROYAL	Thetford AC	Male	1794	1:00:36	2250
2198	752	0:54:28	Chris O'CONNOR		Male	1795	1:02:51	2576
2199	2177	54:28	Lisa BEZANCE		Female	404	57:59	1925
2200	1454	54:28	Jamie ROSE	Thetford AC	Male	1796	58:17	1964
2201	2680	0:54:28	Natasha MCGLINCHY		Female	405	1:00:43	2268
2202	1131	54:29	Natalie KING		Female	406	55:42	1611
2203	4561	0:54:29	Travis NEWTON	Thetford AC	Male	1797	1:00:41	2256
2204	2324	54:29	Lucy CURNOW		Female	407	59:40	2142
2205	3051	54:29	Steven MILLER		Male	1798	59:11	2077
2206	1047	54:29	Paul CHOAK	Thetford AC	Male	1799	55:01	1540
2207	4010	0:54:29	Alan PRUCE		Male	1800	1:01:24	2374
2208	2257	54:29	Helen MOFFAT		Female	408	59:16	2091
2209	2852	54:30	Sarah WALKEDEN	Thetford AC	Female	409	59:40	2141
2210	4481	0:54:30	Daniel JACKMAN		Male	1801	1:00:36	2248
2211	3383	0:54:30	Toby VERNON		Male	1802	1:02:15	2493
2212	2328	0:54:30	Matthew BRAY	Thetford AC	Male	1803	1:01:02	2319
2213	4220	0:54:31	Natasha BLYTH		Female	410	1:00:48	2285
2214	3040	54:32	Tyler GEORGE		Male	1804	59:44	2151
2215	2921	54:32	Daniel BARNSTON	Thetford AC	Male	1805	59:10	2076
2216	3689	0:54:32	Beth JUDGE		Female	411	1:01:11	2341
2217	3898	0:54:33	Stephen BROWN		Male	1806	1:09:27	3493
2218	3235	0:54:33	Suzanne WINTER	Thetford AC	Female	412	1:00:40	2253
2219	4727	0:54:33	Steven BARKER		Male	1807	1:03:40	2707
2220	2413	54:33	Sarah DENNIS		Female	413	57:34	1869
2221	3127	0:54:33	Paul GOOCH	Thetford AC	Male	1808	1:01:23	2371
2222	7151	54:34	Sara THURSTON		Female	414	57:35	1870
2223	3350	0:54:34	Adam MIXER		Male	1809	1:02:06	2472
2224	2995	54:34	Richard BOOTH	Thetford AC	Male	1810	57:41	1884
2225	4061	0:54:35	Jo MIXER		Female	415	1:02:06	2470
2226	6707	0:54:35	Rhys MEDLAR		Male	1811	1:10:09	3577
2227	2310	54:35	Peter TASSONE	Thetford AC	Male	1812	59:12	2082
2228	1634	54:35	Ben GUYTON		Male	1813	58:09	1945
2229	1990	54:35	Matthew GOODFELLOW		Male	1814	59:20	2103
2230	3380	0:54:36	Lance EVERETT	Thetford AC	Male	1815	1:02:05	2467
2231	1072	54:36	Adam HAYLETT		Male	1816	55:49	1625
2232	247	54:36	Adam THOMPSON		Male	1817	58:18	1971
2233	4155	0:54:36	Mike O'DONNELL	Thetford AC	Male	1818	1:00:43	2266
2234	4497	0:54:37	Ben FROST		Male	1819	1:01:16	2354
2235	2655	54:37	Darren MILDON		Male	1820	57:58	1922
2236	2986	54:38	Laurence CLARKSON	Thetford AC	Male	1821	59:57	2173
2237	3389	0:54:38	Ellie MORGAN		Female	416	1:02:14	2490
2238	1942	54:38	Harry STANNARD		Male	1822	58:21	1980
2239	5659	0:54:40	Sara BEEVIS	Norfolk Harriers RC	Female	417	1:03:53	2747
2240	2066	54:40	Sarah EWING		Female	418	59:26	2120



Run Norwich 2019

Sunday 21st July 2019

RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
2241	2580	54:40	Alan WALLER		Male	1823	58:17	1969
2242	1081	54:40	Craig BILL		Male	1824	54:56	1527
2243	2025	54:41	Anne GRAVELING		Female	419	58:15	1957
2244	2270	54:41	Dianne TILBROOK		Female	420	59:44	2148
2245	2349	54:41	Emma STATON		Female	421	59:29	2125
2246	1897	54:42	Dariusz FASSIHI		Male	1825	58:20	1978
2247	3193	0:54:42	Nile PENNINGTON		Male	1826	1:00:54	2300
2248	4440	0:54:42	Warren BOWERS		Male	1827	1:01:28	2382
2249	2689	54:43	Raj NAIR		Male	1828	58:22	1982
2250	3559	0:54:43	Danielle CRANE	Norwich Road Runners	Female	422	1:01:11	2343
2251	2823	54:43	Steph BROWN		Female	423	59:53	2165
2252	3968	0:54:43	Amii ANDREWS	Norwich Road Runners	Female	424	1:01:33	2393
2253	3092	54:43	Alice JENNISON		Female	425	59:01	2062
2254	1928	0:54:43	Rob BRIGHTWELL		Male	1829	1:00:47	2276
2255	2682	54:43	Shane EKE	Waveney Valley AC	Male	1830	57:56	1915
2256	3128	0:54:44	Adrian RUTTERFORD	City Of Norwich AC	Male	1831	1:01:12	2346
2257	5031	0:54:44	Amy SEWELL		Female	426	1:04:56	2875
2258	3100	0:54:45	Nicky WALLER		Male	1832	1:02:16	2494
2259	4666	0:54:45	Chris GOODWIN		Male	1833	1:04:56	2874
2260	2332	54:45	Craig WALLACE		Male	1834	58:19	1975
2261	2863	54:45	Steve NICHOLLS	Great Yarmouth Road Runners	Male	1835	57:57	1919
2262	2610	54:45	Steven BROWN		Male	1836	57:55	1912
2263	2871	54:46	Donna GODDARD		Female	427	58:27	1993
2264	2712	54:46	Adam PENNY		Male	1837	59:28	2123
2265	2634	54:46	Dean Joseph GLENN		Male	1838	58:11	1948
2266	4415	0:54:46	Kate WILSON		Female	428	1:02:58	2591
2267	5033	0:54:46	Paul STEED		Male	1839	1:04:17	2788
2268	4791	0:54:47	Lucy DOWNS		Female	429	1:03:48	2723
2269	1995	54:47	Michael BARBER		Male	1840	57:52	1907
2270	4012	0:54:47	Georgie BENNETT		Female	430	1:01:06	2333
2271	2180	54:47	Shameem GOLAMY		Male	1841	59:02	2066
2272	4029	0:54:47	Sigita TELKSNYTE		Female	431	1:02:54	2585
2273	6936	0:54:47	Sarah PYMER	Thetford AC	Female	432	1:07:20	3191
2274	378	54:47	Declan NICOL		Male	1842	58:17	1966
2275	1695	54:47	Hayley HURST		Female	433	57:48	1899
2276	463	0:54:47	Dudley GARNER	Norfolk Gazelles AC	Male	1843	1:05:41	2984
2277	2471	54:48	Michelle SINCLAIR		Female	434	59:10	2075
2278	1241	54:48	Indre SEDBARAITE		Female	435	56:03	1658
2279	2043	54:49	Matthew PEEK		Male	1844	57:51	1906
2280	4487	0:54:49	Darren KENT		Male	1845	1:02:29	2526
2281	3170	0:54:49	Iain WOOD		Male	1846	1:02:48	2572
2282	4229	0:54:49	John VENES		Male	1847	1:01:43	2416
2283	2866	0:54:50	Elliott BICKERDIKE		Male	1848	1:07:37	3226
2284	3371	0:54:50	Josh BROWN		Male	1849	1:02:05	2466
2285	4130	0:54:50	Stephen WATLING		Male	1850	1:01:11	2339
2286	4266	0:54:50	Louise ELPHICK		Female	436	1:00:51	2294
2287	3112	0:54:51	Christopher COOPER		Male	1851	1:02:44	2565
2288	5432	0:54:52	Claire FORKES		Female	437	1:04:30	2821
2289	2281	54:53	Julia KENNELLY	Wymondham AC	Female	438	59:21	2109
2290	4172	0:54:54	Mark DUCKETT		Male	1852	1:04:24	2805
2291	2578	54:54	Linda CROUCH		Female	439	58:07	1940
2292	2294	54:55	Robert DYE	Coltishall Jaguars RC	Male	1853	58:47	2039
2293	3143	0:54:55	Debbie NEVARD	Norwich Road Runners	Female	440	1:01:57	2444
2294	3346	0:54:55	Beth UNDERWOOD		Female	441	1:02:46	2567
2295	3369	0:54:56	Harriet GREEN		Female	442	1:01:31	2389
2296	2235	54:56	Christina LAKEY	Wymondham AC	Female	443	59:40	2140
2297	2204	54:56	Will MUNDAY		Male	1854	59:23	2113
2298	2812	0:54:57	Gillian THACKER		Female	444	1:00:03	2184
2299	3156	0:54:57	Louise LEUNIS		Female	445	1:02:07	2478
2300	3009	54:58	Connor KERRY		Male	1855	58:53	2051
2301	2748	54:58	Sarah NELIS	Wymondham AC	Female	446	59:23	2115
2302	5060	0:54:58	Milly AYTON		Female	447	1:05:57	3018
2303	2769	0:54:58	James BROUGHTON		Male	1856	1:00:31	2241
2304	2262	54:58	Ellie READER		Female	448	58:01	1931
2305	2282	54:58	Susannah EDWARDS		Female	449	58:48	2042
2306	4032	0:54:58	Andrew WELSTED		Male	1857	1:02:20	2505
2307	3290	0:54:58	Peter THOMAS		Male	1858	1:01:33	2391
2308	1967	54:59	Amy FULCHER		Female	450	59:27	2122
2309	632	54:59	Tony DYER		Male	1859	58:47	2037
2310	3553	0:54:59	Jo PARR		Female	451	1:01:48	2430



Run Norwich 2019

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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
2311	2206	54:59	Alan TAYLER		Male	1860	58:30	1999
2312	3678	0:54:59	Ian SPARKES		Male	1861	1:02:30	2528
2313	1845	55:01	James KENT		Male	1862	59:42	2144
2314	2541	0:55:01	Stephen CURNOW		Male	1863	1:00:12	2203
2315	3930	0:55:01	Catherine BALDWIN		Female	452	1:01:05	2330
2316	2063	55:01	Lisa WALTERS		Female	453	58:39	2027
2317	2465	0:55:01	Chris READ	Norwich Road Runners	Male	1864	1:02:07	2476
2318	3800	0:55:01	Bethany SNELLING	Norwich Road Runners	Female	454	1:02:06	2474
2319	7263	0:55:02	Sharon JONES	Coltishall Jaguars RC	Female	455	1:04:24	2804
2320	3411	0:55:02	Katie GOAKES		Female	456	1:03:08	2613
2321	2933	55:02	Scott ALDRIDGE		Male	1865	59:54	2167
2322	3104	0:55:02	Lauren WOODCOCK		Female	457	1:02:32	2533
2323	3656	0:55:03	Hayley SUMMERFIELD		Female	458	1:01:43	2419
2324	2453	55:03	Jonathan HOWES		Male	1866	59:04	2068
2325	1615	55:03	Jonathan PAYNE		Male	1867	58:36	2021
2326	2479	55:04	Charlotte SUTTON		Female	459	58:53	2052
2327	1966	0:55:04	Vicky BLYTH	Norwich Road Runners	Female	460	1:01:21	2367
2328	4570	0:55:05	Faye LIPSCOMBE	Wymondham AC	Female	461	1:01:09	2337
2329	3314	0:55:05	Dean GRAY	Norwich Road Runners	Male	1868	1:02:07	2479
2330	2107	55:05	Juliet COX	Attleborough Athletics Academy	Female	462	59:29	2128
2331	2092	55:05	Kyle CANNING		Male	1869	59:58	2176
2332	3385	0:55:07	Christian CORNELL		Male	1870	1:05:21	2932
2333	2205	0:55:07	Luke TAYLOR		Male	1871	1:00:03	2183
2334	3010	55:07	Martin WOOD		Male	1872	58:36	2020
2335	4437	0:55:07	Chris WRYCRAFT		Male	1873	1:02:31	2530
2336	4449	0:55:07	Kevin BELSEY		Male	1874	1:02:18	2501
2337	3420	0:55:07	Michael AGER		Male	1875	1:01:13	2347
2338	2295	55:07	Angela BELL		Female	463	58:29	1996
2339	2312	55:08	Clive CARTNER		Male	1876	58:29	1995
2340	3605	0:55:08	May BOTWRIGHT		Female	464	1:01:43	2417
2341	757	0:55:08	Robin TAYLOR		Male	1877	1:01:18	2360
2342	4185	0:55:09	Nick DINES		Male	1878	1:04:25	2807
2343	2231	55:09	Kirsty HENNING		Female	465	59:44	2150
2344	3224	0:55:10	Cat WARDELL		Female	466	1:01:19	2363
2345	3194	0:55:10	Paul WHEELER		Male	1879	1:01:18	2359
2346	2128	55:10	Chris WILSON		Male	1880	59:40	2139
2347	4261	0:55:11	Christina MULLIGAN		Female	467	1:01:18	2362
2348	4260	0:55:11	Amy WALKER-HALL		Female	468	1:01:15	2352
2349	1919	55:11	Eric PAYNE		Male	1881	58:32	2005
2350	2353	55:12	Roger HARRIS		Male	1882	58:14	1955
2351	2223	55:12	Paul HOWARTH		Male	1883	59:37	2138
2352	3137	0:55:12	Rachel BEAVIS		Female	469	1:01:20	2366
2353	2163	55:12	Megan SWAIN	Coltishall Jaguars RC	Female	470	59:48	2156
2354	3098	55:13	Andy PRIDMORE		Male	1884	59:48	2155
2355	4056	0:55:13	Tom MCCABE		Male	1885	1:02:25	2518
2356	5458	0:55:14	Hannah-Mae TAYLOR	Bungay Black Dog RC	Female	471	1:05:51	3002
2357	3908	0:55:14	Kristin HAILES	Waveney Valley AC	Female	472	1:03:07	2611
2358	4278	0:55:14	Michelle LEACH	Great Yarmouth Road Runners	Female	473	1:03:01	2593
2359	3028	0:55:14	Hayley CLARKE		Female	474	1:01:19	2364
2360	2499	55:15	John HIRST		Male	1886	59:17	2094
2361	3450	0:55:15	Gerard TAYLOR		Male	1887	1:01:25	2378
2362	3427	0:55:15	Karl PORTER		Male	1888	1:01:40	2405
2363	4115	0:55:15	Tracey SHOWERS	North Norfolk Beach Runners	Female	475	1:02:36	2543
2364	5729	0:55:16	Bradley MCKEOWN		Male	1889	1:06:24	3083
2365	1304	55:16	Grahame BARTLETT		Male	1890	56:02	1654
2366	1483	55:17	James DOGETT		Male	1891	56:02	1653
2367	2356	0:55:17	D BIVAR SEGURADO	Norwich Road Runners	Female	476	1:01:25	2377
2368	4022	0:55:17	Carmel PERRIN	Harborough AC	Female	477	1:01:24	2375
2369	3292	0:55:17	Hollie DOUGAL		Female	478	1:02:16	2497
2370	1317	55:18	Neesha BLOOMFIELD		Female	479	56:02	1656
2371	2899	55:18	Sine GARVIE MCINALLY		Female	480	58:18	1972
2372	2152	55:18	Ben GRICE	Norwich Road Runners	Male	1892	59:22	2112
2373	3033	55:19	Shaun BAMMANT		Male	1893	58:46	2034
2374	3034	55:19	Jade PASK		Female	481	58:46	2035
2375	3333	0:55:19	Sarah HANSON		Female	482	1:03:52	2741
2376	474	55:19	Matt SWANSTON		Male	1894	55:37	1601
2377	658	55:19	Derin CLARK		Female	483	56:30	1714
2378	2207	55:19	Shane BOYLE		Male	1895	59:22	2111
2379	2527	0:55:21	Darren GLADDEN		Male	1896	1:00:14	2207
2380	3008	55:22	Lewis BUCKLEY		Male	1897	59:18	2099



Run Norwich 2019

Sunday 21st July 2019

RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
2381	4017	0:55:22	Colin CHAMBERLAIN	North Norfolk Beach Runners	Male	1898	1:02:07	2480
2382	750	55:23	Michelle BULL		Female	484	56:35	1729
2383	1603	0:55:23	Lawrence HILL		Male	1899	1:00:42	2264
2384	1747	55:23	Grant WHEELER		Male	1900	59:12	2080
2385	3639	0:55:23	Paul DAVIES		Male	1901	1:02:05	2468
2386	3986	0:55:23	Paul MURRAY		Male	1902	1:01:57	2443
2387	1252	55:24	Stuart FINNIEAR		Male	1903	55:33	1599
2388	4326	0:55:24	Brian DONOVAN		Male	1904	1:02:32	2534
2389	4431	0:55:24	Frances BROWN		Female	485	1:03:32	2676
2390	3972	0:55:25	Sophie SAUNDERS		Female	486	1:02:48	2570
2391	3354	0:55:25	David WARD	Lonely Goat RC	Male	1905	1:01:59	2450
2392	2782	55:25	Anniks GOOCH		Female	487	58:29	1998
2393	2783	55:25	Simon GOOCH		Male	1906	58:29	1997
2394	2538	0:55:25	Matthew BROUGHTON	Bungay Black Dog RC	Male	1907	1:00:57	2310
2395	2135	55:25	Rachael HUTCHINSON		Female	488	58:43	2030
2396	5587	0:55:25	Joe PELLIS		Male	1908	1:06:03	3029
2397	3243	0:55:25	James PALLANT	Lonely Goat RC	Male	1909	1:02:35	2540
2398	2468	0:55:26	Mike JOLLY		Male	1910	1:00:16	2214
2399	5782	0:55:26	Charlotte SWANN		Female	489	1:04:34	2835
2400	2439	55:26	Ray HOWARD	Bungay Black Dog RC	Male	1911	58:53	2050
2401	5573	0:55:27	Graham KEMP		Male	1912	1:06:33	3096
2402	4138	0:55:27	Jacob STONE		Male	1913	1:02:01	2457
2403	5991	0:55:27	Steven LEUNIS	Lonely Goat RC	Male	1914	1:04:47	2858
2404	2338	55:27	Neil CHAPMAN		Male	1915	59:21	2108
2405	1733	0:55:28	Alex WALLACE		Male	1916	1:00:39	2252
2406	2888	55:28	Sharon BURRELL	Lonely Goat RC	Female	490	59:19	2101
2407	4235	0:55:28	Michelle CRANE		Female	491	1:02:13	2489
2408	3114	0:55:28	Tim LINSTED		Male	1917	1:01:33	2392
2409	2449	55:28	Paul SHARMAN	Hadleigh Hares AC	Male	1918	58:51	2048
2410	4091	0:55:28	Rachel TURNER		Female	492	1:01:37	2399
2411	6362	0:55:29	Malcolm PALMER		Male	1919	1:08:19	3339
2412	3176	0:55:30	Tom DIXON	Waveney Valley AC	Male	1920	1:01:42	2412
2413	4865	0:55:30	Colin REUBEN		Male	1921	1:05:02	2884
2414	3204	0:55:30	Paul WATERS		Male	1922	1:02:11	2485
2415	6786	0:55:30	Adam MASKELL	Waveney Valley AC	Male	1923	1:08:21	3346
2416	3339	0:55:30	Leighton DAVIES		Male	1924	1:01:59	2451
2417	2014	0:55:30	Sarah REYNOLDS		Female	493	1:00:10	2198
2418	2676	55:31	John TURNBULL	Hadleigh Hares AC	Male	1925	59:12	2083
2419	315	55:31	Konrad PYTLARZ		Male	1926	56:20	1695
2420	3172	0:55:32	Rakesh DHOLIWAR		Male	1927	1:03:15	2626
2421	4348	0:55:32	Sophie GOSS-GARNHAM	Waveney Valley AC	Female	494	1:01:43	2415
2422	3056	0:55:32	Heidi HUDSON		Female	495	1:00:47	2282
2423	1697	0:55:32	Lucy MOWATT		Female	496	1:02:52	2578
2424	2530	0:55:32	Nick LAWRENCE	Waveney Valley AC	Male	1928	1:00:34	2243
2425	3640	0:55:32	Rhiannon EVANS		Female	497	1:02:42	2558
2426	3659	0:55:33	Layla BEDFORD		Female	498	1:01:45	2422
2427	4328	0:55:33	Kevin TOWNSEND	Waveney Valley AC	Male	1929	1:02:51	2577
2428	6789	0:55:34	Ben PARRY		Male	1930	1:08:23	3350
2429	4664	0:55:34	Troy LOWTHORPE		Male	1931	1:04:38	2840
2430	3355	0:55:34	Daniel WARFORD	Norfolk Gazelles AC	Male	1932	1:03:31	2672
2431	5528	0:55:34	Chris WALLER		Male	1933	1:04:41	2849
2432	4214	0:55:35	Chris FEENEY		Male	1934	1:01:45	2421
2433	4343	0:55:35	Natasha LEEDS	North Norfolk Beach Runners	Female	499	1:02:16	2496
2434	4335	0:55:35	Adrian DYDE		Male	1935	1:04:41	2850
2435	6011	0:55:36	Ryan SEARLE		Male	1936	1:06:32	3095
2436	5382	0:55:36	Anna KOLCZYNSKA	Norfolk Gazelles AC	Female	500	1:04:38	2841
2437	3097	0:55:36	Ryan FARROW		Male	1937	1:04:13	2785
2438	1816	55:36	Anthony BLAKEMORE		Male	1938	59:20	2104
2439	3179	0:55:36	Julian BLAKEY	Norfolk Gazelles AC	Male	1939	1:02:57	2590
2440	1680	55:37	Robert WHALEN		Male	1940	59:09	2074
2441	5469	0:55:38	Matthew REID		Male	1941	1:07:33	3219
2442	2359	0:55:38	Rachael SPAANS	Norwich Road Runners	Female	501	1:02:02	2460
2443	2880	55:39	Glenn BARKELL		Male	1942	59:01	2063
2444	693	55:39	Alexander COCKBURN		Male	1943	56:40	1747
2445	739	55:39	Andrew BARKELL	Coltishall Jaguars RC	Male	1944	59:01	2064
2446	2321	0:55:40	Jo KEENAN		Female	502	1:00:47	2278
2447	2652	55:40	Matt BRADFIELD		Male	1945	59:25	2118
2448	1810	55:40	Stephanie HALL	Coltishall Jaguars RC	Female	503	59:29	2126
2449	4180	0:55:40	Adam GOODSON		Male	1946	1:02:44	2563
2450	3148	0:55:40	Connie VALLIS		Female	504	1:03:40	2706



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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
2451	5499	0:55:41	James KELLOCK	Bure Valley Harriers	Male	1947	1:05:32	2965
2452	4553	0:55:41	Kevin CHAPMAN		Male	1948	1:03:57	2753
2453	1766	55:41	Jonathan FOOT		Male	1949	59:23	2116
2454	3278	0:55:41	Nigel JANES		Male	1950	1:02:43	2559
2455	5402	0:55:42	Martin ELSWORTHY	Beccles Triathlon Club	Male	1951	1:06:16	3064
2456	2898	55:43	Katherine DRAPER		Female	505	59:58	2177
2457	3857	0:55:43	Cheryl GOYMER		Female	506	1:02:17	2498
2458	2277	0:55:44	Rachel OLLETT		Female	507	1:00:05	2187
2459	2532	0:55:44	Bob CAMERON	Coltishall Jaguars RC	Male	1952	1:00:36	2245
2460	4184	0:55:44	Paul BRADFORD		Male	1953	1:04:55	2872
2461	2897	55:44	Heather DINGLE		Female	508	59:59	2179
2462	1088	0:55:44	Julian SMITH		Male	1954	1:00:14	2209
2463	2220	0:55:45	Estelle CORNER	Norwich Road Runners	Female	509	1:00:08	2194
2464	3286	0:55:45	Tony MILLETT		Male	1955	1:02:44	2561
2465	2681	0:55:45	Joseph MCGLINCHEY		Male	1956	1:02:00	2455
2466	3665	0:55:45	Sarah SMITH		Female	510	1:03:48	2729
2467	5847	0:55:46	Darren COCKRILL	Coltishall Jaguars RC	Male	1957	1:06:08	3049
2468	1978	55:46	Elizabeth ARTHUR		Female	511	58:54	2053
2469	2289	0:55:46	Dennis SIMPSON		Male	1958	1:00:05	2186
2470	3311	0:55:46	Hannah HOWARD		Female	512	1:02:22	2513
2471	2265	55:47	Ewan DOWNES	Norwich Road Runners	Male	1959	59:34	2133
2472	2039	55:47	Jon ARCHER		Male	1960	59:04	2069
2473	2105	0:55:48	Lucy PHILPOTT		Female	513	1:00:47	2283
2474	3304	0:55:48	Vicky BAILEY		Female	514	1:02:17	2499
2475	3960	0:55:48	Simon FEILDEN	Waveney Valley AC	Male	1961	1:03:15	2627
2476	1947	55:48	Nigel LYMAN		Male	1962	58:59	2060
2477	1878	0:55:48	Robert WEBSTER		Male	1963	1:00:11	2199
2478	1319	55:49	Victoria LAUGHLAND		Female	515	59:00	2061
2479	2229	55:49	Andy HILL	Waveney Valley AC	Male	1964	59:53	2162
2480	2569	55:49	Luke MARTIN		Male	1965	59:43	2146
2481	1666	55:50	Dave CATCHPOLE		Male	1966	59:26	2119
2482	4717	0:55:50	Andrea MEEK		Female	516	1:04:52	2869
2483	4287	0:55:50	Jonny O'BRIEN	Leighton Buzzard Athletic Club	Male	1967	1:02:37	2545
2484	2318	0:55:51	Sara MARGASON		Female	517	1:00:53	2299
2485	2192	0:55:51	Victoria PINCH		Female	518	1:00:53	2298
2486	3499	0:55:51	Danielle HOWES		Female	519	1:02:30	2529
2487	4387	0:55:51	Stacey O'DONNELL	Lowestoft Road Runners	Female	520	1:01:59	2449
2488	4263	0:55:51	Debbie SECRET		Female	521	1:04:25	2806
2489	2079	55:51	Martyn TAYLOR		Male	1968	59:06	2071
2490	3610	0:55:52	Michael COOK		Male	1969	1:02:16	2495
2491	1983	0:55:52	Chris MILLS	Beccles Triathlon Club	Male	1970	1:01:04	2328
2492	3994	0:55:53	James EHREN		Male	1971	1:02:03	2461
2493	3323	0:55:53	David PETCH		Male	1972	1:03:47	2722
2494	4192	0:55:53	Deborah LAWRENCE		Female	522	1:03:41	2709
2495	4447	0:55:54	Paul JOHNSON	Wymondham AC	Male	1973	1:03:32	2673
2496	4318	0:55:54	Jamie CHUI		Male	1974	1:03:26	2656
2497	2009	55:54	Ellie CLARKE		Female	523	59:23	2114
2498	2303	0:55:54	Jon HUMPHREYS		Male	1975	1:02:45	2566
2499	2800	55:55	Alison WARNER	Wymondham AC	Female	524	59:12	2081
2500	4289	0:55:55	Emma DYBLE		Female	525	1:04:28	2816
2501	4274	0:55:55	Joe CRUSE		Male	1976	1:03:35	2688
2502	2744	0:55:55	James RINGER		Male	1977	1:00:22	2223
2503	2911	0:55:55	Jessica ASHLEY	Wymondham AC	Female	526	1:00:28	2238
2504	4701	0:55:55	Bob CARTER		Male	1978	1:06:12	3054
2505	3122	0:55:56	Katie DOUGHTY		Female	527	1:02:01	2456
2506	5229	0:55:56	Stuart COX		Male	1979	1:06:44	3121
2507	1805	55:57	Millie HOWE	Wymondham AC	Female	528	59:16	2092
2508	3198	0:55:57	Max BARNES		Male	1980	1:02:59	2592
2509	2236	55:57	Katie WHITMORE		Female	529	59:37	2137
2510	2673	55:57	Gary STONE		Male	1981	59:16	2093
2511	331	55:57	Greg SCRIVEN	Wymondham AC	Male	1982	56:25	1701
2512	1894	55:58	Tony JONES		Male	1983	59:49	2158
2513	4530	0:55:58	Paul WILCOX		Male	1984	1:03:37	2697
2514	1813	55:58	Stephanie GRAY		Female	530	59:45	2152
2515	2374	0:56:00	Scott GEORGE	Wymondham AC	Male	1985	1:01:01	2316
2516	2130	0:56:00	Andrew CONNORS		Male	1986	1:00:09	2196
2517	2615	56:00	Sean HARRIS		Male	1987	59:27	2121
2518	5283	0:56:00	Gytis STANKUS		Male	1988	1:07:22	3196
2519	4519	0:56:00	Elysa VARVEL	Wymondham AC	Female	531	1:02:04	2463
2520	2253	0:56:01	Christine BARNETT		Female	532	1:00:23	2225



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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
2521	3070	0:56:02	Adam AVERY	Lonely Goat RC	Male	1989	1:02:37	2546
2522	3207	0:56:02	Lisa FEWTRELL		Female	533	1:02:14	2491
2523	2148	56:02	Andy RICHARDSON		Male	1990	59:29	2127
2524	794	0:56:02	David BUCK		Male	1991	1:00:23	2224
2525	5770	56:02	Sophie TOWLER		Female	534	59:52	2161
2526	3512	0:56:02	M MARTINEZ DE ALVARO		Female	535	1:03:35	2687
2527	7243	0:56:02	Vinnie KING		Male	1992	1:10:16	3595
2528	3305	0:56:02	Ami THOMAS		Female	536	1:03:27	2659
2529	2981	0:56:03	Christopher DAVIS		Male	1993	1:01:11	2340
2530	3285	0:56:03	James SCRIVENS		Male	1994	1:03:20	2643
2531	1848	56:03	Dean COOK	City Of Norwich AC	Male	1995	59:35	2134
2532	5723	0:56:03	Laurence CHAPMAN		Male	1996	1:05:05	2892
2533	4517	0:56:04	Charlie HUGGETT		Male	1997	1:02:21	2508
2534	4081	0:56:04	Michael MELLER		Male	1998	1:03:51	2737
2535	4677	0:56:05	Alex GRANTHAM		Male	1999	1:05:09	2901
2536	1876	0:56:06	Lauren HENERY		Female	537	1:00:51	2293
2537	4069	0:56:06	Ian SCALES		Male	2000	1:02:36	2544
2538	6987	0:56:06	Nathan COTTON		Male	2001	1:09:45	3524
2539	1851	0:56:06	Glenn BASHAM		Male	2002	1:00:13	2205
2540	4002	0:56:07	Bobbie SAUERZAPF		Female	538	1:04:01	2762
2541	2087	56:07	Jerry WARE	Bungay Black Dog RC	Male	2003	59:42	2145
2542	4101	0:56:07	James SIMMONDS		Male	2004	1:03:04	2599
2543	4136	0:56:07	Angela O'SULLIVAN		Female	539	1:02:40	2554
2544	4062	0:56:07	Emma GOLDSMITH		Female	540	1:03:50	2732
2545	6340	0:56:08	David WESTGATE		Male	2005	1:08:56	3418
2546	2362	0:56:09	Ella ROGERS		Female	541	1:00:46	2271
2547	5574	0:56:09	Lewis HAGGERTY		Male	2006	1:05:10	2903
2548	2602	0:56:09	Tony WOOD		Male	2007	1:00:19	2218
2549	3263	0:56:09	Jonathan RIDER		Male	2008	1:03:38	2698
2550	2031	0:56:10	Tim CHEESMAN		Male	2009	1:01:12	2344
2551	2326	0:56:10	Emma YARDY	Coltishall Jaguars RC	Female	542	1:01:06	2332
2552	4262	0:56:11	Anne THAXTER		Female	543	1:03:27	2658
2553	2875	0:56:11	Mark SAYER		Male	2010	1:00:50	2289
2554	7246	0:56:11	Julie MUSK		Female	544	1:10:02	3561
2555	3679	0:56:11	Becky RIMMER		Female	545	1:02:40	2555
2556	7328	0:56:11	Simon ROUSE		Male	2011	1:08:38	3374
2557	1699	0:56:11	Hattie SWAIN		Female	546	1:00:42	2263
2558	755	0:56:12	Charlotte REED		Female	547	1:00:42	2262
2559	1685	0:56:12	Lisa PRICE		Female	548	1:00:42	2265
2560	3320	0:56:12	Vanessa MUNFORD		Female	549	1:04:18	2792
2561	6290	0:56:12	Eirrin THOMPSON	Great Yarmouth Road Runners	Male	2012	1:08:56	3417
2562	1777	56:12	Amis CLIFFORD		Male	2013	56:12	1676
2563	2054	0:56:12	David DREW		Male	2014	1:01:04	2327
2564	2339	0:56:13	Benny LOK		Male	2015	1:00:24	2229
2565	2115	0:56:13	Mark WHYSALL		Male	2016	1:00:52	2296
2566	2915	56:13	Simon BOWLES		Male	2017	59:53	2164
2567	6136	0:56:13	Brett NORTON		Male	2018	1:11:36	3764
2568	477	56:13	Scott STEWARD-SMITH		Male	2019	57:26	1851
2569	5440	0:56:14	Charlotte FISK		Female	550	1:06:23	3077
2570	3147	0:56:14	Chelsea MACCOLL		Female	551	1:03:52	2743
2571	4960	0:56:14	Maisie BEASTALL	Norwich Road Runners	Female	552	1:06:07	3043
2572	2805	56:14	Sherralyn BLAKELY		Female	553	59:47	2154
2573	7327	0:56:14	George MCWILLIAM		Male	2020	1:10:09	3576
2574	3555	0:56:15	Sadie SMITH		Female	554	1:02:53	2581
2575	4133	0:56:15	Samantha FAULKNER		Female	555	1:03:07	2610
2576	5758	0:56:16	Sean IVERS		Male	2021	1:05:43	2987
2577	2298	0:56:16	Olivia THOMAS		Female	556	1:01:23	2372
2578	4230	0:56:17	Lauren FISHER		Female	557	1:02:39	2553
2579	2299	0:56:17	Nathan BAILEY		Male	2022	1:00:36	2246
2580	3931	0:56:17	Suzanne BURT		Female	558	1:08:49	3406
2581	1338	0:56:17	Tom WALTERS	Coltishall Jaguars RC	Male	2023	1:08:50	3407
2582	2212	0:56:18	Sarah PEARSON		Female	559	1:01:18	2357
2583	4463	0:56:18	Sam PEARCY		Male	2024	1:03:07	2608
2584	4737	0:56:18	Susan HOADLEY		Female	560	1:06:47	3130
2585	4571	0:56:18	Laura JOHNSON		Female	561	1:03:28	2663
2586	2020	0:56:18	Ben WATSON		Male	2025	1:01:34	2394
2587	745	56:18	Nicola GRIMES		Female	562	57:25	1844
2588	2225	0:56:19	Sonya FITCH		Female	563	1:04:00	2760
2589	1840	56:20	Kirsty FRARY		Female	564	59:20	2106
2590	2201	0:56:20	John MUNDAY		Male	2026	1:00:46	2273



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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
2591	2245	0:56:20	Helen SPENCER SMITH		Female	565	1:06:49	3134
2592	1896	0:56:20	Martina SVUBOVA		Female	566	1:01:41	2408
2593	3577	0:56:21	Vikki MOUNTAIN		Female	567	1:02:34	2538
2594	1292	0:56:21	Zac SOWTER		Male	2027	1:01:12	2345
2595	4663	0:56:21	Jennie LOWTHORPE		Female	568	1:05:24	2944
2596	3239	0:56:21	Heather HOLLISTER		Female	569	1:02:47	2568
2597	2181	0:56:22	Owen MULLEN		Male	2028	1:00:01	2181
2598	3444	0:56:23	Sharon BRACEY		Female	570	1:03:05	2602
2599	235	0:56:23	Graham JOHNSON	Coltishall Jaguars RC	Male	2029	1:03:05	2603
2600	3439	0:56:23	Harry NOBBS		Male	2030	1:03:10	2619
2601	3084	0:56:24	Claire RICHARDSON		Female	571	1:01:18	2358
2602	6190	0:56:24	Tony ENGLER		Male	2031	1:10:02	3558
2603	3709	0:56:24	Ross ADAMS		Male	2032	1:03:09	2617
2604	4306	0:56:25	Patricia TUTTLE	Waveney Valley AC	Female	572	1:03:41	2714
2605	5556	0:56:25	Lynsey LONG		Female	573	1:06:07	3044
2606	3089	0:56:25	Dave HYAM		Male	2033	1:00:47	2280
2607	3296	0:56:26	Ruth TOLBART		Female	574	1:03:20	2640
2608	3335	0:56:26	Ian CURRIE		Male	2034	1:07:24	3201
2609	1806	0:56:26	Christina BOSWELL	Tri-Anglia Triathlon Club	Female	575	1:00:46	2272
2610	2198	0:56:26	Ashley ARMSTRONG		Male	2035	1:01:41	2406
2611	4206	0:56:27	Lorraine PARKER	Three Counties Running Club	Female	576	1:03:14	2625
2612	3182	0:56:27	Catriona MORRISON		Female	577	1:03:37	2695
2613	3910	0:56:28	Bryn RICHARDS		Male	2036	1:03:37	2692
2614	3810	0:56:28	James ROGERS		Male	2037	1:02:56	2587
2615	1865	0:56:28	Benjamin SMITH		Male	2038	1:01:39	2403
2616	6454	0:56:28	Thomas GRAVER		Male	2039	1:09:34	3504
2617	3596	0:56:29	Michael PALMER		Male	2040	1:04:12	2782
2618	3580	0:56:29	Patsy BRADLEY	Wymondham AC	Female	578	1:02:43	2560
2619	4203	0:56:29	Rachael SMALL		Female	579	1:02:53	2583
2620	5456	0:56:30	Billy LEDAIN		Male	2041	1:06:38	3108
2621	1788	0:56:30	Lizzy CANTWELL		Female	580	1:00:12	2204
2622	3048	56:30	Aaron STEARMAN	North Norfolk Beach Runners	Male	2042	59:50	2159
2623	3527	0:56:30	Lesley RUDD		Female	581	1:02:36	2542
2624	3988	0:56:31	Naomi SWAIN		Female	582	1:04:18	2791
2625	2159	56:31	Sophie SMITH		Female	583	59:50	2160
2626	3277	0:56:31	Lucy COOK		Female	584	1:04:38	2842
2627	2523	0:56:31	Barry WOOLNOUGH		Male	2043	1:04:10	2775
2628	6569	0:56:31	Michael FLYNN		Male	2044	1:09:00	3423
2629	1837	0:56:32	Paul MALCOLM		Male	2045	1:01:17	2355
2630	4942	0:56:32	Darren CARTER		Male	2046	1:07:04	3162
2631	4748	0:56:32	Sarah SCOTT		Female	585	1:05:49	3000
2632	3344	0:56:32	Vicky HAMPSON	North Norfolk Beach Runners	Female	586	1:03:54	2750
2633	3860	0:56:33	George MACE		Male	2047	1:02:38	2547
2634	2719	0:56:33	Charlotte SPARKES		Female	587	1:02:39	2550
2635	5952	0:56:34	Chris GEDGE		Male	2048	1:05:36	2974
2636	3196	0:56:34	Julie DILREW		Female	588	1:03:25	2651
2637	4265	0:56:35	Richard DALY	Dereham Runners & AC	Male	2049	1:04:04	2766
2638	5058	0:56:35	Laura BURTON		Female	589	1:05:42	2985
2639	3983	0:56:35	Georgina CROWE	Norfolk Gazelles AC	Female	590	1:02:44	2564
2640	1231	56:35	Glen REYNOLDS		Male	2050	58:05	1937
2641	4142	0:56:36	Sally SMITH		Female	591	1:06:55	3151
2642	3312	0:56:36	Lynda HOWARD		Female	592	1:03:13	2624
2643	4475	0:56:36	Darren FRANCIS		Male	2051	1:03:10	2618
2644	2179	0:56:36	Peter HARWOOD		Male	2052	1:00:14	2208
2645	3378	0:56:37	Chris SOUTHWELL		Male	2053	1:04:18	2793
2646	3781	0:56:38	Jon D'EATH		Male	2054	1:03:44	2717
2647	2861	0:56:38	Alice WAKELEY	Great Yarmouth & District AC	Female	593	1:01:27	2380
2648	3959	0:56:38	Rachel FEILDEN		Female	594	1:04:06	2769
2649	1347	56:39	Stuart MORAN		Male	2055	57:53	1909
2650	1320	0:56:39	Samuel GROUT		Male	2056	1:00:08	2192
2651	2155	0:56:40	Rob HIRST		Male	2057	1:08:15	3324
2652	4392	0:56:40	Laura KNIGHT		Female	595	1:04:26	2811
2653	3173	0:56:40	Caroline BROWN		Female	596	1:03:17	2633
2654	5405	0:56:40	Peter DAINES		Male	2058	1:05:58	3023
2655	1779	0:56:40	Daniel PORTER	Bure Valley Harriers	Male	2059	1:00:20	2221
2656	3643	0:56:40	Sheryl GOODWIN		Female	597	1:03:29	2667
2657	2694	0:56:40	Martyn BELL		Male	2060	1:00:42	2259
2658	3636	0:56:42	Kathryn JERVIS	Norwich Road Runners	Female	598	1:05:43	2986
2659	5902	0:56:43	Carl NELSON		Male	2061	1:05:57	3019
2660	4913	0:56:44	Gary ASKER		Male	2062	1:07:45	3251



Run Norwich 2019

Sunday 21st July 2019

RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
2661	4802	0:56:44	Nicky FULLER	Norfolk Harriers RC	Female	599	1:05:54	3006
2662	2643	56:44	Matthew HOOD		Male	2063	59:53	2163
2663	5834	0:56:45	Mark BENNINGTON		Male	2064	1:05:47	2995
2664	3379	0:56:45	Laura LONDON		Female	600	1:02:50	2575
2665	2895	0:56:45	Richard BOWLER		Male	2065	1:00:41	2258
2666	2644	0:56:46	Ross LOMAX		Male	2066	1:00:18	2216
2667	2258	0:56:46	Joe FORSHAW		Male	2067	1:01:17	2356
2668	3046	56:47	Steven BURRELL		Male	2068	59:57	2174
2669	2887	0:56:47	Sophie MCLAREN		Female	601	1:01:36	2397
2670	6125	0:56:47	Callum BLAKEMORE		Male	2069	1:09:34	3505
2671	4123	0:56:48	D BUTLER	Wymondham AC	Male	2070	1:03:33	2682
2672	3381	0:56:48	Colette DEXTER		Female	602	1:03:16	2630
2673	2996	56:49	Rory SEXTON		Male	2071	59:54	2169
2674	2551	0:56:49	Michael SMALL		Male	2072	1:03:08	2614
2675	3370	0:56:49	Alex BRIGHTWELL		Female	603	1:02:52	2579
2676	7156	0:56:49	Nancy HENMAN		Female	604	1:10:27	3623
2677	3912	0:56:50	Matt HITCHCOCK		Male	2073	1:03:58	2756
2678	3933	0:56:50	Kerrue PAGE		Female	605	1:03:59	2757
2679	3473	0:56:50	Emily NUDD		Female	606	1:05:13	2911
2680	4364	0:56:50	Stuart WARNER		Male	2074	1:03:12	2623
2681	2029	0:56:50	Deborah KENNEDY	Lowestoft Road Runners	Female	607	1:00:29	2239
2682	3743	0:56:50	Ian JARVIS		Male	2075	1:03:53	2746
2683	3138	0:56:51	Liam MULLEN		Male	2076	1:02:52	2580
2684	3675	0:56:51	A FOLLAS-SHELL		Female	608	1:04:51	2866
2685	5422	0:56:51	Paul QUADLING		Male	2077	1:07:15	3177
2686	4144	0:56:52	Sally SAUNDERS		Female	609	1:06:33	3097
2687	4950	0:56:52	Nicola WELDON		Female	610	1:06:20	3071
2688	1765	0:56:53	Philip WILTON		Male	2078	1:01:14	2349
2689	4733	0:56:53	James HOLLAND		Male	2079	1:06:56	3153
2690	2214	0:56:54	Dean LINGE		Male	2080	1:00:11	2201
2691	3230	0:56:54	Sarah BARBER	Wymondham AC	Female	611	1:03:32	2675
2692	5827	0:56:54	Adam EVANS		Male	2081	1:05:57	3020
2693	5523	0:56:54	Sally HART		Female	612	1:05:57	3017
2694	4654	0:56:54	Gary THURTLIE		Male	2082	1:06:18	3067
2695	3777	0:56:55	Kim BLAZER		Female	613	1:05:08	2897
2696	1610	0:56:55	Christopher HIGH		Male	2083	1:00:56	2306
2697	3821	0:56:55	Annie HUGHES		Female	614	1:05:08	2898
2698	1940	0:56:55	Patrick COX		Male	2084	1:00:40	2254
2699	3059	0:56:56	Martin MCCAMMON		Male	2085	1:00:54	2301
2700	5297	0:56:56	Rachel BOYCE		Female	615	1:06:16	3063
2701	3722	0:56:56	Calum SIMPSON	Coltishall Jaguars RC	Male	2086	1:03:26	2653
2702	2962	0:56:56	Jonathon CALLINGHAM		Male	2087	1:01:19	2365
2703	534	56:56	Joe MARRIOTT		Male	2088	57:34	1868
2704	3404	0:56:57	Pollyanna WATSON		Female	616	1:03:11	2621
2705	2196	0:56:57	Rosie URRY		Female	617	1:00:08	2193
2706	2745	0:56:58	Stacie MANN		Female	618	1:01:42	2411
2707	1985	0:56:58	Jenna HYAM		Female	619	1:01:56	2442
2708	2519	0:56:58	Mick BLACKMAN		Male	2089	1:00:58	2312
2709	1844	0:56:59	Alison CLABON		Female	620	1:00:59	2313
2710	2481	0:56:59	Tom SAWYER		Male	2090	1:00:59	2314
2711	1920	0:56:59	Michael BRIGGS	Coltishall Jaguars RC	Male	2091	1:01:03	2322
2712	4506	0:56:59	Chris TRIPP		Male	2092	1:03:48	2728
2713	3188	0:57:00	Tim LEECH		Male	2093	1:03:51	2735
2714	5560	0:57:01	Nick WELLS		Male	2094	1:04:01	2761
2715	2340	0:57:01	Lily POWER		Female	621	1:00:08	2190
2716	3218	0:57:02	Sarah SUTTON		Female	622	1:04:52	2868
2717	3837	0:57:02	Victoria PASCOE		Female	623	1:03:05	2600
2718	1825	0:57:02	Darrell GREEN		Male	2095	1:01:58	2447
2719	3162	0:57:02	Marion BENSLEY		Female	624	1:04:43	2854
2720	2049	0:57:02	Simon CLAXTON		Male	2096	1:01:18	2361
2721	3020	0:57:02	Greg SMITH	Coltishall Jaguars RC	Male	2097	1:01:40	2404
2722	4471	0:57:03	Neil BIRD		Male	2098	1:03:34	2683
2723	4059	0:57:03	Julie SMITH		Female	625	1:03:50	2734
2724	4513	0:57:03	Nikki TARRANT		Female	626	1:03:06	2605
2725	4904	0:57:03	Rachel MURRAY		Female	627	1:06:21	3073
2726	4452	0:57:03	Chloe HIGENBOTTAM		Female	628	1:04:36	2838
2727	4298	0:57:04	Paul DODIMEAD		Male	2099	1:03:29	2666
2728	3368	0:57:04	Matthew ENGLISH		Male	2100	1:04:21	2799
2729	1759	0:57:05	Steve CLARK		Male	2101	1:01:37	2398
2730	622	0:57:05	Richard HUGGINS	Norwich Road Runners	Male	2102	1:03:30	2669



Run Norwich 2019

Sunday 21st July 2019

RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
2731	2218	0:57:05	Andrew REA	Tri-Anglia Triathlon Club	Male	2103	1:01:02	2318
2732	1600	0:57:05	Race Number 1600		Male	2104	1:06:34	3098
2733	5140	0:57:06	Robin SMITH		Male	2105	1:06:15	3060
2734	4242	0:57:06	Paul BAKER		Male	2106	1:03:09	2616
2735	4975	0:57:06	Natalie BEAL		Female	629	1:09:56	3540
2736	3405	0:57:06	Ross LUTHER-VEITCH		Male	2107	1:03:28	2662
2737	2793	0:57:06	Samantha THORPE		Female	630	1:01:30	2384
2738	3508	0:57:07	Kevin SOUTHWELL		Male	2108	1:04:47	2857
2739	4215	0:57:07	Rich SLY		Male	2109	1:03:19	2637
2740	4156	0:57:07	James DESBOROUGH		Male	2110	1:03:20	2638
2741	4049	0:57:08	Neil ROBERTSON	Lonely Goat RC	Male	2111	1:03:32	2677
2742	2119	0:57:08	Sharn CRANE		Female	631	1:02:28	2524
2743	3260	0:57:09	David WINCH		Male	2112	1:04:32	2831
2744	4386	0:57:09	Neil GIBBS		Female	632	1:03:17	2634
2745	4300	0:57:09	Tim SCALES		Male	2113	1:03:39	2705
2746	3331	0:57:09	Maurice STAFFORD		Male	2114	1:04:58	2878
2747	3488	0:57:10	Bernard NUNN		Male	2115	1:05:14	2913
2748	4388	0:57:10	Zoe GIBBS		Female	633	1:03:18	2636
2749	2116	0:57:10	Kayleigh TAYLOR		Female	634	1:00:24	2228
2750	5425	0:57:10	Martin CROWE		Male	2116	1:06:12	3053
2751	793	0:57:11	Megan COOK	Coltishall Jaguars RC	Female	635	1:01:06	2334
2752	3271	0:57:11	Danny SHARPE		Male	2117	1:03:30	2671
2753	2250	0:57:11	Elisabeth STODEL		Female	636	1:00:25	2231
2754	2173	0:57:11	Ilona GRAY		Female	637	1:00:15	2210
2755	3251	0:57:11	Lydia MARRISON		Female	638	1:03:29	2664
2756	3487	0:57:11	Andrew WILLINGTON		Male	2118	1:03:35	2684
2757	3927	0:57:11	Julia ALLUM		Female	639	1:03:38	2700
2758	2251	0:57:11	Robert RICKARD		Male	2119	1:00:24	2230
2759	3715	0:57:12	Keri BOORMAN		Female	640	1:05:27	2946
2760	3550	0:57:12	Chris HARTLEY		Male	2120	1:05:23	2937
2761	2371	0:57:12	Ben JONES	Vegan Runners UK	Male	2121	1:02:04	2464
2762	2807	0:57:13	Nick CATCHPOLE		Male	2122	1:00:54	2302
2763	2843	0:57:13	Violet VINCENT		Female	641	1:01:50	2432
2764	4307	0:57:13	Jordan JONES		Male	2123	1:03:20	2642
2765	5156	0:57:13	Joanna O'BRIEN		Female	642	1:06:41	3112
2766	2402	0:57:14	Michael SCHMOELZ		Male	2124	1:00:57	2309
2767	2002	0:57:14	Rebecca CLARKE		Female	643	1:02:04	2462
2768	3256	0:57:14	Lee GEORGE		Male	2125	1:03:18	2635
2769	3662	0:57:14	Louise BUSBY		Female	644	1:03:37	2691
2770	3408	0:57:15	Donna LORNE		Female	645	1:03:36	2689
2771	4436	0:57:16	Shea CONNELL	Reephram Runners	Male	2126	1:05:03	2887
2772	3021	0:57:16	Harriet SEATTER		Female	646	1:03:20	2641
2773	2746	0:57:16	Emma HENRY		Female	647	1:00:27	2234
2774	6948	0:57:17	Abigail YAXLEY		Female	648	1:10:04	3564
2775	4028	0:57:17	Sally BOARDMAN		Female	649	1:04:00	2759
2776	1756	0:57:17	Richard LENNOX		Male	2127	1:00:58	2311
2777	4244	0:57:18	Paula CARR		Female	650	1:04:20	2795
2778	3393	0:57:18	Suzanne HURN		Female	651	1:03:26	2655
2779	3316	0:57:19	Hayley THOMPSON		Female	652	1:03:48	2725
2780	3132	0:57:19	Shayney BLYTH		Female	653	1:03:48	2726
2781	5164	0:57:19	Robyn MACRAE	Team Dunerunner	Female	654	1:07:42	3245
2782	3144	0:57:19	James TAYLOR-BENNETT		Female	655	1:03:46	2718
2783	3784	0:57:19	Charlene NICHOLLS		Female	656	1:05:53	3004
2784	1396	57:19	Martin FARRIMOND		Male	2128	58:00	1927
2785	3118	0:57:19	Lily JACKSON		Female	657	1:05:17	2922
2786	1971	0:57:19	Kelly-Marie LOFTUS		Female	658	1:03:46	2719
2787	2210	0:57:20	Michele ALEXANDER		Female	659	1:02:08	2481
2788	2304	0:57:20	Beverley RACKHAM		Female	660	1:00:38	2251
2789	4143	0:57:21	Erica AUGER		Female	661	1:04:50	2864
2790	2796	0:57:21	Andrew SLATTERY		Male	2129	1:02:27	2523
2791	3973	0:57:21	Claire LEADLEY	Great Yarmouth Road Runners	Female	662	1:05:28	2954
2792	2184	0:57:22	Samantha HUNTER		Female	663	1:01:03	2321
2793	3282	0:57:23	Philippa COLES		Female	664	1:05:56	3015
2794	1097	0:57:23	Edward JACOBS		Male	2130	1:05:21	2933
2795	4284	0:57:23	Claire JOHNSON		Female	665	1:05:30	2961
2796	3415	0:57:24	Claire BAKER		Female	666	1:05:48	2999
2797	5372	0:57:24	Martin HARVEY		Male	2131	1:08:37	3373
2798	6656	0:57:24	Leon PALMER		Male	2132	1:09:56	3543
2799	3265	0:57:25	Deb LEE		Female	667	1:04:49	2862
2800	781	0:57:25	Stuart GOODHEW		Male	2133	1:01:31	2387



Run Norwich 2019

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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
2801	4019	0:57:25	N HAYTON-WILLIAMS	Norwich Road Runners	Male	2134	1:03:26	2652
2802	829	57:25	Ashley JONES		Male	2135	58:34	2015
2803	2723	0:57:25	Gregory HANNAM		Male	2136	1:00:52	2297
2804	3485	0:57:25	Sarah GIDLOW		Female	668	1:03:27	2661
2805	3838	0:57:26	Daisy FIELD		Female	669	1:03:27	2660
2806	3142	0:57:26	Caroline NUNN		Female	670	1:04:07	2771
2807	6823	0:57:26	Tina PAYNE		Female	671	1:10:01	3555
2808	2200	0:57:27	Hayley GERRARD		Female	672	1:02:24	2516
2809	2613	0:57:27	Catherine SCOTT		Female	673	1:02:14	2492
2810	3698	0:57:27	Cathy FORTH		Female	674	1:07:18	3186
2811	3479	0:57:27	Glenn HARCOURT		Male	2137	1:05:17	2919
2812	4035	0:57:27	Penny HANNANT		Female	675	1:03:33	2680
2813	2636	0:57:27	Georgia BROOKS		Female	676	1:03:33	2681
2814	3373	0:57:27	David MESSITER		Male	2138	1:04:04	2767
2815	3816	0:57:28	Anne GIBLETT		Female	677	1:04:32	2830
2816	4766	0:57:29	Matthew BARNES	Great Yarmouth Road Runners	Male	2139	1:08:44	3395
2817	3101	0:57:29	Jocasta STAINES		Female	678	1:04:11	2777
2818	4231	0:57:29	Tim BLACKBURN		Male	2140	1:06:05	3035
2819	2794	0:57:29	Tracey CAMPBELL		Female	679	1:02:18	2502
2820	3340	0:57:30	Melanie DERBYSHIRE		Female	680	1:05:16	2918
2821	3372	0:57:30	Lauren TOYNTON		Female	681	1:05:04	2889
2822	4183	0:57:31	Stuart BAILEY		Male	2141	1:04:07	2773
2823	3090	0:57:31	Duncan MCINALLY		Male	2142	1:02:47	2569
2824	3387	0:57:31	Tilly LIGHTFOOT		Female	682	1:05:31	2963
2825	2351	0:57:32	Tim PUTTICK		Male	2143	1:00:55	2303
2826	2071	0:57:32	Gary HOWES		Male	2144	1:01:53	2435
2827	3474	0:57:32	Colin ARTERTON		Male	2145	1:03:39	2703
2828	3511	0:57:33	Danny BURTON		Male	2146	1:04:07	2772
2829	4290	0:57:34	Adrian KERSEY		Male	2147	1:05:18	2927
2830	2662	0:57:34	Tiffinie GOWING	Norfolk Harriers RC	Female	683	1:02:26	2519
2831	4236	0:57:34	Joanna POTTER		Female	684	1:05:58	3022
2832	2233	0:57:34	Martin WATSON		Male	2148	1:03:52	2742
2833	3897	0:57:35	Alan CLARKE		Male	2149	1:04:41	2851
2834	6195	0:57:35	Martin SHULVER		Male	2150	1:10:24	3616
2835	4239	0:57:36	Jack DIXON		Male	2151	1:03:53	2744
2836	3999	0:57:36	Nina GREEN		Female	685	1:04:44	2855
2837	4820	0:57:36	Chantelle TYRRELL	Runners-Next-the-Sea	Female	686	1:06:39	3110
2838	2239	0:57:36	Hayley WRIGHT		Female	687	1:01:43	2414
2839	4273	0:57:37	Shaun RACKHAM		Male	2152	1:05:50	3001
2840	3206	0:57:37	Sally FRANKS		Female	688	1:04:59	2880
2841	3707	0:57:38	Matthew WELLINGTON		Male	2153	1:04:21	2800
2842	4779	0:57:39	Chris GROGAN		Male	2154	1:06:40	3111
2843	3375	0:57:39	Elise AHO		Female	689	1:05:13	2909
2844	4617	0:57:39	Amy RING		Female	690	1:06:45	3122
2845	4453	0:57:39	Marli EKKERD		Female	691	1:04:37	2839
2846	5384	0:57:39	Sally HUTTON		Female	692	1:06:46	3128
2847	3175	0:57:39	Tracy WANT		Female	693	1:03:48	2727
2848	3131	0:57:39	Richard MORRIS	Wymondham AC	Male	2155	1:05:29	2955
2849	7521	0:57:39	Jack NORWICH		Male	2156	1:11:33	3756
2850	3338	0:57:40	Carol RILEY		Female	694	1:05:04	2888
2851	5682	0:57:40	Jo ROCHESTER		Female	695	1:06:08	3048
2852	2433	0:57:41	Rosanne EALES		Female	696	1:00:41	2257
2853	4096	0:57:41	Andy BRADLEY		Male	2157	1:04:29	2818
2854	3454	0:57:41	James CUSHING		Male	2158	1:04:58	2879
2855	3123	0:57:41	Lucy RICHARDSON		Female	697	1:03:58	2755
2856	3947	0:57:41	Rachel WELCH	North Norfolk Beach Runners	Female	698	1:05:04	2891
2857	3608	0:57:41	Michael MILLS		Male	2159	1:05:54	3007
2858	4734	0:57:41	James RICHARDS		Male	2160	1:12:34	3889
2859	3980	0:57:42	Tommy ELVIN		Male	2161	1:04:29	2820
2860	2111	0:57:43	Ross FERGUSON		Male	2162	1:04:21	2796
2861	4522	0:57:43	Paul MITCHELMORE		Male	2163	1:05:37	2976
2862	4434	0:57:43	James BUCHAN		Male	2164	1:05:45	2991
2863	5923	0:57:43	Dean MUNNINGS		Male	2165	1:06:47	3129
2864	5355	0:57:44	Liam LANDAMORE		Male	2166	1:07:57	3280
2865	6139	0:57:44	Jodie SIBLEY		Female	699	1:12:25	3876
2866	2432	0:57:44	Phil HEWITT		Male	2167	1:02:38	2548
2867	4089	0:57:45	Steve MUNCEY		Male	2168	1:03:50	2733
2868	2266	0:57:45	Christian HANSEN		Male	2169	1:01:04	2324
2869	3759	0:57:46	Claire DAVIDS		Female	700	1:05:23	2940
2870	4524	0:57:46	Charlie COLLARD		Female	701	1:05:59	3024



Run Norwich 2019

Sunday 21st July 2019

RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
2871	2795	0:57:47	Joseph HEMMINGS	Lonely Goat RC	Male	2170	1:01:34	2395
2872	7544	0:57:47	Cameron SEAMAN		Male	2171	1:11:06	3706
2873	1719	0:57:48	David DICKENS		Male	2172	1:01:30	2383
2874	5530	0:57:48	Nicholas GIBBS		Male	2173	1:08:01	3295
2875	6740	0:57:48	Morgan HUNT		Male	2174	1:13:29	4011
2876	7567	0:57:49	Ian HUNT		Male	2175	1:13:29	4013
2877	3833	0:57:49	Derek WILSON		Male	2176	1:03:55	2751
2878	3923	0:57:49	Stuart HARDY	Norwich Road Runners	Male	2177	1:03:59	2758
2879	5174	0:57:50	Shaun HAMILTON		Male	2178	1:07:25	3204
2880	1993	0:57:50	John CAUSER		Male	2179	1:02:44	2562
2881	5883	0:57:50	Claire COX		Female	702	1:06:52	3142
2882	3502	0:57:50	Helen BROCKINGTON		Female	703	1:03:53	2748
2883	3761	0:57:51	Daniel LORNE		Male	2180	1:05:28	2950
2884	5152	0:57:51	Suzanne NURSE		Female	704	1:07:28	3208
2885	2967	0:57:51	Karl HUNTER	Norwich Road Runners	Male	2181	1:03:07	2609
2886	2271	0:57:52	John TILBROOK		Male	2182	1:02:56	2589
2887	4094	0:57:52	Roger WALLACE	Ipswich Jaffa RC	Male	2183	1:04:15	2786
2888	1503	0:57:52	Jennifer WRIGHT		Female	705	1:04:15	2787
2889	5839	0:57:52	Colin DASH	Waveney Valley AC	Male	2184	1:08:35	3368
2890	4350	0:57:52	Rosemary PLANT		Female	706	1:05:01	2882
2891	5841	0:57:52	Nicholas DASH	North Norfolk Beach Runners	Male	2185	1:08:36	3370
2892	3936	0:57:53	William ROGERS		Male	2186	1:08:59	3422
2893	464	0:57:53	Katherine TREHANE	Norfolk Gazelles AC	Female	707	1:08:47	3401
2894	2100	0:57:54	Andrew MORRISH		Male	2187	1:01:31	2388
2895	5066	0:57:54	Stuart TOTTLE	Lowestoft Road Runners	Male	2188	1:07:28	3209
2896	4011	0:57:54	Sharon CHATFIELD		Female	708	1:03:56	2752
2897	1687	0:57:54	Evy COE		Female	709	1:01:47	2424
2898	3780	0:57:55	Steve BECK	Coltishall Jaguars RC	Male	2189	1:08:11	3317
2899	2296	0:57:55	Julian JARDINE		Male	2190	1:03:15	2628
2900	6830	0:57:55	John FULCHER		Male	2191	1:10:23	3615
2901	4070	0:57:55	Brian LEWIS	Framlingham Flyers	Male	2192	1:04:26	2809
2902	3868	0:57:55	Chris MACE		Male	2193	1:05:10	2906
2903	4105	0:57:56	Sarah EDWARDS		Female	710	1:04:12	2780
2904	2784	0:57:57	Anna YOUNG	Waveney Valley AC	Female	711	1:01:26	2379
2905	4787	0:57:58	James WILBY		Male	2194	1:07:41	3242
2906	4151	0:57:58	Lewis COLE		Male	2195	1:04:02	2765
2907	4104	0:57:58	Gillian HOWES	Norfolk Gazelles AC	Female	712	1:05:06	2893
2908	2653	0:57:58	Lee ASHFORD		Male	2196	1:02:53	2582
2909	3306	0:57:58	Edward SAVAGE		Male	2197	1:05:58	3021
2910	2529	0:57:59	Jimmy O'DRISCOLL	Waveney Valley AC	Male	2198	1:01:22	2369
2911	2623	0:57:59	David DREW		Male	2199	1:01:05	2329
2912	3563	0:57:59	Rob WICKS		Male	2200	1:05:08	2896
2913	5398	0:57:59	Sophie MCLELLAN	Norfolk Gazelles AC	Female	713	1:07:40	3240
2914	4808	0:58:00	Harriet BRADSTOCK		Female	714	1:07:47	3260
2915	4293	0:58:00	Neil PETTICAN		Male	2201	1:04:09	2774
2916	3815	0:58:00	David GIBLETT	Waveney Valley AC	Male	2202	1:05:02	2883
2917	3071	0:58:01	David SOWRY		Male	2203	1:04:41	2847
2918	3576	0:58:01	Sally ERSKINE		Female	715	1:04:39	2844
2919	4898	0:58:01	Heidi WILSON	Waveney Valley AC	Female	716	1:07:16	3180
2920	4753	0:58:02	Mark SPACKMAN		Male	2204	1:07:37	3227
2921	4379	0:58:03	Sarah MOIR		Female	717	1:09:57	3546
2922	3963	0:58:03	Denise SHEPPARD	North Norfolk Beach Runners	Female	718	1:04:17	2790
2923	3566	0:58:03	Richard AUSTIN		Male	2205	1:04:17	2789
2924	3667	0:58:03	Emma CONSTANCE		Female	719	1:05:45	2993
2925	2872	0:58:04	Elaine STONE	Great Yarmouth Road Runners	Female	720	1:03:01	2595
2926	2903	0:58:04	Abbie TERRY	Stowmarket Striders RC	Female	721	1:01:43	2418
2927	3517	0:58:05	Katherine WRIGHT	North Norfolk Beach Runners	Female	722	1:06:37	3104
2928	6096	0:58:05	Michael ANTONIOU		Male	2206	1:13:39	4033
2929	4725	0:58:05	Marnie MITCHELL	Norwich Road Runners	Female	723	1:08:21	3347
2930	3990	0:58:06	Alison COOPER	Waveney Valley AC	Female	724	1:04:40	2846
2931	3185	0:58:06	Michael FLOWER	Norfolk Harriers RC	Male	2207	1:05:36	2973
2932	583	0:58:06	Daniel TINDALL		Male	2208	1:06:37	3103
2933	2847	0:58:06	Laura FOSTER	Norfolk Harriers RC	Female	725	1:02:10	2484
2934	2164	0:58:06	Amy MILLS		Female	726	1:01:30	2386
2935	3592	0:58:06	Simon BOYD	Norfolk Harriers RC	Male	2209	1:05:34	2969
2936	4479	0:58:07	Emma ALLEN		Female	727	1:05:34	2968
2937	4846	0:58:07	Nicola FORTESCUE	Norfolk Harriers RC	Female	728	1:07:17	3184
2938	5692	0:58:07	Hannah DENNANT		Female	729	1:09:12	3450
2939	3538	0:58:07	Natasha IVES-STYMAN	Norfolk Harriers RC	Female	730	1:05:23	2939
2940	3145	0:58:08	Hannah CRABB		Female	731	1:05:53	3005



Run Norwich 2019

Sunday 21st July 2019

RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
2941	1963	0:58:08	Dominic NOZAHIC	Stowmarket Striders RC	Male	2210	1:02:00	2454
2942	2562	0:58:08	Ian SMITH		Male	2211	1:07:18	3188
2943	3250	0:58:08	James BENNETT		Male	2212	1:04:48	2861
2944	2131	0:58:09	Ray WATSON		Male	2213	1:03:21	2644
2945	2038	0:58:09	Glen WILSON-SUTTER		Male	2214	1:02:05	2469
2946	6159	0:58:09	Frank CAMPLING		Male	2215	1:13:02	3947
2947	519	58:09	Peter Paolo RIVERA		Male	2216	58:59	2058
2948	4057	0:58:09	Laura WHILEY		Male	2217	1:07:18	3189
2949	2904	0:58:09	Andrew TERRY		Male	2218	1:01:48	2426
2950	3419	0:58:09	Mark WOODCOCK		Male	2219	1:05:35	2972
2951	3039	0:58:10	Lucy NICHOLS	Waveney Valley AC	Female	732	1:03:23	2648
2952	2041	0:58:10	Neil OXBURY		Male	2220	1:01:51	2433
2953	6868	0:58:10	Nicholas SEXTON		Male	2221	1:12:23	3871
2954	4375	0:58:10	Alison BAILEY		Female	733	1:05:19	2928
2955	1379	0:58:10	Stephanie BLOOMFIELD		Female	734	1:02:06	2471
2956	29	58:11	William WADE		Male	2222	58:46	2036
2957	2072	0:58:11	Bradley SPANTON		Male	2223	1:02:24	2515
2958	4250	0:58:11	Emma MEADOWS		Female	735	1:05:20	2930
2959	3582	0:58:12	Ben WILSON		Male	2224	1:05:54	3010
2960	3542	0:58:12	Ruth SELLEX		Female	736	1:05:23	2938
2961	4742	0:58:12	Jon CREASEY	Coltishall Jaguars RC	Male	2225	1:07:42	3246
2962	4478	0:58:13	Tom HUTT		Male	2226	1:05:12	2907
2963	2466	0:58:13	Chris HILL		Male	2227	1:01:39	2402
2964	1385	0:58:13	Georgia BYRON HALL		Female	737	1:08:04	3301
2965	3631	0:58:14	Victoria BINNIE		Female	738	1:07:16	3181
2966	5179	0:58:14	Kieran BRADY		Male	2228	1:09:32	3500
2967	3693	0:58:14	Stuart WHILEY		Male	2229	1:05:29	2959
2968	3535	0:58:14	Chris DUNNE		Male	2230	1:05:48	2996
2969	4405	0:58:15	Claire NORMAN		Female	739	1:04:22	2802
2970	2077	0:58:15	Andy TUBB		Male	2231	1:01:41	2407
2971	4596	0:58:15	Sian KENSELL	Ely Runners	Female	740	1:07:23	3197
2972	4202	0:58:15	Kieron DAVIES		Male	2232	1:05:30	2960
2973	5374	0:58:16	Gilles FABBRI		Male	2233	1:09:30	3498
2974	4126	0:58:16	Hannah CHAPMAN		Female	741	1:05:24	2943
2975	3937	0:58:16	Peter ANTHONY		Male	2234	1:06:52	3143
2976	4006	0:58:16	Hannah ADCOCK		Female	742	1:06:52	3145
2977	3134	0:58:17	Anna FOX		Female	743	1:05:15	2917
2978	4060	0:58:17	Carina COBBOLD		Female	744	1:05:17	2920
2979	3133	0:58:17	David THORNHILL		Male	2235	1:05:17	2921
2980	1706	0:58:17	Judith BERRY		Female	745	1:04:41	2848
2981	2372	0:58:17	Jemma RICHES	Norwich Road Runners	Female	746	1:02:38	2549
2982	1693	0:58:17	Heather MUSK		Female	747	1:03:16	2629
2983	3998	0:58:18	James PARK		Male	2236	1:04:23	2803
2984	5658	0:58:18	Claire WOODCROFT		Female	748	1:09:20	3473
2985	1992	0:58:18	Damian STEWARD		Male	2237	1:03:32	2678
2986	4516	0:58:18	Jack GODDARD		Male	2238	1:06:05	3039
2987	3297	0:58:18	Karen BRADLEY		Female	749	1:07:38	3234
2988	2753	0:58:18	Alison EWIN		Female	750	1:02:35	2539
2989	5606	0:58:19	Hannah DOLMAN		Female	751	1:09:01	3425
2990	3153	0:58:19	Tiffany BENTLEY		Female	752	1:05:38	2979
2991	6028	0:58:19	Dawn SCOTT	City Of Norwich AC	Female	753	1:06:23	3078
2992	2080	0:58:20	Peter GRANT		Male	2239	1:06:52	3144
2993	2625	0:58:20	Shara HAYES		Female	754	1:01:48	2427
2994	3345	0:58:20	Kerry COMMOSIOUNG		Female	755	1:05:27	2949
2995	1767	0:58:21	Claire SMITH		Female	756	1:05:27	2948
2996	3568	0:58:21	Hayley PRESTON		Female	757	1:04:31	2826
2997	4276	0:58:21	Mary CORDEAUX		Female	758	1:05:13	2910
2998	3258	0:58:22	Anne SINCLAIR		Female	759	1:05:27	2947
2999	3699	0:58:22	Ryan BIGLAND		Male	2240	1:09:59	3552
3000	4170	0:58:22	Beverley READ		Female	760	1:04:31	2828
3001	4174	0:58:22	A HARRISON-STOKES	Wymondham AC	Male	2241	1:04:31	2827
3002	4780	0:58:22	Amanda STURGEON		Female	761	1:09:59	3553
3003	2815	0:58:23	Tara BETTS		Female	762	1:03:32	2674
3004	6147	0:58:23	Emma STONE		Female	763	1:10:59	3685
3005	6150	0:58:23	David STONE		Male	2242	1:10:59	3686
3006	2354	0:58:23	Rachel FORCE		Female	764	1:01:58	2448
3007	2144	0:58:23	Richard READE		Male	2243	1:01:58	2446
3008	1798	0:58:23	Heidi HOBDAV		Female	765	1:02:26	2520
3009	5056	0:58:24	Heather STOKES		Female	766	1:10:15	3593
3010	5754	0:58:24	Alan COLEGATE		Male	2244	1:07:28	3207



Run Norwich 2019

Sunday 21st July 2019

RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
3011	2777	0:58:25	Peter VRABEC		Male	2245	1:02:18	2503
3012	3624	0:58:25	Gary JONES		Male	2246	1:05:28	2952
3013	4550	0:58:25	Lexie BLAKE		Female	767	1:06:05	3038
3014	3464	0:58:25	Amy HUSBAND		Female	768	1:05:18	2925
3015	4758	0:58:25	Alex EDWARDS		Male	2247	1:08:15	3325
3016	2975	0:58:25	Robyn HOWARD		Female	769	1:03:12	2622
3017	3442	0:58:25	Adrian VIVIAN		Male	2248	1:05:36	2975
3018	4623	0:58:25	Kevin HANNEY		Male	2249	1:08:35	3369
3019	4433	0:58:26	Jake MEDLER		Male	2250	1:06:41	3113
3020	3858	0:58:26	Laura PITCHFORD		Female	770	1:04:29	2819
3021	2909	0:58:26	Leretta WICKENS		Female	771	1:03:30	2668
3022	3382	0:58:26	James TARLING		Male	2251	1:04:51	2867
3023	2648	0:58:26	Steve WHYTE	Lonely Goat RC	Male	2252	1:01:55	2439
3024	630	0:58:27	Gary HURRELL	Norwich Road Runners	Male	2253	1:03:41	2710
3025	3279	0:58:27	Nick BRADLEY		Male	2254	1:05:59	3025
3026	2162	0:58:27	Rebecca LAWRENCE		Female	772	1:02:02	2459
3027	2583	0:58:27	Kevin BRAY	Norwich Road Runners	Male	2255	1:03:41	2711
3028	3302	0:58:27	Clare FARRANT		Female	773	1:06:32	3094
3029	4445	0:58:27	Sophie SMITH		Female	774	1:08:47	3402
3030	3773	0:58:28	Christine BEAKE		Female	775	1:05:40	2981
3031	3152	0:58:28	Stacey HALFORD		Female	776	1:06:27	3087
3032	4514	0:58:28	Tamara MILLS	Coltishall Jaguars RC	Female	777	1:07:50	3262
3033	5779	0:58:29	Chris MATTHEWS	Waveney Valley AC	Male	2256	1:08:01	3292
3034	5656	0:58:29	Mark BUNN		Male	2257	1:08:38	3375
3035	5068	0:58:30	William CORNER		Male	2258	1:10:12	3583
3036	3395	0:58:30	Georgia CLEMENTS	Norwich Road Runners	Female	778	1:05:09	2900
3037	7133	0:58:30	Mikey MATTHEWS		Male	2259	1:11:01	3693
3038	3266	0:58:31	Clare GOOCH	Norwich Road Runners	Female	779	1:06:21	3074
3039	4003	0:58:31	Elliot BARTON		Male	2260	1:05:56	3013
3040	4549	0:58:31	Charlotte CROFT		Female	780	1:06:12	3055
3041	5946	0:58:32	Caroline FERNANDEZ		Female	781	1:09:44	3523
3042	4165	0:58:32	Mark WILLIAMS		Male	2261	1:09:14	3453
3043	4237	0:58:32	Noel HOWES		Male	2262	1:05:10	2905
3044	4365	0:58:33	John KENYON	Ampthill & Flitwick Flyers RC	Male	2263	1:06:04	3031
3045	4275	0:58:33	Tracey MELVILLE	Coltishall Jaguars RC	Female	782	1:05:56	3012
3046	3726	0:58:33	Bethany CRICKMORE		Female	783	1:05:56	3014
3047	3830	0:58:33	C KNOGLINGER		Male	2264	1:08:39	3376
3048	6371	0:58:33	Shannon TURNBULL		Female	784	1:11:35	3761
3049	3634	0:58:34	Rudi HARE		Male	2265	1:05:35	2971
3050	4297	0:58:34	Amber COSSEY		Female	785	1:04:43	2852
3051	2582	0:58:35	Leigh CAREY		Male	2266	1:02:11	2486
3052	2849	0:58:35	Michael BALLS		Male	2267	1:01:41	2410
3053	6797	0:58:35	Claire HOGSTON		Female	786	1:11:42	3783
3054	4128	0:58:36	Paul RHYMES		Male	2268	1:05:23	2936
3055	2715	0:58:36	Jennie MEAD		Female	787	1:02:20	2506
3056	2854	0:58:37	Joanne FOX		Female	788	1:03:21	2645
3057	3975	0:58:37	Isabel WILLS	Norwich Road Runners	Female	789	1:05:54	3009
3058	4425	0:58:37	Louise GOODSON		Female	790	1:04:48	2859
3059	4007	0:58:37	Pete HENSHALL		Male	2269	1:05:52	3003
3060	2357	0:58:38	Helen BALDRY		Female	791	1:03:35	2685
3061	676	0:58:38	Tristan BALDRY		Male	2270	1:03:35	2686
3062	512	0:58:38	Tim WEBSTER		Male	2271	1:13:40	4037
3063	5103	0:58:38	Josh EDWARDS		Male	2272	1:09:53	3537
3064	2311	0:58:39	Anna DEAN	Thetford AC	Female	792	1:05:54	3008
3065	3705	0:58:39	Bronwyn ELSDEN		Female	793	1:09:35	3508
3066	1447	58:40	Matthew SHANNON		Male	2273	59:14	2086
3067	3510	0:58:40	Karl WALPOLE		Male	2274	1:05:14	2915
3068	5525	0:58:40	Gary HOWELL		Male	2275	1:07:45	3254
3069	1451	58:41	Veronika SIMONOVA		Female	794	59:37	2136
3070	4086	0:58:41	Carol KEABLE		Female	795	1:04:54	2871
3071	2375	0:58:42	Martin BRAMBLE		Male	2276	1:02:32	2532
3072	5184	0:58:42	James GRIMWOOD		Male	2277	1:09:59	3551
3073	2859	0:58:42	Steve BRADLEY	Wymondham AC	Male	2278	1:02:22	2512
3074	3921	0:58:43	Lee RAMPLING		Male	2279	1:07:07	3166
3075	4054	0:58:45	Justin GALLIFORD		Male	2280	1:06:30	3091
3076	2036	0:58:45	Robert HARDY		Male	2281	1:03:05	2601
3077	4559	0:58:45	Philip NIGHTINGALE		Male	2282	1:06:31	3092
3078	3532	0:58:45	Vivien CANWELL		Female	796	1:06:47	3131
3079	4372	0:58:45	Anna BUTCHER		Female	797	1:07:17	3183
3080	5636	0:58:46	Kate HOLTZER	Waveney Valley AC	Female	798	1:08:57	3420



Run Norwich 2019

Sunday 21st July 2019

RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
3081	5976	0:58:46	Sean MCNULTY	GoodGym Race Team	Male	2283	1:08:20	3345
3082	3356	0:58:47	Richard PRESTON		Male	2284	1:07:16	3182
3083	3628	0:58:48	Victoria MYHILL		Female	799	1:06:54	3150
3084	5964	0:58:48	Peter DEARNLEY	Norwich Road Runners	Male	2285	1:08:22	3348
3085	3682	0:58:48	Lloyd HOWARD		Male	2286	1:06:42	3116
3086	1873	0:58:48	Maureen HAMIS		Female	800	1:03:08	2612
3087	5532	0:58:48	John COOPER	Norwich Road Runners	Male	2287	1:08:04	3300
3088	3307	0:58:48	Brad HARPER		Male	2288	1:06:24	3081
3089	3308	0:58:48	Hannah HARPER		Female	801	1:06:24	3080
3090	2787	0:58:49	Gwen MUSKER	Norwich Road Runners	Female	802	1:03:06	2604
3091	3319	0:58:49	Amy POYNTON		Female	803	1:06:57	3154
3092	4189	0:58:49	Rebecca SEABROOK		Female	804	1:07:18	3185
3093	3646	0:58:49	Sarah CAGE-BRIMELOW	Norwich Road Runners	Female	805	1:04:56	2873
3094	3606	0:58:49	Daniel PATTERSON		Male	2289	1:04:58	2877
3095	4695	0:58:49	Jason MURDOCH		Male	2290	1:09:19	3467
3096	4584	0:58:49	Gerry KASPRZOK	Norwich Road Runners	Male	2291	1:10:17	3596
3097	6108	0:58:49	Ben NICHOLS		Male	2292	1:11:38	3775
3098	3468	0:58:50	John CLONEY		Male	2293	1:07:26	3205
3099	3254	0:58:50	Richard TRUSWELL	Norwich Road Runners	Male	2294	1:06:06	3041
3100	5507	0:58:51	Ben HARRIS		Male	2295	1:07:55	3276
3101	3829	0:58:51	Chloe HARCOURT		Female	806	1:06:53	3147
3102	1720	0:58:51	Marcus KILPATRICK	Waveney Valley AC	Male	2296	1:02:48	2571
3103	1968	0:58:52	Craig JARVIS		Male	2297	1:04:01	2763
3104	6344	0:58:52	Aidan LEWIS		Male	2298	1:13:05	3956
3105	5529	0:58:52	Marcus PEARSON	Waveney Valley AC	Male	2299	1:08:07	3311
3106	1857	0:58:52	Caroline WELCH		Female	807	1:03:30	2670
3107	3571	0:58:52	Annette GREEN		Female	808	1:05:22	2935
3108	3669	0:58:53	Alex SHERWOOD	Waveney Valley AC	Female	809	1:07:04	3163
3109	2757	0:58:53	Gary DREWRY		Male	2300	1:04:12	2781
3110	3514	0:58:53	Mark GODFREY		Male	2301	1:05:29	2956
3111	2440	0:58:53	Martin LAW	Waveney Valley AC	Male	2302	1:09:21	3476
3112	3500	0:58:53	Emma DEEBA		Female	810	1:05:32	2964
3113	7159	0:58:54	Louise HARROD		Female	811	1:13:36	4024
3114	2790	0:58:54	Grainne PURVIS	Waveney Valley AC	Female	812	1:13:36	4026
3115	4878	0:58:54	Tim ANDREWS		Male	2303	1:07:54	3273
3116	2810	0:58:54	Odette GOLDSMITH		Female	813	1:13:36	4025
3117	5874	0:58:54	Jacob CONWAY	Lowestoft Road Runners	Male	2304	1:09:05	3434
3118	3603	0:58:54	Alex HARRISON		Male	2305	1:06:21	3075
3119	3798	0:58:55	Simon LATHWELL		Male	2306	1:05:04	2890
3120	3901	0:58:55	Kevin WILLIAMS	Lowestoft Road Runners	Male	2307	1:05:24	2942
3121	5065	0:58:56	Liz CLARKE		Female	814	1:10:03	3563
3122	4135	0:58:56	David SMITH		Male	2308	1:06:50	3136
3123	3110	0:58:56	Thomas COULTHARD	Newmarket Joggers	Male	2309	1:07:36	3225
3124	3216	0:58:56	Penny CRAFT		Female	815	1:06:58	3155
3125	5322	0:58:57	Rachel PHOENIX		Female	816	1:08:27	3356
3126	2846	0:58:57	John LYNCH	Wymondham AC	Male	2310	1:02:21	2510
3127	1973	0:58:58	Alex ATKINSON		Male	2311	1:02:07	2477
3128	2306	0:58:58	Melanie CHAPLIN		Female	817	1:03:48	2724
3129	6228	0:58:58	Hannah EDWARDS	Wymondham AC	Female	818	1:12:04	3828
3130	4756	0:58:59	Glenn WARD		Male	2312	1:08:05	3304
3131	2254	0:59:00	Craig EDWARDS		Male	2313	1:02:50	2574
3132	5481	0:59:01	Rob SNELLING	Newmarket Joggers	Male	2314	1:09:08	3440
3133	2620	0:59:02	Jan HOLMES		Female	819	1:03:26	2657
3134	3091	0:59:02	Kate LEDWIDGE		Female	820	1:03:26	2654
3135	3202	0:59:02	Francesca LAWTON	Wymondham AC	Female	821	1:05:48	2998
3136	3199	0:59:02	Nicola BARNES		Female	822	1:06:05	3040
3137	3941	0:59:02	Anna RAMSAY		Female	823	1:05:40	2983
3138	5034	0:59:03	Sarah WELFARE	Wymondham AC	Female	824	1:08:07	3310
3139	2870	0:59:03	Yvonne WALKER		Female	825	1:05:08	2895
3140	4041	0:59:04	Rachel HIRST		Female	826	1:05:09	2902
3141	4147	0:59:04	Ian ROPER	Norwich Road Runners	Male	2315	1:05:23	2941
3142	1724	0:59:04	Alastair NOTLEY		Male	2316	1:03:03	2598
3143	1872	0:59:04	Kiara HAMIS		Female	827	1:03:24	2649
3144	4874	0:59:04	James LUDLAM	Great Yarmouth Road Runners	Male	2317	1:08:12	3319
3145	5804	0:59:05	Chris BURGOYNE		Male	2318	1:08:09	3313
3146	1193	0:59:05	Chris ADAMS		Male	2319	1:00:06	2188
3147	4511	0:59:05	Tim PICKBOURNE	Great Yarmouth Road Runners	Male	2320	1:05:26	2945
3148	5151	0:59:05	Gareth COVENTRY		Male	2321	1:10:02	3557
3149	3551	0:59:05	Mark CATOR		Male	2322	1:06:36	3100
3150	4667	0:59:05	Dan SMITH	Great Yarmouth Road Runners	Male	2323	1:08:29	3361



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
3151	3543	0:59:05	Amanda KNOWLES	Norwich Road Runners	Female	828	1:07:05	3165
3152	3557	0:59:05	Roberta MANNERS		Female	829	1:05:14	2914
3153	5701	0:59:05	Kelly CHURCH		Female	830	1:08:10	3316
3154	4547	0:59:07	Sunny WINTER		Male	2324	1:05:18	2926
3155	4249	0:59:07	Paul BROOKES		Male	2325	1:06:06	3042
3156	4919	0:59:08	Jamie HOUTEN	Goyt Valley Striders	Male	2326	1:10:13	3585
3157	2850	0:59:08	Joanna BERRY		Female	831	1:02:17	2500
3158	3545	0:59:08	Laura RICHARDSON	Norfolk Gazelles AC	Female	832	1:08:24	3352
3159	1916	0:59:08	Stephanie FUSSELL	Runners-Next-The-Sea	Female	833	1:03:52	2740
3160	4476	0:59:08	Chris LUBBOCK		Male	2327	1:07:08	3167
3161	5596	0:59:08	Kate WALTERS		Female	834	1:08:50	3408
3162	4813	0:59:08	Zoe HIBBERT		Female	835	1:09:03	3430
3163	3915	0:59:09	Karen PATTERSON		Female	836	1:07:00	3157
3164	1915	0:59:09	James OLDHAM		Male	2328	1:03:52	2739
3165	5876	0:59:10	Lee PIKE		Male	2329	1:09:20	3470
3166	3922	0:59:10	Rachael WILDGOOSE		Female	837	1:05:21	2934
3167	5626	0:59:10	Will THOMPSON		Male	2330	1:10:31	3630
3168	3303	0:59:10	Steve BERRY		Male	2331	1:05:20	2929
3169	4601	0:59:11	Gary FUNNELL	Norwich Road Runners	Male	2332	1:09:33	3501
3170	3797	0:59:12	Sami GRIGGS	Norwich Road Runners	Female	838	1:07:38	3232
3171	3453	0:59:12	Cameron RUDD		Male	2333	1:06:43	3119
3172	84	0:59:13	Matthew CATCHPOLE		Male	2334	1:07:39	3237
3173	3539	0:59:13	Barry WELLS		Male	2335	1:07:04	3161
3174	2260	0:59:13	Elaine HUDSON		Female	839	1:03:41	2713
3175	4686	0:59:14	Astra RICHARDSON		Female	840	1:10:08	3575
3176	3026	0:59:14	Daniel WALLACE		Male	2336	1:04:13	2784
3177	5007	0:59:14	Phil WRIGHT		Male	2337	1:09:21	3474
3178	3219	0:59:14	Victoria LEGGETT		Female	841	1:07:05	3164
3179	3229	0:59:14	Carla COLE		Female	842	1:09:48	3529
3180	2363	0:59:15	Lisa THOMPSON	Norwich Road Runners	Female	843	1:02:48	2573
3181	3125	0:59:16	Salina CUMBRIDGE		Female	844	1:05:40	2982
3182	7075	0:59:16	Sophie EVERSON		Female	845	1:12:14	3844
3183	5437	0:59:16	Lauren SPARROW		Female	846	1:10:36	3638
3184	3504	0:59:18	Stuart HATFIELD		Male	2338	1:08:47	3400
3185	2893	0:59:19	Sean UNDERWOOD		Male	2339	1:04:32	2829
3186	4320	0:59:20	Jane CROWE		Female	847	1:05:34	2970
3187	3301	0:59:20	Rachael KARAKANNA		Female	848	1:07:18	3187
3188	4782	0:59:20	Lesa EASTON		Female	849	1:09:25	3486
3189	2153	0:59:20	Daniel BURRETT		Male	2340	1:11:58	3817
3190	5613	0:59:21	Richard RUSSELL	Norwich Road Runners	Male	2341	1:09:27	3492
3191	4729	0:59:21	Emma SILK		Female	850	1:08:40	3382
3192	92	0:59:21	Adrian GRAND		Male	2342	1:02:34	2536
3193	2322	0:59:22	Gill GRAND		Female	851	1:02:34	2537
3194	4851	0:59:22	Vicky WARDROPE		Female	852	1:08:53	3411
3195	4161	0:59:22	Robert HAYLETT		Male	2343	1:07:03	3160
3196	3392	0:59:22	Lucy COUPE		Female	853	1:07:19	3190
3197	3394	0:59:22	Linda GORAM		Female	854	1:05:45	2990
3198	2664	0:59:22	Callum RICHARDS		Male	2344	1:03:20	2639
3199	3262	0:59:22	Keith SPANSWICK		Male	2345	1:09:29	3495
3200	7038	0:59:22	Jacqui SAUNDERSON	Norfolk Gazelles AC	Female	855	1:11:57	3814
3201	3068	0:59:22	Emma FERREIRA		Female	856	1:12:21	3868
3202	2320	0:59:23	Anna LEFEVRE		Female	857	1:03:23	2647
3203	1497	0:59:24	Jodie WHITE		Female	858	1:04:43	2853
3204	4015	0:59:24	Dean DRAKE		Male	2346	1:06:20	3070
3205	7078	0:59:25	David TAYLOR		Male	2347	1:13:10	3974
3206	2217	0:59:25	David CRABB		Male	2348	1:03:22	2646
3207	2520	0:59:25	Daran MITCHELL		Male	2349	1:02:56	2588
3208	5554	0:59:26	Hannah CUNNINGHAM		Female	859	1:09:22	3477
3209	3399	0:59:26	Alex WISEMAN		Male	2350	1:06:17	3066
3210	4148	0:59:26	Larissa SPINDLER	Beccles & Bungay Harriers	Female	860	1:07:57	3282
3211	3728	0:59:27	Stephanie BRIGHTON		Female	861	1:08:43	3393
3212	3456	0:59:27	Michelle HEWITT	Norfolk Gazelles AC	Female	862	1:07:45	3252
3213	3376	0:59:27	Ian NICKALLS		Male	2351	1:05:32	2966
3214	2763	0:59:27	Sharon THEOBALD	Beccles & Bungay Harriers	Female	863	1:08:43	3394
3215	5768	0:59:27	Sarah ROGERS		Female	864	1:08:42	3388
3216	4082	0:59:27	Jemma PARK	Beccles & Bungay Harriers	Female	865	1:07:45	3255
3217	4146	0:59:28	Claire ROSE		Female	866	1:07:45	3253
3218	2718	0:59:28	Joe ROUTLEDGE	Beccles & Bungay Harriers	Male	2352	1:03:54	2749
3219	1710	0:59:28	Tracy SMITH		Female	867	1:02:39	2551
3220	2222	0:59:28	Sam MELLOR		Male	2353	1:09:09	3444



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
3221	1711	0:59:29	Andrew SMITH	Wymondham AC	Male	2354	1:02:39	2552
3222	4541	0:59:30	Hollie-Rose KNEATH		Female	868	1:06:50	3139
3223	6463	0:59:30	Jordan BACON		Male	2355	1:15:10	4228
3224	4313	0:59:30	Lucy DRIVER		Female	869	1:07:02	3159
3225	4113	0:59:30	Lynsey RODWAY		Female	870	1:07:16	3179
3226	5413	0:59:30	Sarah DACK		Female	871	1:09:46	3527
3227	3461	0:59:30	Kevin SMITH		Male	2356	1:07:31	3216
3228	3459	0:59:30	Alison HOWES		Female	872	1:07:32	3217
3229	3160	0:59:30	Lauren DEVINE		Female	873	1:11:38	3774
3230	5313	0:59:30	Lisa ATTHOWE		Female	874	1:10:49	3662
3231	3614	0:59:31	Ruth HOWES		Female	875	1:07:56	3279
3232	2110	0:59:31	James SPURGEON		Male	2357	1:04:11	2779
3233	335	0:59:31	Darren ATKINS		Male	2358	1:00:24	2227
3234	2109	0:59:31	Stuart SILVESTER		Male	2359	1:04:11	2778
3235	5147	0:59:31	Stephen TAYLOR		Male	2360	1:08:40	3381
3236	4359	0:59:31	Jonathan WISEMAN		Male	2361	1:11:23	3731
3237	4611	0:59:31	Simon CHAMBERLIN		Male	2362	1:08:45	3397
3238	4166	0:59:32	Mary SCHOFIELD		Female	876	1:08:06	3307
3239	2922	0:59:32	Jim FLATT		Male	2363	1:02:33	2535
3240	5122	0:59:32	Hayley MATTHEWS		Female	877	1:08:01	3293
3241	5748	0:59:33	Adam BABBAGE		Male	2364	1:09:24	3484
3242	2638	0:59:33	Hannah RAWSTHORNE		Female	878	1:04:26	2812
3243	5769	0:59:33	Andrew KEELER		Male	2365	1:08:42	3391
3244	3740	0:59:33	Clare SISSON		Female	879	1:07:13	3173
3245	5503	0:59:33	Del SULLIVAN	Norwich Road Runners	Male	2366	1:09:49	3531
3246	3885	0:59:33	Sauna GOOCH		Female	880	1:07:23	3199
3247	5759	0:59:33	David HILL		Male	2367	1:08:41	3386
3248	5760	0:59:34	Hettie HILL		Female	881	1:08:41	3385
3249	5892	0:59:34	Imogen BROWN		Female	882	1:10:18	3603
3250	4391	0:59:34	Amy HOLTZER		Female	883	1:06:08	3047
3251	620	0:59:34	Laura WENHAM		Female	884	1:00:35	2244
3252	4430	0:59:34	Olivia MAGUIRE		Female	885	1:08:04	3303
3253	4432	0:59:34	James QUINN		Male	2368	1:08:04	3302
3254	2467	0:59:34	Chris LINTERN		Male	2369	1:03:36	2690
3255	5157	0:59:34	Tertia DOUGLAS		Female	886	1:08:39	3377
3256	1742	0:59:35	Sam BURTON		Male	2370	1:04:27	2813
3257	5212	0:59:35	Thomas REYNOLDS		Male	2371	1:09:24	3482
3258	2478	0:59:36	Stephen BUNCE		Male	2372	1:04:39	2843
3259	4839	0:59:37	Sharon INGHAM		Female	887	1:08:41	3387
3260	4562	0:59:37	Wendy STEWART		Female	888	1:08:42	3389
3261	4030	0:59:37	Lee WADDINGTON		Male	2373	1:07:29	3212
3262	3445	0:59:39	Amanda TOOKE		Female	889	1:08:02	3297
3263	4539	0:59:39	Simon SMITH		Male	2374	1:06:19	3069
3264	6019	0:59:41	Aaron WIGGINS		Male	2375	1:13:57	4065
3265	4367	0:59:43	Jennifer CHIAROTTI		Female	890	1:08:03	3298
3266	4026	0:59:43	Stuart RUMBLE		Male	2376	1:08:18	3336
3267	4738	0:59:43	Kate WATKINSON	Bungay Black Dog RC	Female	891	1:09:07	3439
3268	4515	0:59:44	Becky CHASE		Female	892	1:06:00	3026
3269	5214	0:59:44	Rachel PETERS		Female	893	1:09:02	3426
3270	3443	0:59:45	Olivia NICHOLAS		Female	894	1:07:22	3195
3271	3629	0:59:45	Glenn FRANKLIN		Male	2377	1:06:44	3120
3272	4280	0:59:45	Joanna CHRISTOPHER		Female	895	1:06:39	3109
3273	1882	0:59:46	Roger EGMEN		Male	2378	1:03:02	2597
3274	4744	0:59:46	Victoria WRIGHT		Female	896	1:09:54	3538
3275	2309	0:59:46	Steven HEMBLING		Male	2379	1:04:33	2833
3276	2325	0:59:47	Tom CASEY		Male	2380	1:03:33	2679
3277	4892	0:59:47	Catherine DUGDALE		Female	897	1:06:56	3152
3278	7313	0:59:48	Grace LAWRY		Female	898	1:13:16	3985
3279	3192	0:59:48	Beth RANSOME		Female	899	1:07:29	3211
3280	4177	0:59:49	Spencer BURRELL		Male	2381	1:06:00	3027
3281	4246	0:59:49	Caroline SOKHI		Female	900	1:07:54	3271
3282	3467	0:59:49	Bradley BEDINGFIELD		Male	2382	1:07:53	3269
3283	3590	0:59:50	Gemma CHERNIN		Female	901	1:07:51	3265
3284	3952	0:59:50	Jonathan ARNOLD		Male	2383	1:07:09	3170
3285	4371	0:59:50	Kerri TILSON		Female	902	1:07:09	3171
3286	5992	0:59:51	Joe CONWAY	Norwich Road Runners	Male	2384	1:08:53	3410
3287	2169	0:59:51	Kayleigh BEZANCE		Female	903	1:04:21	2797
3288	3397	0:59:51	Karen DAVIES		Female	904	1:06:19	3068
3289	3007	0:59:52	Lee TAYLOR		Male	2385	1:11:46	3796
3290	4825	0:59:52	Dimitri K		Male	2386	1:11:27	3738



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
3291	3045	0:59:54	Ricky CREED	Coltishall Jaguars RC	Male	2387	1:06:10	3051
3292	2228	0:59:54	Craig HILL		Male	2388	1:03:57	2754
3293	3859	0:59:54	Oliver FULCHER		Male	2389	1:06:31	3093
3294	4145	0:59:54	Natalie FREEMAN		Female	905	1:06:04	3033
3295	4609	0:59:54	Louise NEWSON		Female	906	1:10:15	3592
3296	2797	0:59:55	Jack CASEY		Male	2390	1:04:46	2856
3297	7520	0:59:55	Steven COPPLESTONE		Male	2391	1:13:18	3991
3298	5158	0:59:56	Rene MUGENZI		Male	2392	1:09:57	3547
3299	4905	0:59:56	Alan PARSONS		Male	2393	1:09:13	3451
3300	4285	0:59:57	Lindsey WARD		Female	907	1:12:26	3877
3301	6760	0:59:57	Morgan HIGH		Male	2394	1:13:51	4051
3302	4282	0:59:57	Kirsty PARKE		Female	908	1:06:14	3058
3303	1804	0:59:58	Tim WITTING		Male	2395	1:03:39	2704
3304	3276	0:59:58	Malcolm BEASLEY		Male	2396	1:06:17	3065
3305	4634	0:59:58	Sarah CIRCUIT		Female	909	1:10:54	3673
3306	6688	0:59:58	Mollie APPLETON		Female	910	1:13:53	4056
3307	5743	0:59:58	Russell HACK		Male	2397	1:11:29	3746
3308	3855	0:59:59	Lindsey NETTLETON		Female	911	1:06:46	3127
3309	5641	0:59:59	Andrew DOUGAL		Male	2398	1:10:12	3581
3310	3914	0:59:59	Phillip PALMER		Male	2399	1:10:07	3569
3311	3658	1:00:00	Cristina FLORES		Female	912	1:08:01	3294
3312	2927	1:00:00	Sarah KIMBERLEY		Female	913	1:03:48	2730
3313	4119	1:00:00	Natasha BUTLER		Female	914	1:06:45	3123
3314	7411	1:00:00	Crystal STANLEY		Female	915	1:12:42	3904
3315	4800	1:00:00	Robbie SPENCER		Male	2400	1:09:15	3457
3316	3587	1:00:00	Ian GOODY		Male	2401	1:08:19	3342
3317	4423	1:00:00	Rebecca HARRIS		Female	916	1:06:21	3076
3318	5592	1:00:01	Lynn COOK		Female	917	1:11:00	3691
3319	5311	1:00:01	Charles MOORE		Male	2402	1:10:26	3619
3320	3825	1:00:01	Bryony ECCLESTONE	Waveney Valley AC	Female	918	1:08:18	3332
3321	2760	1:00:02	Peter LANG		Male	2403	1:09:34	3507
3322	4407	1:00:02	J TRUSCOTT-HOWELL		Male	2404	1:08:18	3335
3323	4937	1:00:02	Louise BATCHELOR	Waveney Valley AC	Female	919	1:09:34	3506
3324	4406	1:00:02	Helen BARBER	Bungay Black Dog RC	Female	920	1:08:18	3334
3325	4685	1:00:02	Hilary BALL		Female	921	1:09:32	3499
3326	3695	1:00:03	Louise ADAMSON		Female	922	1:07:14	3175
3327	1433	1:00:03	Michael FREEMAN	Waveney Valley AC	Male	2405	1:01:01	2317
3328	2786	1:00:03	Guy METCALFE-HUME		Male	2406	1:03:37	2694
3329	3364	1:00:03	Eleanor WATSON		Female	923	1:07:20	3192
3330	3521	1:00:04	Jayde BATTERHAM	Lowestoft Road Runners	Female	924	1:08:04	3299
3331	5514	1:00:04	Hannah JONES		Female	925	1:11:36	3767
3332	3080	1:00:04	Simon BURRAGE		Male	2407	1:08:09	3314
3333	6394	1:00:04	Pat O'DONNELL		Male	2408	1:13:48	4046
3334	5698	1:00:05	Karen NYE		Female	926	1:09:06	3437
3335	4256	1:00:05	Andy DODD		Male	2409	1:10:51	3668
3336	3365	1:00:05	Ian BOREHAM		Male	2410	1:07:20	3194
3337	4257	1:00:05	Darren WALSGROVE		Male	2411	1:10:51	3667
3338	3475	1:00:06	Jon HOLT		Male	2412	1:07:50	3261
3339	3741	1:00:07	Christopher WATSON		Male	2413	1:07:24	3202
3340	3962	1:00:07	Lee KIDDELL		Male	2414	1:11:42	3784
3341	4931	1:00:08	Paul GRAY		Male	2415	1:09:33	3503
3342	3694	1:00:09	Carl COLLINS		Male	2416	1:08:29	3359
3343	2542	1:00:09	Ian MORGAN		Male	2417	1:10:17	3598
3344	4538	1:00:09	Andrew HUGGINS		Male	2418	1:06:13	3057
3345	7193	1:00:09	Craig HALL		Female	927	1:12:37	3896
3346	3322	1:00:09	Tamsin CROSSLEY		Female	928	1:06:43	3117
3347	4534	1:00:10	Stewart NASH		Male	2419	1:07:13	3174
3348	5084	1:00:10	Mick ATKINS		Male	2420	1:11:59	3818
3349	2187	1:00:10	Jessica PYE		Female	929	1:05:08	2899
3350	2761	1:00:10	Lee ROTH		Male	2421	1:03:37	2693
3351	6180	1:00:11	Rhys SADLER		Male	2422	1:13:00	3940
3352	5622	1:00:12	Liam WOOD		Male	2423	1:11:12	3718
3353	4816	1:00:13	Colin FORD		Male	2424	1:09:57	3544
3354	3403	1:00:13	Mark COOK		Male	2425	1:06:28	3088
3355	7114	1:00:13	Kirstie BARBER		Female	930	1:13:57	4063
3356	6647	1:00:13	Marcus WISEMAN		Male	2426	1:14:15	4100
3357	3886	1:00:14	David EVANS		Male	2427	1:07:47	3259
3358	5727	1:00:14	Christine RYDING	Ryston Runners	Female	931	1:10:21	3611
3359	1064	1:00:14	Tristan LANGLEY		Male	2428	1:10:48	3659
3360	6029	1:00:15	Reece BARTON		Male	2429	1:11:04	3702



Run Norwich 2019

Sunday 21st July 2019

RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
3361	3284	1:00:16	Stuart SAYER	Norwich Road Runners	Male	2430	1:06:27	3085
3362	3657	1:00:16	Hilary WINCH		Female	932	1:07:39	3238
3363	2699	1:00:16	Kirk PRICE	North Norfolk Beach Runners	Male	2431	1:10:24	3617
3364	4563	1:00:16	Perdita DAFFORN		Female	933	1:08:19	3340
3365	4564	1:00:16	Samantha BREWER		Female	934	1:08:19	3341
3366	2874	1:00:16	Richard READ		Male	2432	1:05:07	2894
3367	5765	1:00:18	Julie HARDING		Female	935	1:11:37	3770
3368	5101	1:00:19	Jemma WILSON		Female	936	1:09:22	3479
3369	4175	1:00:20	Gayna O'ROURKE		Female	937	1:06:24	3082
3370	6350	1:00:20	Lee PARRETTE		Male	2433	1:12:17	3855
3371	5018	1:00:20	Edita VRBOVA		Female	938	1:11:36	3766
3372	3767	1:00:20	Rachel IJAPO		Female	939	1:07:16	3178
3373	2889	1:00:20	Eden RUDLING	Coltishall Jaguars RC	Male	2434	1:04:57	2876
3374	4110	1:00:21	Mark COLE		Male	2435	1:07:34	3223
3375	2730	1:00:21	Daniel MOORE		Male	2436	1:04:10	2776
3376	2884	1:00:21	Matt GREEN		Male	2437	1:06:50	3138
3377	4140	1:00:21	Danielle ROWE		Female	940	1:07:38	3233
3378	5386	1:00:21	Claire GOLDSTONE	Brandon Fern Hoppers	Female	941	1:09:23	3481
3379	2659	1:00:22	Jurgen LONG		Male	2438	1:04:51	2865
3380	3438	1:00:23	Sally PORTER	Bure Valley Harriers	Female	942	1:07:30	3213
3381	4443	1:00:23	Gemma THROWER		Female	943	1:08:10	3315
3382	2275	1:00:23	Ian HOLLINGS	Lonely Goat RC	Male	2439	1:03:38	2699
3383	5488	1:00:24	Teresa KELLY		Female	944	1:10:41	3644
3384	4645	1:00:25	Adam BRIDGE		Male	2440	1:11:41	3782
3385	1656	1:00:25	Tony WILSON		Male	2441	1:04:02	2764
3386	4661	1:00:25	Mark QUADLING		Male	2442	1:10:49	3661
3387	5047	1:00:25	Joanne MINNIS	Norfolk Harriers RC	Female	945	1:09:57	3545
3388	4687	1:00:26	Charlotte DARVILL		Female	946	1:10:08	3573
3389	3575	1:00:26	Peter HIBBIT		Male	2443	1:07:52	3267
3390	5570	1:00:26	Vikkie SHREAD		Female	947	1:12:17	3854
3391	3578	1:00:26	Hannah DRYLAND		Female	948	1:08:53	3412
3392	4882	1:00:27	Sarah WRIGHT		Female	949	1:10:53	3670
3393	4102	1:00:27	Helen ATKINSON		Female	950	1:07:42	3244
3394	5744	1:00:27	Jamie WONES		Male	2444	1:12:00	3821
3395	5075	1:00:28	Terry MCCLARENCE		Male	2445	1:10:59	3687
3396	2034	1:00:28	Jack TUNGATE		Male	2446	1:12:01	3822
3397	4523	1:00:28	Seb ATKINSON		Male	2447	1:07:38	3236
3398	2185	1:00:28	Michelle YOUNGS		Female	951	1:06:48	3132
3399	4492	1:00:29	Sadie WOODS		Female	952	1:08:31	3362
3400	4912	1:00:29	FI TYAS		Female	953	1:12:21	3869
3401	4503	1:00:29	Jamie SAUNDERS		Male	2448	1:06:48	3133
3402	3186	1:00:29	Linda HUNT	Bungay Black Dog RC	Female	954	1:07:58	3283
3403	5919	1:00:29	Kevin GOODINGS		Male	2449	1:11:08	3712
3404	1979	1:00:30	Trevor SMITH	Wymondham AC	Male	2450	1:05:14	2912
3405	3630	1:00:31	Joanne WAKELEY		Female	955	1:08:14	3322
3406	5501	1:00:31	Mike PUGH		Male	2451	1:11:33	3753
3407	6637	1:00:31	Rebecca WILSON	Beccles & Bungay Harriers	Female	956	1:10:43	3651
3408	3244	1:00:32	Sue MASON	Norwich Road Runners	Female	957	1:06:50	3140
3409	4034	1:00:32	Gemma JOHNSON		Female	958	1:07:37	3230
3410	2443	1:00:32	Gary COLEMAN		Male	2452	1:06:46	3125
3411	3418	1:00:33	Darren COLEMAN		Male	2453	1:06:46	3126
3412	2890	1:00:33	Joanna COTTRELL	Coltishall Jaguars RC	Female	959	1:05:10	2904
3413	3786	1:00:33	David HENDER	Norwich Road Runners	Male	2454	1:06:50	3137
3414	3584	1:00:33	Joanna DURRANT		Female	960	1:07:31	3214
3415	2768	1:00:33	Clare SELF	Reepham Runners	Female	961	1:05:28	2951
3416	4322	1:00:33	Holly WALKER		Female	962	1:07:45	3250
3417	2202	1:00:34	Simon PIFF		Male	2455	1:05:00	2881
3418	2839	1:00:34	Liz WATSON		Female	963	1:05:44	2988
3419	4575	1:00:34	Clare WALTON		Female	964	1:08:40	3380
3420	4809	1:00:34	Isabelle TEMPLE		Female	965	1:09:35	3509
3421	590	1:00:34	Alex WALTON		Male	2456	1:08:40	3379
3422	3470	1:00:34	Lily HEMMENS		Female	966	1:08:47	3403
3423	2838	1:00:34	Ashley WATSON		Male	2457	1:05:44	2989
3424	2891	1:00:34	Emily WOOLLACOTT		Female	967	1:08:18	3337
3425	7598	1:00:35	Hannah HAMMENT		Female	968	1:14:38	4159
3426	5391	1:00:35	Laura BREWIS		Female	969	1:10:07	3570
3427	3812	1:00:35	Andy COWAN		Male	2458	1:08:25	3355
3428	5268	1:00:36	Anita TALBY		Female	970	1:10:07	3571
3429	3525	1:00:36	Maria STOPHER		Female	971	1:07:35	3224
3430	4702	1:00:37	Linda HAWES	Reepham Runners	Female	972	1:10:00	3554



Run Norwich 2019

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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
3431	5628	1:00:37	Joanna ANDREWS	Beccles & Bungay Harriers	Female	973	1:10:33	3631
3432	2226	1:00:37	Ivor MCNAUGHER		Male	2459	1:03:51	2736
3433	4786	1:00:38	Steph MAKINS		Female	974	1:09:42	3519
3434	4401	1:00:38	Terry KELLY	Runners-Next-the-Sea	Male	2460	1:08:27	3357
3435	2818	1:00:39	Natalie SAYER		Female	975	1:04:25	2808
3436	5988	1:00:39	Codey LEWIS		Female	976	1:10:51	3666
3437	5960	1:00:39	Jon MYHILL		Male	2461	1:10:30	3628
3438	3518	1:00:39	Neil BARLOW		Male	2462	1:08:08	3312
3439	4439	1:00:40	Charlotte WICKHAM		Female	977	1:07:51	3266
3440	4659	1:00:40	Louis WARNES		Male	2463	1:10:52	3669
3441	5126	1:00:42	Paul CUTTING		Male	2464	1:10:10	3579
3442	3431	1:00:42	James MOUND		Male	2465	1:12:17	3852
3443	3677	1:00:42	Ian CONSTANCE	Wymondham AC	Male	2466	1:08:29	3360
3444	2502	1:00:43	Tony GENTRY		Male	2467	1:09:15	3455
3445	2060	1:00:43	Simon WARR		Male	2468	1:04:21	2798
3446	4366	1:00:43	Alan JARY		Male	2469	1:07:10	3172
3447	4109	1:00:44	Donna DINGLE		Female	978	1:07:54	3272
3448	2955	1:00:44	Barney GOODRUM		Male	2470	1:11:12	3717
3449	2649	1:00:44	Scott LANE	Norfolk Gazelles AC	Male	2471	1:03:52	2738
3450	3516	1:00:45	Tracey GOODRUM		Female	979	1:11:13	3719
3451	2691	1:00:45	Robert FULLER		Male	2472	1:10:56	3678
3452	5693	1:00:45	April ROWLAND		Female	980	1:10:56	3679
3453	5054	1:00:46	Duncan MOY		Male	2473	1:12:20	3865
3454	2826	1:00:46	Nicola GREEN		Female	981	1:04:36	2837
3455	4112	1:00:46	Julie WATERS	Waveney Valley AC	Female	982	1:08:16	3327
3456	3919	1:00:46	Victoria LINTIN		Female	983	1:07:44	3249
3457	3139	1:00:47	Sally NEWNHAM		Female	984	1:08:00	3290
3458	3161	1:00:47	Amanda PAVY		Female	985	1:08:01	3291
3459	5586	1:00:47	Nicola HARTLEY		Female	986	1:12:35	3891
3460	6054	1:00:47	Matthew ROUNCE		Male	2474	1:15:09	4225
3461	4404	1:00:47	Lisa HAMILL		Female	987	1:08:07	3309
3462	4403	1:00:47	John HAMILL		Male	2475	1:08:07	3308
3463	4602	1:00:49	Paula JORDAN		Female	988	1:11:20	3726
3464	5920	1:00:49	David GLASON	Norwich Road Runners	Male	2476	1:10:15	3591
3465	2120	1:00:49	Ryan WARR		Male	2477	1:04:27	2814
3466	3410	1:00:49	Justine DAVENPORT		Female	989	1:10:14	3588
3467	3178	1:00:50	Matt WOODS	Norfolk Gazelles AC	Male	2478	1:07:41	3241
3468	4860	1:00:50	Louise RUTTER		Female	990	1:11:33	3755
3469	2774	1:00:50	Bethan ROSE		Female	991	1:04:30	2822
3470	1061	1:00:51	Thomas ROSE		Male	2479	1:04:30	2823
3471	3341	1:00:51	Sarah CULLUM		Female	992	1:07:33	3218
3472	3167	1:00:51	Sara ARMITAGE		Female	993	1:08:16	3326
3473	5093	1:00:52	Laura BULLIMORE		Female	994	1:10:42	3646
3474	5820	1:00:52	Debbie FOSTER		Female	995	1:10:23	3613
3475	5639	1:00:52	Kerensa BUDD		Female	996	1:10:06	3567
3476	7337	1:00:53	Aaron BRADLEY	Waveney Valley AC	Male	2480	1:15:06	4224
3477	4870	1:00:53	Carl GAMBLE		Male	2481	1:10:27	3620
3478	4806	1:00:53	Michael PUGH		Male	2482	1:11:44	3789
3479	5608	1:00:53	Indre KISKIENE		Female	997	1:12:45	3915
3480	5039	1:00:54	Kevin TOWNLY		Male	2483	1:11:15	3721
3481	3977	1:00:54	Rachel RACKHAM		Female	998	1:09:11	3447
3482	3181	1:00:54	Rachel NELSON		Female	999	1:08:43	3392
3483	3434	1:00:55	Diane LAIN		Female	1000	1:09:09	3442
3484	2785	1:00:55	N MIDDLETON-HALL	Wymondham AC	Female	1001	1:05:33	2967
3485	4459	1:00:56	Beth KING	Norfolk Gazelles AC	Female	1002	1:10:14	3589
3486	3917	1:00:56	Jackie EASTAUGH-KING	Norwich Road Runners	Female	1003	1:07:55	3275
3487	7431	1:00:56	Sarah MENEGAZ		Female	1004	1:15:21	4250
3488	4352	1:00:56	Kerry SMITH		Female	1005	1:08:46	3398
3489	3334	1:00:56	David ROBINSON		Male	2484	1:07:56	3278
3490	6048	1:00:56	Nicholas FARMER	Norwich Road Runners	Male	2485	1:10:02	3559
3491	4303	1:00:57	Gail BARNARD		Female	1006	1:10:28	3624
3492	5083	1:00:57	Wills PERKS		Male	2486	1:10:51	3665
3493	7211	1:00:57	Neil YOUNG	Waveney Valley AC	Male	2487	1:13:32	4017
3494	4267	1:00:58	James STEVENSON		Male	2488	1:11:06	3705
3495	4545	1:00:58	Marie HICKS		Female	1007	1:08:58	3421
3496	4984	1:00:58	Elizabeth STAFFORD		Female	1008	1:10:45	3654
3497	3993	1:00:58	Leigh EHREN		Female	1009	1:07:08	3169
3498	2738	1:00:58	Chiara BOND		Female	1010	1:04:28	2817
3499	4751	1:00:58	Lucie LEGG		Female	1011	1:11:56	3811
3500	2907	1:00:59	Charlotte VOGEL		Female	1012	1:05:18	2924



Run Norwich 2019

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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
3501	2908	1:00:59	Nic BOWKER		Male	2489	1:05:18	2923
3502	5657	1:00:59	Zoe DARWIN-BUNN		Female	1013	1:11:08	3713
3503	4790	1:01:00	Dale COLEMAN		Male	2490	1:10:05	3566
3504	2247	1:01:00	Matthew KENT		Male	2491	1:04:31	2825
3505	5044	1:01:00	Cherie CARMAN		Female	1014	1:12:45	3913
3506	6798	1:01:01	Lisa REYNOLDS		Female	1015	1:15:44	4296
3507	4615	1:01:01	Elizabeth MORGAN		Female	1016	1:11:32	3751
3508	2430	1:01:01	Kelly STONE		Female	1017	1:06:01	3028
3509	7549	1:01:01	Bethany GRIIB		Female	1018	1:15:48	4305
3510	1649	1:01:01	Dominic JARVIS		Male	2492	1:15:48	4304
3511	2291	1:01:01	Kelly TOWELL		Female	1019	1:08:05	3305
3512	3702	1:01:02	Paul MALLETT		Male	2493	1:07:39	3239
3513	5449	1:01:02	Andrew HOWELL		Male	2494	1:10:23	3614
3514	5781	1:01:02	Anna PALMER		Female	1020	1:10:35	3636
3515	1830	1:01:03	Simon JUDEN		Male	2495	1:06:38	3107
3516	5947	1:01:03	Nigel BANYARD		Male	2496	1:11:21	3729
3517	5640	1:01:03	Bob CLOUGHTON	Norwich Road Runners	Male	2497	1:13:01	3942
3518	5027	1:01:03	David KNIGHTS		Male	2498	1:12:05	3831
3519	5038	1:01:04	Robert BELCHER	Norwich Road Runners	Male	2499	1:08:06	3306
3520	3623	1:01:04	Tina MOSELEY	Norwich Road Runners	Female	1021	1:09:26	3490
3521	2693	1:01:04	Ellen BRIDGES		Female	1022	1:11:28	3741
3522	7103	1:01:05	Jake BROOKER		Male	2500	1:15:50	4310
3523	3723	1:01:06	Sally MADDAMS		Female	1023	1:09:25	3488
3524	3979	1:01:06	Tim RATCLIFFE		Male	2501	1:07:27	3206
3525	3627	1:01:07	Gary HARRIS		Male	2502	1:07:41	3243
3526	5581	1:01:08	Susan BARBER		Female	1024	1:10:11	3580
3527	5419	1:01:09	Rebecca PALMER	Lowestoft Road Runners	Female	1025	1:12:54	3928
3528	2641	1:01:10	Loren TRUSWELL		Female	1026	1:06:04	3032
3529	4461	1:01:10	Rosie GEORGE		Female	1027	1:07:37	3229
3530	5598	1:01:10	Richard NOLAN		Male	2503	1:12:27	3879
3531	5540	1:01:10	Lindsay SMITH		Female	1028	1:10:13	3584
3532	3367	1:01:10	Duncan YUILE		Male	2504	1:09:47	3528
3533	4462	1:01:11	Alice PARKER		Female	1029	1:07:37	3231
3534	4986	1:01:11	Helen GILLIGAN		Female	1030	1:11:57	3813
3535	1465	1:01:11	Leanne HARDY		Female	1031	1:02:12	2487
3536	4325	1:01:12	Rebecca ELMY		Female	1032	1:09:30	3497
3537	3565	1:01:12	Mike HARDY		Male	2505	1:07:47	3258
3538	4935	1:01:12	Nicola PECK	Lonely Goat RC	Female	1033	1:11:26	3736
3539	1464	1:01:12	Becky HARDY	Norwich Road Runners	Female	1034	1:02:12	2488
3540	4577	1:01:12	Paul MAXFIELD		Male	2506	1:13:07	3965
3541	4427	1:01:12	Tracy HUMPHREYS	Stowmarket Striders RC	Female	1035	1:07:53	3270
3542	4182	1:01:12	Andrew LEEDER		Male	2507	1:09:40	3513
3543	3146	1:01:12	Georgia PHELAN	Wymondham AC	Female	1036	1:07:52	3268
3544	5535	1:01:12	Tomasz JOPPEK		Male	2508	1:10:15	3590
3545	4037	1:01:13	Chris JONES		Male	2509	1:08:44	3396
3546	4382	1:01:13	Claire POINTER		Female	1037	1:08:17	3329
3547	5335	1:01:13	Nick APPLIN		Male	2510	1:10:44	3653
3548	3725	1:01:13	Morgan NEWSTEAD		Male	2511	1:08:54	3413
3549	5603	1:01:13	Amanda HODSON		Female	1038	1:10:21	3610
3550	4216	1:01:13	Clare HICKS	Coltishall Jaguars RC	Female	1039	1:10:21	3609
3551	4171	1:01:14	Jon REGESTER		Male	2512	1:08:18	3333
3552	5099	1:01:14	Alison JONES		Female	1040	1:12:33	3887
3553	4330	1:01:14	Louise MASKILL		Female	1041	1:07:20	3193
3554	4845	1:01:15	Claire GRAY		Female	1042	1:11:33	3757
3555	3645	1:01:15	Oliver NEWELL		Male	2513	1:08:24	3353
3556	3644	1:01:15	Helen EMERSON	GoodGym Race Team	Female	1043	1:08:24	3354
3557	4485	1:01:15	Martyn WEBB		Male	2514	1:09:03	3428
3558	6825	1:01:16	John MARSHALL		Male	2515	1:14:26	4125
3559	4614	1:01:16	Gwyneth JONES		Female	1044	1:10:47	3658
3560	5519	1:01:17	Maria SMITH		Female	1045	1:10:38	3639
3561	6779	1:01:17	Samantha HAYSOM		Female	1046	1:14:18	4108
3562	5444	1:01:17	Olivia TOWLER		Female	1047	1:10:38	3640
3563	6986	1:01:17	Eleanor LARKE		Female	1048	1:16:36	4377
3564	5042	1:01:17	Richard PYATT		Male	2516	1:11:45	3791
3565	5162	1:01:18	Stuart DIX		Male	2517	1:12:35	3893
3566	2274	1:01:18	Rebecca TIBBOTT		Female	1049	1:05:12	2908
3567	3109	1:01:18	Edward LARKE		Male	2518	1:16:37	4381
3568	4116	1:01:19	Rachael JONES		Female	1050	1:09:09	3441
3569	5612	1:01:20	Wayne CATCHPOLE		Male	2519	1:10:56	3677
3570	1723	1:01:21	Gary CARPENTER		Male	2520	1:04:39	2845



Run Norwich 2019

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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
3571	5277	1:01:21	Alison BASSAM	Waveney Valley AC	Female	1051	1:10:29	3626
3572	5363	1:01:21	Carolyn BISSET		Female	1052	1:10:29	3625
3573	3801	1:01:22	Daniel OXBURY		Male	2521	1:09:25	3487
3574	4245	1:01:22	Jane CARNIHAN		Female	1053	1:09:28	3494
3575	2788	1:01:22	Alanna FORRESTER		Female	1054	1:04:49	2863
3576	4417	1:01:22	Sarah FORD		Female	1055	1:09:58	3549
3577	3982	1:01:23	Laura BATEMAN		Female	1056	1:07:51	3264
3578	3227	1:01:23	Hannah AIRDRIE		Female	1057	1:08:33	3364
3579	3554	1:01:23	Ian MONK		Male	2522	1:09:58	3548
3580	4309	1:01:23	Liz CONNORS		Female	1058	1:12:08	3835
3581	3187	1:01:23	Luke BENNETT		Male	2523	1:07:51	3263
3582	589	1:01:23	Ray WHITING		Male	2524	1:08:32	3363
3583	3357	1:01:23	Chloe WARD		Female	1059	1:08:02	3296
3584	3433	1:01:23	Alexandra BUCKENHAM		Female	1060	1:11:28	3739
3585	5396	1:01:23	Danielle BROOM		Female	1061	1:10:33	3632
3586	2837	1:01:24	Paul MACCORMICK		Male	2525	1:10:58	3682
3587	2227	1:01:25	Nicola PETTIT		Female	1062	1:05:30	2962
3588	5977	1:01:25	Gabrielle BARKER		Female	1063	1:10:56	3680
3589	4741	1:01:25	Leanne TRENERRY		Female	1064	1:10:27	3621
3590	3633	1:01:26	Abbie SHORROCK		Female	1065	1:07:44	3248
3591	3691	1:01:26	Rosie HANNANT	Norfolk Gazelles AC	Female	1066	1:07:38	3235
3592	5125	1:01:27	Jade SPALL		Female	1067	1:12:15	3849
3593	2809	1:01:27	Sally BLACK	North Norfolk Beach Runners	Female	1068	1:10:43	3650
3594	4639	1:01:27	Georgina HUGHES		Female	1069	1:11:05	3703
3595	4771	1:01:27	Caroline STACEY	Ryston Runners	Female	1070	1:10:45	3655
3596	5555	1:01:27	Jade COOPER		Female	1071	1:12:01	3823
3597	3398	1:01:28	Louise MACKLEY	Coltishall Jaguars RC	Female	1072	1:07:34	3221
3598	3818	1:01:28	Luke BODDY		Male	2526	1:07:59	3286
3599	2976	1:01:28	Josh MANNALL		Male	2527	1:08:34	3366
3600	5816	1:01:28	Roy ARTHURTON		Male	2528	1:12:39	3900
3601	5749	1:01:29	Toby REID		Male	2529	1:11:21	3728
3602	4317	1:01:29	Sam LAWSON		Male	2530	1:11:51	3803
3603	4680	1:01:29	Leon WILDE		Male	2531	1:11:30	3748
3604	1977	1:01:29	Laura HALSTEAD		Female	1073	1:05:39	2980
3605	6023	1:01:30	Muriel INNES		Female	1074	1:11:01	3692
3606	5473	1:01:30	Christine BARKER		Female	1075	1:10:44	3652
3607	2315	1:01:30	Sophie BODEN	Norwich Road Runners	Female	1076	1:06:14	3059
3608	4470	1:01:30	Michael BEAMES		Male	2532	1:07:59	3285
3609	2675	1:01:30	David PLATTEN		Male	2533	1:06:37	3106
3610	6120	1:01:31	Michael TATE		Male	2534	1:15:47	4300
3611	2650	1:01:31	David SHIRLEY		Male	2535	1:07:34	3220
3612	5408	1:01:31	Jennifer CHAMBERLAIN		Female	1077	1:10:33	3634
3613	5490	1:01:31	Jessica TRES		Female	1078	1:13:22	3999
3614	5036	1:01:31	Andrew SCOTT		Male	2536	1:11:50	3802
3615	5035	1:01:31	N VAN DEN WITTENBOER		Female	1079	1:11:50	3801
3616	4648	1:01:31	Andrew WADE		Male	2537	1:10:58	3683
3617	5491	1:01:31	Sarah MARSDEN	City Of Norwich AC	Female	1080	1:13:22	3997
3618	3067	1:01:32	Nicola CARROLL-HULL		Female	1081	1:09:15	3454
3619	7330	1:01:32	Martin WESTGATE		Male	2538	1:14:33	4144
3620	7562	1:01:32	Sharna TATE		Female	1082	1:14:07	4086
3621	3992	1:01:32	Melanie FLOYD		Female	1083	1:09:24	3485
3622	4188	1:01:32	Sarah CASSELS		Female	1084	1:09:15	3456
3623	4768	1:01:32	Shaun DAVISON		Male	2539	1:12:16	3851
3624	3215	1:01:33	Gemma WILKINSON		Female	1085	1:11:28	3742
3625	4084	1:01:33	Jon DORAN		Male	2540	1:09:30	3496
3626	3534	1:01:34	Rachael ORCHIN		Female	1086	1:08:48	3404
3627	2330	1:01:35	Rory FAIRFOOT	Wymondham AC	Male	2541	1:06:15	3061
3628	4772	1:01:36	Katie BACKHOUSE		Female	1087	1:12:44	3908
3629	7192	1:01:36	Claire ROBSON		Female	1088	1:14:04	4079
3630	4132	1:01:37	Claire PYE		Female	1089	1:14:25	4121
3631	3751	1:01:37	Rachel MATTHEWS		Female	1090	1:08:22	3349
3632	4418	1:01:37	Jane BAILEY		Female	1091	1:10:41	3643
3633	5840	1:01:37	Jennifer DESBOROUGH		Female	1092	1:11:04	3701
3634	5745	1:01:38	Nic CLIFFORD		Female	1093	1:11:19	3725
3635	2557	1:01:39	Jack WESTERMAN		Male	2542	1:04:48	2860
3636	3681	1:01:39	Craig HOGG		Male	2543	1:11:35	3762
3637	3023	1:01:40	Robert ELLIOTT	Wymondham AC	Male	2544	1:05:46	2994
3638	2412	1:01:41	Andy KURTON		Male	2545	1:06:54	3148
3639	5811	1:01:41	Robert HOLLIDAY		Male	2546	1:14:14	4096
3640	4187	1:01:42	Lynsey DAVISON		Female	1094	1:09:12	3448



Run Norwich 2019

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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
3641	3547	1:01:43	Rachel HIRST	Bungay Black Dog RC	Female	1095	1:12:24	3873
3642	7332	1:01:43	Joanna HODSON		Female	1096	1:15:04	4215
3643	2023	1:01:43	Alex WYNN		Female	1097	1:15:03	4214
3644	4454	1:01:43	Daniel EVANS		Male	2547	1:08:18	3338
3645	4438	1:01:43	Katie ST JOHN-CLARKE	Diss and District AC	Female	1098	1:09:51	3532
3646	3881	1:01:43	Sue CARVER	Norwich Road Runners	Female	1099	1:08:42	3390
3647	3163	1:01:43	Suzannah SINDEN	Beccles & Bungay Harriers	Female	1100	1:10:01	3556
3648	3548	1:01:43	Sheila SMITH		Female	1101	1:08:15	3323
3649	3412	1:01:44	Imogen LEES	Norfolk Gazelles AC	Female	1102	1:09:40	3512
3650	4259	1:01:44	Gail BARNARD	Norfolk Gazelles AC	Female	1103	1:09:40	3515
3651	3647	1:01:45	Samantha BARWICK	Norfolk Harriers RC	Female	1104	1:09:41	3516
3652	3491	1:01:45	Sarah HOLMES		Female	1105	1:10:21	3608
3653	3055	1:01:46	Gemma SECKER		Female	1106	1:07:01	3158
3654	6003	1:01:46	Angie MARSHALL		Female	1107	1:12:32	3884
3655	4629	1:01:46	Emma HILLING-SMITH		Female	1108	1:12:55	3930
3656	4631	1:01:46	Rachel BELCHER		Female	1109	1:12:55	3929
3657	2329	1:01:46	Jenny MAYNE	City Of Norwich AC	Female	1110	1:06:28	3089
3658	6044	1:01:46	A TRUDGILL-BARRA		Male	2548	1:12:34	3890
3659	4016	1:01:47	Mark DUNGAR		Male	2549	1:08:18	3331
3660	3664	1:01:47	Alexandra RUFFER		Female	1111	1:08:17	3328
3661	4296	1:01:47	Gail WILSON		Female	1112	1:08:18	3330
3662	3874	1:01:47	Sarah DUGDELL		Female	1113	1:10:14	3587
3663	2141	1:01:48	Stuart BURROWS		Male	2550	1:06:26	3084
3664	5476	1:01:48	Rachel HUTCHINSON		Female	1114	1:11:06	3707
3665	3489	1:01:48	Margaret RAY		Female	1115	1:10:15	3594
3666	6288	1:01:48	Lesley HENERY		Female	1116	1:15:46	4298
3667	5427	1:01:49	Ian GEORGE		Male	2551	1:11:32	3750
3668	5148	1:01:49	Glen SCOTT		Male	2552	1:12:38	3898
3669	3287	1:01:50	Jane BUCK		Female	1117	1:07:59	3287
3670	4393	1:01:50	Kimberly BOUGHTON		Female	1118	1:08:19	3344
3671	3673	1:01:50	Shaun RAMPLING		Male	2553	1:10:02	3560
3672	5940	1:01:50	Nicola SHORTEN		Female	1119	1:12:24	3872
3673	5668	1:01:50	Jane ALDOUS		Female	1120	1:10:59	3684
3674	3599	1:01:51	Yolanda RANKIN		Female	1121	1:09:19	3466
3675	3073	1:01:51	Joseph BONE		Male	2554	1:05:45	2992
3676	5969	1:01:51	Ly NGUYEN		Female	1122	1:11:24	3734
3677	3313	1:01:52	Mary WILSON		Female	1123	1:09:41	3518
3678	3253	1:01:53	Simone STOLWORTHY		Female	1124	1:08:14	3321
3679	2708	1:01:53	Joe GOWING		Male	2555	1:06:45	3124
3680	5261	1:01:54	Sijo BLOM		Male	2556	1:11:41	3779
3681	5248	1:01:54	Lindsay LANE		Female	1125	1:12:03	3826
3682	4831	1:01:54	Andrew STRATTON	Wymondham AC	Male	2557	1:11:34	3759
3683	1809	1:01:54	Gareth HAND		Male	2558	1:06:03	3030
3684	3455	1:01:56	Layla DICKERSON		Female	1126	1:07:57	3281
3685	3309	1:01:57	Kevin HICKS		Male	2559	1:11:11	3716
3686	3124	1:01:58	Natalie BROWN	Waveney Valley AC	Female	1127	1:10:30	3629
3687	5942	1:01:58	Dave LINCOLN		Male	2560	1:13:32	4021
3688	5913	1:01:58	Ripley JONES		Female	1128	1:13:30	4014
3689	5819	1:01:58	Heidi POOLEY		Female	1129	1:13:13	3978
3690	3716	1:01:59	Leila MCKENNA		Female	1130	1:10:18	3599
3691	5014	1:01:59	Helen JERVIS		Female	1131	1:11:50	3800
3692	4377	1:01:59	Sam MORDECAI		Male	2561	1:09:23	3480
3693	5654	1:02:00	Jodie RHYMES		Female	1132	1:13:14	3980
3694	4097	1:02:00	Laura BUTTON	Beccles & Bungay Harriers	Female	1133	1:08:19	3343
3695	5672	1:02:00	Kieran FETHERSTON		Male	2562	1:11:02	3695
3696	2287	1:02:01	Kate HADLEY-BROWN		Female	1134	1:09:55	3539
3697	3351	1:02:01	Caitlin NOTLEY		Female	1135	1:10:18	3602
3698	3352	1:02:01	Caitlin NOTLEY		Male	2563	1:10:18	3601
3699	2158	1:02:01	Mary HARMER		Female	1136	1:05:37	2977
3700	5650	1:02:01	Maggie GODFREY	Waveney Valley AC	Female	1137	1:11:33	3758
3701	2469	1:02:02	Tom SPALDING	Lowestoft Road Runners	Male	2564	1:05:38	2978
3702	3232	1:02:02	Prasanna MAHENDRA		Male	2565	1:08:37	3371
3703	7350	1:02:02	Melissa BAILES	Waveney Valley AC	Female	1138	1:17:34	4506
3704	3447	1:02:03	Holly SWEATMAN		Female	1139	1:09:42	3521
3705	3680	1:02:03	Laura ARMIGER		Female	1140	1:09:42	3522
3706	5063	1:02:03	Damian JERMY		Male	2566	1:12:50	3922
3707	3851	1:02:03	Roxy DAY		Female	1141	1:09:09	3443
3708	5131	1:02:04	David ROYAL		Male	2567	1:13:02	3948
3709	3069	1:02:05	Phoebe DAVIS		Female	1142	1:08:23	3351
3710	7307	1:02:05	Tom ARGER		Male	2568	1:17:10	4447



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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
3711	5953	1:02:05	C CAMPBELL-GEDGE	Coltishall Jaguars RC	Female	1143	1:11:10	3714
3712	5859	1:02:06	Sharon ROBERTSON		Female	1144	1:12:02	3824
3713	5609	1:02:06	Carrie CATCHPOLE		Female	1145	1:11:42	3785
3714	2919	1:02:06	Dawn PAMMENTER		Female	1146	1:05:29	2957
3715	3366	1:02:07	David MACHIN		Male	2569	1:09:07	3438
3716	5652	1:02:07	Neville YARDY	Dereham Runners & AC	Male	2570	1:13:03	3952
3717	3386	1:02:08	Emma WHITING		Female	1147	1:09:18	3464
3718	4286	1:02:08	Jan TOTTERDALE		Female	1148	1:09:00	3424
3719	4767	1:02:08	Alina SANDU		Female	1149	1:13:23	4002
3720	4164	1:02:09	Julie WILLIAMS		Female	1150	1:12:50	3923
3721	6077	1:02:09	Michelle TRIM	Saint Edmund Pacers	Female	1151	1:15:52	4312
3722	5466	1:02:09	Kimberley SMITH		Female	1152	1:11:40	3777
3723	663	1:02:09	Jake NICHOLS		Male	2571	1:13:52	4053
3724	7582	1:02:09	Leonie PAGETT		Female	1153	1:14:42	4165
3725	5975	1:02:09	Jane WEBBER		Female	1154	1:11:29	3743
3726	7596	1:02:11	Emma VAUGHAN	Bure Valley Harriers	Female	1155	1:16:25	4358
3727	5993	1:02:11	Himan AMARAWICKRAMA		Male	2572	1:11:24	3733
3728	5578	1:02:12	Tony GRAYLING		Male	2573	1:12:32	3885
3729	1112	1:02:12	Jack MASON		Male	2574	1:16:44	4389
3730	7257	1:02:12	Lee RICE		Male	2575	1:16:44	4390
3731	3864	1:02:12	Patricia WOODWARDS	Waveney Valley AC	Female	1156	1:09:05	3435
3732	6263	1:02:12	Natasha EGLINGTON		Female	1157	1:16:33	4370
3733	1063	1:02:13	Paul TRIPP		Male	2576	1:03:16	2632
3734	5365	1:02:13	Karl GESSNER		Male	2577	1:14:06	4085
3735	3057	1:02:13	Lewis WIDDOWS		Male	2578	1:06:11	3052
3736	6675	1:02:14	Darren HUNT	Waveney Valley AC	Male	2579	1:17:49	4548
3737	3884	1:02:15	Lisa JONES		Female	1158	1:09:58	3550
3738	5805	1:02:15	Sarah BURGOYNE		Female	1159	1:11:19	3724
3739	2550	1:02:15	Jennifer HEAD		Female	1160	1:07:29	3210
3740	5843	1:02:16	Jonathan HALL		Male	2580	1:11:17	3722
3741	4243	1:02:16	Steve BACON	Diss and District AC	Male	2581	1:08:35	3367
3742	3935	1:02:16	Jill VAUGHAN		Female	1161	1:10:18	3600
3743	7352	1:02:16	Martin WILLIS		Male	2582	1:15:58	4321
3744	5870	1:02:16	Donna SMITH		Female	1162	1:12:50	3921
3745	6595	1:02:16	Justine LOBOS		Female	1163	1:14:45	4170
3746	4684	1:02:17	Andrew BIRD	Bungay Black Dog RC	Male	2583	1:11:23	3730
3747	3402	1:02:17	Rebecca COCKERILL		Female	1164	1:08:37	3372
3748	3289	1:02:17	Karen HAMILTON		Female	1165	1:09:03	3429
3749	3770	1:02:17	Rebecca BILHAM		Female	1166	1:09:16	3458
3750	4587	1:02:17	Alan KENYON		Male	2584	1:11:43	3787
3751	3524	1:02:18	Louis STOPHER	Waveney Valley AC	Male	2585	1:09:18	3462
3752	2813	1:02:18	Calum MCPHERSON		Male	2586	1:07:24	3203
3753	3766	1:02:18	Eleanor HOWARD		Female	1167	1:09:40	3514
3754	3585	1:02:18	Alexander TAYLOR		Male	2587	1:12:19	3862
3755	3288	1:02:18	Gavin HAMILTON		Male	2588	1:09:04	3432
3756	3955	1:02:18	James LUONG	Runners-Next-the-Sea	Male	2589	1:09:13	3452
3757	2361	1:02:18	Anna BURBIDGE		Female	1168	1:08:41	3384
3758	3891	1:02:19	Andrew CALLEN		Female	1169	1:08:41	3383
3759	4847	1:02:19	Paul FORTESCUE		Female	1170	1:11:29	3745
3760	4098	1:02:19	Ira SMITH		Male	2590	1:09:20	3468
3761	2714	1:02:19	Simon CANDLER	Waveney Valley AC	Male	2591	1:06:36	3101
3762	3892	1:02:19	Catherine REDFERN		Female	1171	1:10:17	3597
3763	5010	1:02:19	N BAERSELMANLEGROS		Female	1172	1:12:45	3914
3764	6174	1:02:19	Tabitha BUCKLEY		Female	1173	1:15:01	4205
3765	3771	1:02:20	Hollie BILHAM		Female	1174	1:09:18	3465
3766	5957	1:02:20	Ben BINDER	Runners-Next-the-Sea	Male	2592	1:12:47	3917
3767	6173	1:02:20	Sonny GARDINER		Male	2593	1:15:02	4206
3768	3609	1:02:21	Rachel DANCE		Female	1175	1:13:54	4057
3769	2157	1:02:21	George WILBRAHAM		Male	2594	1:06:42	3114
3770	5418	1:02:21	Joanne BROWNE		Female	1176	1:12:04	3830
3771	6009	1:02:21	Shabia ALI	Waveney Valley AC	Female	1177	1:13:30	4015
3772	3174	1:02:22	David HOLDSWORTH		Male	2595	1:09:33	3502
3773	3228	1:02:22	Jorden ABBS		Male	2596	1:09:05	3436
3774	5809	1:02:22	Rachael FINCH		Female	1178	1:11:53	3806
3775	7383	1:02:22	Stephen BLYTH		Male	2597	1:15:04	4216
3776	3140	1:02:23	Vikki POWLES	Runners-Next-the-Sea	Female	1179	1:10:49	3660
3777	4305	1:02:23	Harriet BENFIELD		Female	1180	1:08:56	3416
3778	7279	1:02:23	Vicki LAWRENCE		Female	1181	1:16:05	4326
3779	3032	1:02:24	Neil BAXTER		Male	2598	1:09:04	3433
3780	5783	1:02:24	Kyle WINGHAM		Male	2599	1:13:14	3979



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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
3781	4277	1:02:25	Rebecca BARNES	Norwich Road Runners	Female	1182	1:10:51	3664
3782	4995	1:02:25	Victoria SIMONDS		Female	1183	1:12:12	3841
3783	4603	1:02:25	Sara SHORTEN		Female	1184	1:12:56	3932
3784	7405	1:02:25	Sherrie EMSDEN		Female	1185	1:15:02	4209
3785	3861	1:02:25	Elizabeth WILBOURN		Female	1186	1:12:12	3843
3786	5004	1:02:26	Anne WILBOURN		Female	1187	1:12:12	3842
3787	2865	1:02:26	Alice PARRY		Female	1188	1:15:12	4234
3788	7324	1:02:26	Pete ARMFIELD		Male	2600	1:14:55	4196
3789	5850	1:02:28	Ben HANDFORD		Male	2601	1:12:47	3918
3790	4936	1:02:29	Malcolm ROBERTSON		Male	2602	1:11:58	3816
3791	4728	1:02:29	Kelly KENNY	Great Yarmouth Road Runners Attleborough Athletics Academy	Female	1189	1:11:37	3768
3792	3696	1:02:29	Jonathan PEPPIATT		Male	2603	1:08:57	3419
3793	4599	1:02:29	Beth CORK		Female	1190	1:11:36	3765
3794	5891	1:02:29	Nicola MCGEE		Female	1191	1:14:26	4122
3795	5064	1:02:29	Samantha RIDER		Female	1192	1:12:18	3858
3796	5080	1:02:30	Stewart FORTON		Male	2604	1:11:33	3754
3797	5079	1:02:30	Neil FORTON		Male	2605	1:11:33	3752
3798	3804	1:02:30	Michael RADBOURNE		Male	2606	1:10:40	3642
3799	6956	1:02:30	Henry BAINES		Male	2607	1:15:39	4292
3800	4013	1:02:31	Bradley POWELL		Male	2608	1:09:39	3511
3801	3902	1:02:32	John STURGEON	Wymondham AC Beccles Triathlon Club	Male	2609	1:09:21	3475
3802	7012	1:02:32	Paul RODGERS		Male	2610	1:15:27	4260
3803	4508	1:02:32	Elizabeth ANGEL		Female	1193	1:09:04	3431
3804	1111	1:02:32	Robert EDWARDS		Male	2611	1:06:08	3046
3805	2350	1:02:32	Jules CARRARA		Female	1194	1:06:37	3105
3806	4194	1:02:32	Lorraine PHILLIPS		Female	1195	1:08:40	3378
3807	2364	1:02:33	Lyn OTTAWAY		Female	1196	1:07:23	3198
3808	4797	1:02:33	Roger WELLS		Male	2612	1:12:18	3856
3809	123	1:02:34	Philip NEAVE		Male	2613	1:06:05	3037
3810	6907	1:02:34	Kerry LESLIE		Female	1197	1:15:34	4281
3811	4890	1:02:35	Grant EWENS	North Norfolk Beach Runners	Male	2614	1:12:43	3907
3812	6080	1:02:35	Hannah BRIGGS		Female	1198	1:16:17	4346
3813	5306	1:02:35	Jennifer KING		Female	1199	1:12:21	3867
3814	6020	1:02:35	Pete DEBENHAM		Male	2615	1:16:50	4404
3815	3865	1:02:35	Fiona MUNN		Female	1200	1:10:34	3635
3816	2006	1:02:35	David LOXTON		Male	2616	1:06:50	3135
3817	5436	1:02:36	Don HILL		Male	2617	1:13:09	3972
3818	3506	1:02:36	Eimear RICHARDSON		Male	2618	1:08:54	3414
3819	5689	1:02:36	Catherine HOWARD		Female	1201	1:13:53	4055
3820	5136	1:02:37	Stanley HAMILTON		Male	2619	1:11:45	3792
3821	4972	1:02:37	John KNIGHT	Coltishall Jaguars RC	Male	2620	1:12:04	3827
3822	5812	1:02:37	Emma PENFOLD		Female	1202	1:12:53	3927
3823	1668	1:02:37	Christopher CARVER		Male	2621	1:08:46	3399
3824	7372	1:02:37	Oliver ALDOUS		Male	2622	1:15:46	4299
3825	5500	1:02:38	Victoria HUBBARD		Female	1203	1:13:57	4062
3826	5954	1:02:38	Samantha CARTER		Female	1204	1:11:44	3788
3827	5000	1:02:38	Stephanie LEE		Female	1205	1:12:04	3829
3828	5236	1:02:38	Jenna ANSELL		Female	1206	1:13:32	4019
3829	5166	1:02:39	Amy DIPPLE		Female	1207	1:13:32	4020
3830	6690	1:02:39	Steve SMITH	Reepham Runners	Male	2623	1:17:38	4518
3831	5787	1:02:39	Steven THOMSON	Norfolk Gazelles AC	Male	2624	1:13:23	4001
3832	3245	1:02:39	Jonathan TRAVIS		Male	2625	1:09:10	3445
3833	6862	1:02:39	N GALWEY-WOOLSTON		Female	1208	1:15:36	4284
3834	4531	1:02:39	Lynda WILCOX		Female	1209	1:10:19	3604
3835	5423	1:02:40	Matt REED		Male	2626	1:13:06	3962
3836	5928	1:02:40	Ceri SUMNER		Female	1210	1:12:57	3934
3837	3943	1:02:41	Anthony OSBORNE		Male	2627	1:10:03	3562
3838	3686	1:02:42	Stuart CHARLESWORTH		Male	2628	1:15:37	4291
3839	4643	1:02:42	Caroline THORPE		Female	1211	1:13:39	4035
3840	6049	1:02:43	Christopher TUTTLE		Male	2629	1:13:01	3943
3841	6918	1:02:45	Holly LAWSON		Female	1212	1:17:33	4504
3842	6746	1:02:46	Saranne WEBB		Female	1213	1:15:34	4278
3843	3877	1:02:47	Cassie HOLLIS		Female	1214	1:10:27	3622
3844	4833	1:02:48	Kirsty MURRELL		Female	1215	1:14:38	4157
3845	3528	1:02:48	Rachel MARTELL		Female	1216	1:14:38	4158
3846	4292	1:02:48	Ash BROWN		Male	2630	1:08:55	3415
3847	5235	1:02:48	Hannah SPINKS		Female	1217	1:14:11	4089
3848	5107	1:02:48	Richard MARKS		Male	2631	1:12:22	3870
3849	4458	1:02:49	Carole WHITE		Female	1218	1:11:08	3710
3850	3724	1:02:49	Shelley AMES		Female	1219	1:09:17	3460



Run Norwich 2019

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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
3851	2407	1:02:49	Ben WARMINGER	Attleborough Athletics Academy	Male	2632	1:09:16	3459
3852	2174	1:02:49	Lesley COLOGNE		Female	1220	1:06:20	3072
3853	4694	1:02:50	Melanie SINCLAIR		Female	1221	1:12:57	3935
3854	2341	1:02:50	Mark HAWKINS		Male	2633	1:07:55	3274
3855	2447	1:02:50	Elin DAVIES		Female	1222	1:07:58	3284
3856	2342	1:02:50	Naomi REID	Tri-Anglia Triathlon Club	Female	1223	1:07:55	3277
3857	3879	1:02:51	Hannah STROUD		Female	1224	1:10:50	3663
3858	5159	1:02:51	Alice SEARLE		Female	1225	1:14:28	4130
3859	3318	1:02:51	Glenn MASTERSON		Male	2634	1:10:47	3657
3860	6701	1:02:51	Gary COOPER		Male	2635	1:18:26	4615
3861	4207	1:02:52	Liz HOLLIS	Norwich Road Runners	Female	1226	1:10:22	3612
3862	6804	1:02:52	Kim ARBON		Female	1227	1:17:40	4524
3863	5772	1:02:53	Ian HILL		Male	2636	1:13:32	4018
3864	6050	1:02:54	Simonne EDWARDS		Female	1228	1:12:37	3894
3865	2170	1:02:54	Kerry METCALF		Female	1229	1:09:56	3542
3866	5401	1:02:55	Tim MILLER	Dereham Runners & AC	Male	2637	1:13:06	3963
3867	3748	1:02:55	Anna GANT		Female	1230	1:13:15	3981
3868	6741	1:02:55	Dom DANHER		Male	2638	1:15:28	4262
3869	6742	1:02:56	Jo HAZLE		Female	1231	1:15:28	4261
3870	3004	1:02:56	Daniel PAGE		Male	2639	1:12:15	3848
3871	5750	1:02:56	Teresa RADCLIFFE	Norwich Road Runners	Female	1232	1:12:00	3819
3872	5049	1:02:57	Jaclyn KETTLEY		Female	1233	1:13:16	3986
3873	3531	1:02:57	Kate ANDREWS		Female	1234	1:11:00	3690
3874	5691	1:02:57	Rebecca WALKER		Female	1235	1:14:56	4197
3875	696	1:02:57	Luke ALDERTON		Male	2640	1:04:04	2768
3876	5443	1:02:58	Terri READ	Norwich Road Runners	Female	1236	1:12:11	3840
3877	3744	1:02:58	Christina LISTER		Female	1237	1:10:53	3672
3878	3567	1:02:58	Martin STEELE		Male	2641	1:11:13	3720
3879	7578	1:02:59	Tracey REYNOLDS		Female	1238	1:15:28	4267
3880	4973	1:02:59	Laura THOMPSON		Female	1239	1:14:19	4110
3881	3407	1:02:59	Calvin DAINES	Waveney Valley AC	Male	2642	1:17:37	4517
3882	4976	1:02:59	Donna PEARSON		Female	1240	1:13:38	4032
3883	4660	1:03:00	Jessy HALLYBONE		Female	1241	1:14:16	4102
3884	4778	1:03:00	Neal LUTHER		Male	2643	1:12:18	3860
3885	4464	1:03:00	Simon GEORGE		Male	2644	1:09:02	3427
3886	6985	1:03:01	Kieran KEETCH	Coltishall Jaguars RC	Male	2645	1:17:43	4533
3887	3787	1:03:01	Julie THALLON		Female	1242	1:11:08	3711
3888	7039	1:03:02	Robin BUFFIN		Male	2646	1:16:06	4330
3889	3203	1:03:03	Joshua GRIFFITHS		Male	2647	1:09:48	3530
3890	4740	1:03:03	Dominic VINSEN		Male	2648	1:13:12	3977
3891	5381	1:03:03	Katie COLLINGS	Norwich Road Runners	Female	1243	1:12:46	3916
3892	3360	1:03:04	Ciara SHIGGINS		Female	1244	1:11:38	3773
3893	7299	1:03:04	Dan CHURCH		Male	2649	1:16:55	4419
3894	3736	1:03:04	Nicola GREEN		Female	1245	1:11:07	3709
3895	7298	1:03:04	James ELLIS		Male	2650	1:16:54	4418
3896	4154	1:03:04	Joe BAXTER	Great Yarmouth Road Runners	Male	2651	1:11:04	3700
3897	3826	1:03:05	Jenny CAULFIELD		Female	1246	1:11:37	3771
3898	7339	1:03:05	Dave HOWES		Male	2652	1:18:19	4603
3899	7600	1:03:05	David NICHOLS		Male	2653	1:17:33	4505
3900	3674	1:03:06	Lucy MONK		Female	1247	1:09:37	3510
3901	5484	1:03:06	James RHODES	Great Yarmouth Road Runners	Male	2654	1:12:15	3846
3902	3414	1:03:06	Sarah FULLER		Female	1248	1:10:43	3647
3903	6090	1:03:06	Lee WILLIAMS		Male	2655	1:15:56	4315
3904	3413	1:03:06	Jerry FULLER		Male	2656	1:10:43	3649
3905	4785	1:03:08	Christopher DOBINSON		Male	2657	1:12:41	3903
3906	2845	1:03:09	Freya BARKER	Great Yarmouth Road Runners	Female	1249	1:08:12	3318
3907	494	1:03:09	Ian BARBER		Male	2658	1:03:09	2615
3908	5941	1:03:11	Lee WILLIAMS		Male	2659	1:12:49	3920
3909	5032	1:03:11	Bethany POTTER		Female	1250	1:13:39	4034
3910	6053	1:03:11	Amy ROUNCE		Female	1251	1:17:32	4503
3911	4444	1:03:12	Katie VICKERY	Great Yarmouth Road Runners	Female	1252	1:09:24	3483
3912	6467	1:03:12	Tom HOWARD		Male	2660	1:18:11	4585
3913	6877	1:03:12	Nigel GUPPY		Male	2661	1:17:54	4554
3914	2377	1:03:13	Sonia ROKBANI		Female	1253	1:09:18	3463
3915	5986	1:03:13	Trudi BRADFORD		Female	1254	1:14:29	4131
3916	3957	1:03:14	Timothy GLENTON	Great Yarmouth Road Runners	Male	2662	1:13:45	4043
3917	5676	1:03:14	Paul GREENFIELD		Male	2663	1:12:26	3878
3918	6839	1:03:15	Martin BRITTAİN		Male	2664	1:17:05	4441
3919	564	1:03:15	James SHANLEY		Male	2665	1:14:25	4118
3920	4952	1:03:15	Rochine SYMONDS		Female	1255	1:15:12	4233



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
3921	5124	1:03:15	Louise STEVENS	Norfolk Gazelles AC	Female	1256	1:14:25	4117
3922	4046	1:03:16	Claire EVANS		Female	1257	1:11:03	3696
3923	4928	1:03:16	Rosanna LYNCH		Female	1258	1:12:29	3881
3924	4045	1:03:16	Russ EVANS		Male	2666	1:11:03	3697
3925	3054	1:03:16	Rachael PETTETT		Female	1259	1:07:31	3215
3926	5638	1:03:16	Eleanor BUDD		Female	1260	1:12:29	3882
3927	5143	1:03:18	Katherine WILCOCKSON		Female	1261	1:16:54	4417
3928	5254	1:03:18	Adrian BALDWIN		Male	2667	1:13:16	3987
3929	5085	1:03:18	Callum ATKINS		Male	2668	1:15:03	4210
3930	5694	1:03:19	Katie EASTER		Female	1262	1:13:06	3961
3931	3573	1:03:20	Teresa FALLON	Great Yarmouth Road Runners	Female	1263	1:11:39	3776
3932	5674	1:03:20	Bridget INYANG		Female	1264	1:14:26	4123
3933	5832	1:03:20	Sarah SCOTT		Female	1265	1:13:37	4030
3934	5618	1:03:21	Sheryl KEMP		Female	1266	1:14:28	4129
3935	5468	1:03:21	Kelly BOLT	Great Yarmouth Road Runners	Female	1267	1:14:33	4146
3936	5467	1:03:21	Andy BOLT		Male	2669	1:14:33	4145
3937	2848	1:03:21	Gemma AYLEN		Female	1268	1:07:43	3247
3938	5949	1:03:22	Andrew MILLS	Vegan Runners UK	Male	2670	1:15:09	4226
3939	6217	1:03:22	Chantel DUFFIN	Runners-Next-the-Sea	Female	1269	1:15:58	4319
3940	4211	1:03:22	Chris PALMER		Male	2671	1:11:47	3798
3941	3893	1:03:22	Mary JONES	Waveney Valley AC	Female	1270	1:11:07	3708
3942	7315	1:03:22	Lucy MARTIN	Vegan Runners UK	Female	1271	1:17:32	4501
3943	4369	1:03:22	Tom HINDLE	Coltishall Jaguars RC	Male	2672	1:14:28	4128
3944	4943	1:03:22	Lesley OLIVER		Female	1272	1:12:37	3895
3945	3417	1:03:22	Jordan FROST		Male	2673	1:10:29	3627
3946	6670	1:03:23	Adrian LAURIE		Male	2674	1:18:57	4677
3947	3684	1:03:23	Katie HARRINGTON		Female	1273	1:10:20	3607
3948	5679	1:03:23	Amy COBY		Female	1274	1:14:37	4154
3949	3820	1:03:24	Amy GLANVILLE		Female	1275	1:11:20	3727
3950	5102	1:03:24	Charlotte TOOKE		Female	1276	1:14:38	4156
3951	3652	1:03:24	Nina BAISLEY		Female	1277	1:09:52	3536
3952	5416	1:03:25	Richard KING		Male	2675	1:13:00	3939
3953	5022	1:03:25	Robert EGLINGTON	Daventry Road Runners	Male	2676	1:13:18	3992
3954	3607	1:03:25	Patrick AYLMER		Male	2677	1:10:04	3565
3955	4363	1:03:26	Roisin CARLTON		Female	1278	1:09:41	3517
3956	3430	1:03:26	Timothy EVANS		Male	2678	1:11:10	3715
3957	5623	1:03:26	Emma GREEN		Female	1279	1:14:04	4080
3958	4319	1:03:26	Matt WATSON		Male	2679	1:10:43	3648
3959	6575	1:03:26	Christopher RIVETT		Male	2680	1:18:22	4605
3960	4612	1:03:27	Jenny WENN		Female	1280	1:14:40	4163
3961	4616	1:03:27	Jenny WENN		Female	1281	1:14:40	4162
3962	324	1:03:28	Paul REEVE		Male	2681	1:03:49	2731
3963	4622	1:03:28	Fiona SPRINGALL	Great Yarmouth Road Runners	Female	1282	1:12:44	3909
3964	4193	1:03:29	Claire TINGEY		Female	1283	1:09:51	3533
3965	6942	1:03:29	Ian TOWLER		Male	2682	1:16:36	4378
3966	5724	1:03:29	Grace COLLINS		Female	1284	1:12:58	3937
3967	5763	1:03:29	Sophie SAYER		Female	1285	1:13:16	3983
3968	6614	1:03:30	Oliver CHINN		Male	2683	1:18:22	4606
3969	3835	1:03:30	Linda EDWARDS		Female	1286	1:09:51	3535
3970	2048	1:03:30	Jane THOMAS		Female	1287	1:14:43	4167
3971	6889	1:03:30	Joy HART		Female	1288	1:16:07	4331
3972	3836	1:03:31	Tony EDWARDS		Male	2684	1:09:51	3534
3973	4856	1:03:31	Sally GILDING	Norwich Road Runners	Female	1289	1:14:14	4098
3974	4699	1:03:31	Rob SILLETT		Male	2685	1:14:53	4184
3975	5974	1:03:31	Emily YOUNGS	Norwich Road Runners	Female	1290	1:14:17	4103
3976	5081	1:03:31	Michael PARSONS		Male	2686	1:13:04	3955
3977	3871	1:03:32	Frances BAILEY	Ryston Runners	Female	1291	1:10:08	3572
3978	3595	1:03:32	Jo BYGRAVE		Female	1292	1:14:17	4107
3979	4580	1:03:32	Kyra CORNISH	Runners-Next-the-Sea	Female	1293	1:14:17	4106
3980	6790	1:03:32	Aaron PICKETT		Male	2687	1:17:31	4498
3981	4222	1:03:33	Claire EMERY	Runners-Next-the-Sea	Female	1294	1:11:29	3744
3982	5712	1:03:33	Steven FINNEY		Male	2688	1:12:53	3926
3983	6475	1:03:33	Akemi MASUDA	Runners-Next-the-Sea	Female	1295	1:18:06	4574
3984	3564	1:03:34	Hannah HARDY		Female	1296	1:10:09	3578
3985	5046	1:03:34	Penny STONER	Runners-Next-the-Sea	Female	1297	1:12:41	3902
3986	3226	1:03:34	Lizzy GUY		Female	1298	1:12:58	3936
3987	6983	1:03:34	Linda DIGGINES	Runners-Next-the-Sea	Female	1299	1:17:41	4528
3988	5005	1:03:34	Helen BUSBY		Female	1300	1:12:58	3938
3989	6989	1:03:34	Bonnie DIGGINES	Runners-Next-the-Sea	Female	1301	1:17:42	4529
3990	7261	1:03:35	Kirsty LACK		Female	1302	1:17:39	4521



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
3991	3149	1:03:35	Laura WATERS		Female	1303	1:11:46	3797
3992	5999	1:03:35	David BUTTERS		Male	2689	1:13:17	3988
3993	4137	1:03:35	Denis OSULLIVAN		Female	1304	1:10:08	3574
3994	5644	1:03:37	Tom DOVE		Male	2690	1:13:08	3970
3995	5643	1:03:37	Stephanie BURT		Female	1305	1:13:09	3971
3996	6401	1:03:37	Rich CAPLIN		Male	2691	1:18:33	4624
3997	5703	1:03:37	Sarah BURNAGE		Female	1306	1:13:26	4007
3998	4964	1:03:37	Karl BROOKS		Male	2692	1:14:34	4148
3999	785	1:03:37	Christopher BAILES		Male	2693	1:06:42	3115
4000	4932	1:03:39	Emily FINCH		Female	1307	1:13:25	4003
4001	5544	1:03:40	Teresa UTTING		Female	1308	1:13:28	4010
4002	5241	1:03:40	David HEAD		Male	2694	1:13:29	4012
4003	6083	1:03:40	Alex MCQUEEN		Male	2695	1:18:32	4623
4004	2510	1:03:41	Mark EMMERSON		Male	2696	1:08:34	3365
4005	2802	1:03:41	Naomi KEETLEY		Female	1309	1:08:49	3405
4006	3843	1:03:41	Kate STAFFORD	Norwich Road Runners	Female	1310	1:11:37	3772
4007	5696	1:03:42	Sarah DENNANT		Female	1311	1:14:48	4176
4008	5464	1:03:42	Davina BALLS		Female	1312	1:12:49	3919
4009	5962	1:03:42	Kath MASON		Female	1313	1:13:02	3951
4010	6994	1:03:42	A ARMSTRONG-EMERY		Male	2697	1:19:08	4694
4011	3523	1:03:42	Neil BRIDGER		Male	2698	1:15:36	4288
4012	5700	1:03:42	Louise GOLDSON		Female	1314	1:14:48	4175
4013	5463	1:03:42	Lucilla SMITH		Female	1315	1:12:52	3925
4014	3588	1:03:43	Ruth NORTON		Female	1316	1:12:10	3838
4015	4688	1:03:43	Clare BRADBURY	Wymondham AC	Female	1317	1:13:37	4029
4016	4376	1:03:43	Daniel JONES		Male	2699	1:13:57	4064
4017	4218	1:03:43	Samantha SMITH		Female	1318	1:12:09	3837
4018	4853	1:03:43	Rebecca VASS	Bungay Black Dog RC	Female	1319	1:14:27	4127
4019	3932	1:03:44	Alison MCCURLEY		Female	1320	1:10:54	3675
4020	4592	1:03:44	Cecilia BASNETT		Female	1321	1:13:04	3954
4021	5705	1:03:45	Chris NICHOLS		Male	2700	1:13:06	3958
4022	4696	1:03:45	Lynn GREENFIELD		Female	1322	1:12:56	3931
4023	4400	1:03:46	Nicola CONQUEST		Female	1323	1:10:25	3618
4024	4848	1:03:46	Alanna DICK		Female	1324	1:15:20	4248
4025	6980	1:03:47	Kirsty BARKER		Female	1325	1:18:29	4618
4026	3214	1:03:47	Michael TOBIN	Norwich Road Runners	Male	2701	1:11:27	3737
4027	5549	1:03:47	Emma COX		Female	1326	1:15:11	4229
4028	4761	1:03:47	James MASON		Male	2702	1:13:33	4022
4029	5506	1:03:49	Thomas OXLEY		Male	2703	1:14:08	4087
4030	2215	1:03:49	Sarah PITT	Norfolk Gazelles AC	Female	1327	1:13:06	3960
4031	6642	1:03:49	Nicola RIVETT		Female	1328	1:16:19	4349
4032	4450	1:03:50	James MCKAY		Male	2704	1:11:30	3747
4033	3480	1:03:50	Jacqui GRAY	Norfolk Gazelles AC	Female	1329	1:13:05	3957
4034	5478	1:03:51	Hugh FURNESS		Male	2705	1:14:54	4191
4035	5526	1:03:51	Charlotte MCDONALD	Norfolk Gazelles AC	Female	1330	1:13:06	3959
4036	6791	1:03:51	Zoe CHRISTELOW		Female	1331	1:17:49	4550
4037	4039	1:03:51	Kaz JORDAN		Female	1332	1:10:46	3656
4038	5877	1:03:52	Tracey WINTERBONE	North Norfolk Beach Runners	Female	1333	1:13:01	3944
4039	5955	1:03:52	Kai HEWITT		Male	2706	1:14:05	4082
4040	3116	1:03:53	Ian STUBBS		Male	2707	1:09:56	3541
4041	4018	1:03:54	Richard NAPTHEN		Male	2708	1:10:33	3633
4042	4373	1:03:54	Gary CHANDLER		Male	2709	1:16:32	4367
4043	569	1:03:54	Line COPLAND		Female	1334	1:05:03	2885
4044	7473	1:03:54	Gareth CHANDLER		Male	2710	1:16:32	4368
4045	5041	1:03:54	Melanie WISEMAN		Female	1335	1:14:21	4114
4046	4588	1:03:55	Victoria TEMPLE		Female	1336	1:14:06	4084
4047	4178	1:03:55	Lawrence MATTHEWS		Male	2711	1:10:06	3568
4048	5089	1:03:55	Ethan THURLING		Male	2712	1:17:15	4463
4049	5607	1:03:55	Laura RUDDY		Female	1337	1:13:01	3945
4050	4675	1:03:55	Joseph DOOLEY		Male	2713	1:17:15	4462
4051	5722	1:03:56	Rachel GRAY		Female	1338	1:13:01	3946
4052	5450	1:03:56	Michael BELLWARD		Male	2714	1:15:51	4311
4053	6332	1:03:56	P BALLANTYNE-HALL		Female	1339	1:18:52	4665
4054	2301	1:03:57	James ADAMS		Male	2715	1:07:14	3176
4055	3135	1:03:57	Claire BECKETT		Female	1340	1:11:56	3812
4056	3494	1:03:57	Oilly CONSTABLE		Male	2716	1:11:44	3790
4057	6687	1:03:58	Jason HUNT		Male	2717	1:19:38	4744
4058	4357	1:03:59	Karen RAYNER		Female	1341	1:11:05	3704
4059	2560	1:03:59	Chris BENNETT		Male	2718	1:07:59	3288
4060	1329	1:03:59	Greg PEARSON	Reepham Runners	Male	2719	1:11:45	3794



Run Norwich 2019

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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
4061	1389	1:03:59	Lynda BAXTER	Norwich Road Runners	Female	1342	1:07:08	3168
4062	3238	1:03:59	Joanne FORSTER		Female	1343	1:11:24	3732
4063	6372	1:03:59	Chris GOLDEN		Male	2720	1:16:34	4371
4064	2685	1:03:59	Emma BURTON		Female	1344	1:08:51	3409
4065	7250	1:04:00	Michael COOPER		Male	2721	1:17:23	4477
4066	3961	1:04:00	David PHILLIPS		Male	2722	1:12:09	3836
4067	5778	1:04:00	Sarah MUNDY	Coltishall Jaguars RC	Female	1345	1:13:43	4039
4068	4670	1:04:01	Ed WEST		Male	2723	1:14:25	4119
4069	6063	1:04:02	Katie O'REILLY		Female	1346	1:19:23	4721
4070	3712	1:04:02	Carolyn GERBER		Female	1347	1:10:20	3606
4071	4190	1:04:03	Wendy COOPER		Female	1348	1:10:20	3605
4072	5897	1:04:03	Ally LEVELL		Female	1349	1:13:45	4040
4073	5367	1:04:03	Andrew WAKER	Attleborough Athletics Academy	Male	2724	1:13:25	4004
4074	4681	1:04:03	Tracy WILDE		Female	1350	1:14:05	4081
4075	4291	1:04:03	Stuart ROSE		Male	2725	1:15:57	4318
4076	2827	1:04:04	Kevin ABBS		Male	2726	1:07:37	3228
4077	6248	1:04:04	Andreas DJIAKOURIS		Male	2727	1:16:55	4420
4078	5775	1:04:04	Rachael DAYNES		Female	1351	1:13:53	4054
4079	3171	1:04:05	Neville DRAPER	Norwich Road Runners	Male	2728	1:11:02	3694
4080	4977	1:04:06	James PEARSON		Male	2729	1:14:45	4168
4081	4985	1:04:06	Brian KITE		Female	1352	1:13:07	3966
4082	5304	1:04:06	Amelia HAZELWOOD		Female	1353	1:13:26	4006
4083	4750	1:04:07	Andy EVANS		Male	2730	1:14:36	4153
4084	6279	1:04:07	Thi BOLAM		Female	1354	1:17:12	4453
4085	3019	1:04:08	Andy PAYNE	Waveney Valley AC	Male	2731	1:11:25	3735
4086	5990	1:04:08	Suzie CUBITT		Female	1355	1:15:03	4212
4087	4496	1:04:08	James DURRANT		Male	2732	1:12:45	3912
4088	4527	1:04:08	Oliver DURRANT		Male	2733	1:12:44	3911
4089	4163	1:04:09	Melanie O'CONNOR		Female	1356	1:12:07	3832
4090	1822	1:04:10	Lorna SULLIVAN		Female	1357	1:07:46	3257
4091	1824	1:04:10	Gemma SULLIVAN	Dereham Runners & AC	Female	1358	1:07:46	3256
4092	5112	1:04:10	Shayne MASON		Male	2734	1:14:13	4091
4093	7446	1:04:10	Aine KUZEVICIUTE		Female	1359	1:16:51	4410
4094	3638	1:04:10	Andrew PARKER		Male	2735	1:12:18	3857
4095	7564	1:04:11	Julie COOPER		Female	1360	1:17:53	4553
4096	5232	1:04:11	Amy SPARKES		Female	1361	1:13:45	4041
4097	4204	1:04:11	Annette LILLY	Lowestoft Road Runners	Female	1362	1:12:37	3897
4098	6925	1:04:12	Matthew WARNES		Male	2736	1:16:46	4397
4099	5026	1:04:12	Rachael TATE		Female	1363	1:15:14	4235
4100	4252	1:04:12	Gemma PEARSON		Female	1364	1:12:17	3853
4101	5589	1:04:12	Alexandra BAKER		Female	1365	1:13:19	3993
4102	6165	1:04:12	James SMITH		Male	2737	1:17:16	4466
4103	3087	1:04:12	Trevor FLUNDER	Norwich Road Runners	Male	2738	1:08:00	3289
4104	5392	1:04:14	Angela BRENNAN		Female	1366	1:15:37	4289
4105	5325	1:04:14	Theresa SARA		Female	1367	1:15:17	4241
4106	4676	1:04:15	Andrea PETERS		Female	1368	1:13:48	4047
4107	6280	1:04:15	Kate ATKINS		Female	1369	1:16:49	4401
4108	5739	1:04:15	Vicky LEEDER		Female	1370	1:16:10	4333
4109	1311	1:04:15	Katherine EMBUREY	Norwich Road Runners	Female	1371	1:07:24	3200
4110	5369	1:04:15	Lisa CONE		Female	1372	1:13:49	4049
4111	4955	1:04:16	Janet AUGUST		Female	1373	1:13:58	4066
4112	5605	1:04:16	Kerrie NORTHCUT		Female	1374	1:13:45	4042
4113	3425	1:04:16	Anne HARPER		Female	1375	1:12:19	3861
4114	4884	1:04:16	Eileen DEARNLEY		Female	1376	1:13:50	4050
4115	3560	1:04:16	Peter SNARES	Norwich Road Runners	Male	2739	1:11:03	3698
4116	3692	1:04:16	Eve MAHONEY		Female	1377	1:11:35	3760
4117	5480	1:04:16	Suzanne PORTER		Female	1378	1:16:05	4327
4118	5111	1:04:16	Peter WEST		Male	2740	1:14:18	4109
4119	4411	1:04:17	Ellie POTTER		Female	1379	1:10:36	3637
4120	5320	1:04:17	Natalie DELIDJANI		Female	1380	1:15:03	4211
4121	3650	1:04:18	Peter STURMAN	Norwich Road Runners	Male	2741	1:11:35	3763
4122	3863	1:04:18	Louisa KIDDELL		Female	1381	1:11:58	3815
4123	3700	1:04:18	Melissa MITCHELL		Female	1382	1:12:42	3905
4124	4672	1:04:18	Tim DUNTHORNE		Male	2742	1:14:33	4143
4125	7595	1:04:19	Gavin NORMAN		Male	2743	1:17:00	4429
4126	4150	1:04:19	Russell HILL		Male	2744	1:12:10	3839
4127	3325	1:04:21	Philip POWLES	Norwich Road Runners	Male	2745	1:10:53	3671
4128	3654	1:04:21	Donna JARVIS		Female	1383	1:11:46	3795
4129	5915	1:04:22	Richard CALVER		Male	2746	1:14:00	4072
4130	4788	1:04:22	Laura FREEMAN		Female	1384	1:14:57	4199



Run Norwich 2019

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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
4131	6635	1:04:22	Jenna SLAUGHTER		Female	1385	1:17:25	4481
4132	5011	1:04:22	Adie MARTIN		Male	2747	1:15:20	4246
4133	4640	1:04:22	Jeremy HUGHES		Male	2748	1:14:01	4074
4134	6570	1:04:23	Daniel LING		Male	2749	1:16:52	4411
4135	4857	1:04:23	Tasha HART		Female	1386	1:14:26	4124
4136	4208	1:04:24	Richard WEST	North Norfolk Beach Runners	Male	2750	1:12:56	3933
4137	4228	1:04:24	Christine FRAZER	Wymondham AC	Female	1387	1:15:22	4252
4138	4127	1:04:24	Mark JONES	Bungay Black Dog RC	Male	2751	1:11:53	3807
4139	4125	1:04:24	Angela JONES	Bungay Black Dog RC	Female	1388	1:11:53	3808
4140	5429	1:04:24	Lucy NEWSON		Female	1389	1:15:24	4255
4141	5662	1:04:25	Melanie GREEN		Female	1390	1:14:03	4078
4142	4765	1:04:26	Tim CAMPBELL		Male	2752	1:14:34	4147
4143	5762	1:04:27	Demelza HAMMOND	Waveney Valley AC	Female	1391	1:14:01	4076
4144	5387	1:04:28	Elizabeth WHITE		Female	1392	1:15:58	4320
4145	7140	1:04:28	Danny THOMAS		Male	2753	1:18:26	4614
4146	1855	1:04:28	Christopher KETT		Male	2754	1:09:22	3478
4147	6450	1:04:28	Angela THOMAS		Female	1393	1:18:26	4612
4148	6816	1:04:29	Francesca WARNES		Female	1394	1:17:32	4502
4149	5905	1:04:29	James GOODING		Male	2755	1:16:05	4328
4150	4747	1:04:29	Peter SCOTT		Male	2756	1:13:47	4045
4151	3747	1:04:31	Stacey CARTER		Female	1395	1:11:04	3699
4152	3205	1:04:32	Mark ANDREWS		Male	2757	1:12:34	3888
4153	6817	1:04:33	Joshua WARNES		Male	2758	1:17:35	4510
4154	5777	1:04:33	Harriet FRY		Female	1396	1:14:54	4187
4155	5509	1:04:34	Lucy HICKS	Fenland Running Club	Female	1397	1:13:36	4027
4156	5409	1:04:34	Jane SEAGER		Female	1398	1:14:45	4171
4157	4149	1:04:35	Rosie SOUTHGATE	Suffolk Trail Runners	Female	1399	1:13:51	4052
4158	3711	1:04:35	Aravind SHASTRI		Male	2759	1:10:38	3641
4159	4416	1:04:35	Mandy HALLS		Female	1400	1:12:44	3910
4160	5410	1:04:36	Rebecca MILLER	Bungay Black Dog RC	Female	1401	1:14:47	4174
4161	4488	1:04:36	Lee MCCOWEN		Male	2760	1:12:08	3834
4162	4858	1:04:36	Lauren ALDEN		Female	1402	1:16:44	4388
4163	3720	1:04:36	Tim BISHOP		Male	2761	1:12:08	3833
4164	4743	1:04:37	Lucy CHAPMAN	Bungay Black Dog RC	Female	1403	1:15:18	4243
4165	3406	1:04:37	Sophie GETLEY	Norfolk Harriers RC	Female	1404	1:12:15	3847
4166	3556	1:04:38	Dani LYNCH	Wymondham AC	Female	1405	1:11:00	3688
4167	3537	1:04:39	Anna PLUNKETT	Wymondham AC	Female	1406	1:11:00	3689
4168	6876	1:04:39	Rebecca HOUSTON		Female	1407	1:17:26	4483
4169	6322	1:04:39	Emma CURRAN		Female	1408	1:19:27	4728
4170	628	1:04:40	Kaylee BROWN	City Of Norwich AC	Female	1409	1:14:54	4190
4171	5375	1:04:40	Kevin KISBY	Beccles & Bungay Harriers	Male	2762	1:14:35	4150
4172	5023	1:04:40	Dan STAPLES		Male	2763	1:14:54	4192
4173	4954	1:04:41	A COPEMAN-LAMOUREUX	Beccles & Bungay Harriers	Female	1410	1:14:35	4151
4174	4557	1:04:41	Emma CHUNG		Female	1411	1:12:18	3859
4175	4724	1:04:41	Anthony ROSE		Male	2764	1:14:00	4071
4176	4692	1:04:41	Shelyna MARISCAL		Female	1412	1:14:55	4195
4177	6220	1:04:43	Emma CASSAR		Female	1413	1:17:11	4451
4178	3887	1:04:44	Sonia WITHAM	Norwich Road Runners	Female	1414	1:11:42	3786
4179	4558	1:04:44	Lorna ANNISON		Female	1415	1:10:55	3676
4180	7190	1:04:44	Shelley KING		Female	1416	1:17:43	4534
4181	4072	1:04:44	Peter WATERFIELD		Male	2765	1:11:18	3723
4182	4679	1:04:44	Marcel KINRADE		Male	2766	1:17:24	4478
4183	5706	1:04:45	Kathryn GORDON		Female	1417	1:14:54	4188
4184	1074	1:04:46	Oliver HOLDEN-REA		Male	2767	1:13:07	3964
4185	4582	1:04:46	Bethany HALL		Female	1418	1:15:28	4266
4186	5576	1:04:47	Sarah BANE		Female	1419	1:14:45	4172
4187	5726	1:04:47	Nichola THATCHER	Wymondham AC	Female	1420	1:14:14	4097
4188	6880	1:04:48	Libby RICHARDS		Female	1421	1:17:48	4546
4189	4920	1:04:48	Kevin BURGESS	Great Yarmouth & District AC	Male	2768	1:14:40	4161
4190	4650	1:04:48	Louise STEELE		Female	1422	1:14:19	4111
4191	7069	1:04:49	Michael CORNFORD		Male	2769	1:20:19	4808
4192	1450	1:04:49	Jemma PENNICK		Female	1423	1:10:57	3681
4193	5371	1:04:49	Howard SKOYLES		Male	2770	1:16:02	4323
4194	4336	1:04:50	Lynda CHENERY		Female	1424	1:12:00	3820
4195	4477	1:04:50	Jacqui MILLARD		Female	1425	1:16:40	4386
4196	4656	1:04:50	Peter CROPLEY		Male	2771	1:15:04	4219
4197	3615	1:04:51	Tracey NOBBS		Female	1426	1:11:28	3740
4198	3749	1:04:51	Nigel HOWELL		Male	2772	1:12:20	3866
4199	5568	1:04:52	Lisa WILLIAMS		Female	1427	1:13:58	4067
4200	3783	1:04:52	Rob THORNLEY		Male	2773	1:12:40	3901



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
4201	4760	1:04:53	Helen DINGLE	Dereham Runners & AC	Female	1428	1:16:26	4359
4202	4120	1:04:53	Hannah BOYD		Female	1429	1:13:59	4069
4203	7374	1:04:53	Brian HODSON		Male	2774	1:18:45	4648
4204	4546	1:04:53	Shelley CURTIS		Female	1430	1:10:54	3674
4205	5160	1:04:53	Nikki COLLINS		Female	1431	1:13:59	4070
4206	5197	1:04:54	David PUGH		Male	2775	1:15:05	4223
4207	4752	1:04:54	Kate PURLING		Female	1432	1:14:30	4135
4208	7008	1:04:54	Sean THOMPSON		Male	2776	1:18:38	4631
4209	5370	1:04:54	Caroline SKOYLES		Female	1433	1:16:07	4332
4210	5337	1:04:54	Gerard DALTON		Male	2777	1:14:39	4160
4211	6767	1:04:54	Nathan HUDSON		Male	2778	1:20:11	4795
4212	5446	1:04:55	Fiona LETTICE		Female	1434	1:15:57	4317
4213	6094	1:04:55	Ellen COQUIO		Female	1435	1:18:12	4589
4214	4551	1:04:55	Kaileigh BLACMORE		Female	1436	1:13:59	4068
4215	6095	1:04:55	Thomas BRIGGS		Male	2779	1:18:12	4590
4216	1776	1:04:55	Charles DEVLIN		Male	2780	1:09:46	3525
4217	4697	1:04:57	Natasha WARD		Female	1437	1:14:19	4112
4218	3400	1:04:57	Aliena UPPAL		Female	1438	1:12:19	3864
4219	5963	1:04:57	Mark WATTS		Male	2781	1:15:15	4238
4220	6102	1:04:59	Laura JACKSON		Female	1439	1:20:20	4813
4221	5117	1:04:59	Megan ORAM		Female	1440	1:16:53	4415
4222	2601	1:04:59	Paul FICKLING		Male	2782	1:09:20	3469
4223	4604	1:05:00	Karen DAVIES		Female	1441	1:16:47	4398
4224	4826	1:05:00	Emma K		Female	1442	1:16:35	4373
4225	5552	1:05:00	Nick HAZELL		Male	2783	1:14:27	4126
4226	4613	1:05:00	Craig NORTON		Male	2784	1:16:16	4343
4227	3471	1:05:01	Christina CLONEY		Female	1443	1:13:37	4028
4228	3328	1:05:01	Jane SIDEBOTTOM		Female	1444	1:13:22	3998
4229	3739	1:05:01	Rachel KERSHAW		Female	1445	1:11:52	3804
4230	2165	1:05:01	Mark COLMAN		Male	2785	1:11:52	3805
4231	3242	1:05:02	Lydia CHATWIN		Female	1446	1:14:31	4140
4232	6006	1:05:02	Alexandra WADSWORTH		Female	1447	1:14:31	4142
4233	4682	1:05:02	Malcolm RANDALL		Male	2786	1:15:01	4203
4234	4624	1:05:02	Marisa FORBES		Female	1448	1:15:17	4242
4235	5275	1:05:03	Paul STANNARD		Male	2787	1:16:12	4336
4236	3611	1:05:03	Sean CAHILL		Male	2788	1:14:25	4120
4237	5479	1:05:03	Rachel WILLIAMS	Waveney Valley AC	Female	1449	1:14:46	4173
4238	3808	1:05:03	Helen WATTS		Female	1450	1:13:10	3973
4239	2612	1:05:03	Robert MALIN		Male	2789	1:08:28	3358
4240	6507	1:05:03	Joanna MULLARNEY		Female	1451	1:18:53	4669
4241	4875	1:05:04	Tom CRISP		Male	2790	1:14:55	4194
4242	3729	1:05:04	Michael PUNT		Male	2791	1:12:16	3850
4243	2901	1:05:04	Philippa NEWIS		Female	1452	1:20:26	4826
4244	4466	1:05:05	Jemma COLLINS		Female	1453	1:17:36	4511
4245	4499	1:05:05	Niki GLASEL		Male	2792	1:17:36	4513
4246	7357	1:05:05	Lisa GLASEL		Female	1454	1:17:36	4514
4247	6559	1:05:05	Simon MEDLER		Male	2793	1:18:46	4654
4248	6794	1:05:05	Paul HUMPHRIES		Male	2794	1:18:06	4576
4249	7161	1:05:06	Louise CARROLL		Female	1455	1:18:44	4645
4250	7493	1:05:07	Nicholas STEVENS		Male	2795	1:19:47	4757
4251	5704	1:05:07	Abi HARVEY		Female	1456	1:14:58	4202
4252	3095	1:05:07	George LAWRENCE		Male	2796	1:10:12	3582
4253	3597	1:05:08	Niki KAISER		Female	1457	1:20:07	4792
4254	6061	1:05:08	Rachael WOODS		Female	1458	1:19:07	4693
4255	6206	1:05:08	Nigel PHILPOTT		Male	2797	1:18:48	4656
4256	6164	1:05:08	Esther BROWN		Female	1459	1:18:21	4604
4257	6803	1:05:09	Michele OSTLER		Female	1460	1:17:36	4516
4258	4521	1:05:09	Sean HARWOOD		Male	2798	1:13:22	3996
4259	3878	1:05:09	Darren MALE		Male	2799	1:12:29	3883
4260	5561	1:05:09	Sharon HAYLETT		Female	1461	1:17:05	4440
4261	6015	1:05:10	Paula HERDMAN		Female	1462	1:14:14	4095
4262	6540	1:05:10	Natasha CARVER		Female	1463	1:19:55	4767
4263	7591	1:05:11	Vicki WELIN		Female	1464	1:19:00	4680
4264	3889	1:05:11	Bea CUTTS		Female	1465	1:17:02	4432
4265	6793	1:05:11	Liz HUMPHRIES		Female	1466	1:18:12	4587
4266	3873	1:05:12	Sophie STOTT		Female	1467	1:18:11	4586
4267	4469	1:05:13	Sonia WALKER		Female	1468	1:11:54	3809
4268	5715	1:05:14	Sarah DEV-SHERMAN		Female	1469	1:18:19	4601
4269	5801	1:05:14	Juliet CRESSWELL		Female	1470	1:17:10	4448
4270	3166	1:05:14	Nicolette NEILE		Female	1471	1:12:03	3825



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
4271	2191	1:05:15	Jack MOORE		Male	2800	1:09:26	3491
4272	6193	1:05:15	Kirsty LAWRENCE		Female	1472	1:18:25	4611
4273	4998	1:05:15	David HOWE		Male	2801	1:14:30	4137
4274	4474	1:05:16	Kelly READY		Female	1473	1:16:30	4365
4275	4903	1:05:16	Tom VAUGHAN		Male	2802	1:15:30	4270
4276	6597	1:05:16	Jane CONSTANTINE		Female	1474	1:18:14	4594
4277	6686	1:05:17	Clare HASTINGS		Female	1475	1:19:10	4702
4278	4525	1:05:17	Gareth LLOYD		Male	2803	1:18:52	4667
4279	7363	1:05:18	Alison GREEN	Wymondham AC	Female	1476	1:17:59	4559
4280	4762	1:05:18	Thomas ANNABLE		Male	2804	1:16:29	4362
4281	3503	1:05:19	Matt RUMP		Male	2805	1:16:29	4363
4282	3549	1:05:19	Sharon CORDEN	Norwich Road Runners	Female	1477	1:11:37	3769
4283	7514	1:05:19	Edward MCARDLE		Male	2806	1:18:09	4580
4284	7364	1:05:19	Louise GRIMWOOD	Wymondham AC	Female	1478	1:18:00	4561
4285	4801	1:05:20	Iain DEMPSTER		Male	2807	1:15:49	4308
4286	6960	1:05:20	Michelle THOMAS		Female	1479	1:19:04	4689
4287	5310	1:05:21	Neil KELLY		Male	2808	1:14:49	4177
4288	4378	1:05:21	Jennie ROBERTS		Female	1480	1:16:45	4393
4289	4619	1:05:21	Serena VERNEY		Female	1481	1:17:13	4457
4290	6761	1:05:21	Peter EMERY	Tri-Anglia Triathlon Club	Male	2809	1:19:18	4714
4291	5594	1:05:22	Hayley SHIPMAN		Female	1482	1:16:45	4394
4292	3976	1:05:23	Lianne BRADFORD		Female	1483	1:14:34	4149
4293	5441	1:05:23	Emma CRANE		Female	1484	1:15:11	4232
4294	5802	1:05:24	Sarah HOBBS		Female	1485	1:16:24	4356
4295	5400	1:05:24	Katherine BIGNAL		Female	1486	1:14:54	4189
4296	2767	1:05:24	Aaron JACKSON		Male	2810	1:09:42	3520
4297	6091	1:05:25	Leanne FLORENCE		Female	1487	1:19:09	4699
4298	3852	1:05:25	Jenna LORD	Norwich Road Runners	Female	1488	1:12:33	3886
4299	5909	1:05:26	Gemma LAWRENCE		Female	1489	1:15:04	4220
4300	991	1:05:26	Robert MILNER	Waveney Valley AC	Male	2811	1:14:58	4200
4301	4419	1:05:26	Cat KNIGHT		Female	1490	1:13:12	3976
4302	4939	1:05:26	Gemma MITCHELL		Female	1491	1:17:11	4449
4303	4339	1:05:27	Donna MILNER	Waveney Valley AC	Female	1492	1:14:58	4201
4304	5978	1:05:27	Chris BALLAM		Male	2812	1:15:11	4230
4305	6957	1:05:27	Rachel GARROD		Female	1493	1:18:03	4571
4306	5869	1:05:29	Ian ABBOTT		Male	2813	1:15:24	4254
4307	5738	1:05:29	Lauren ALDOUS		Female	1494	1:18:25	4610
4308	6261	1:05:29	Paula GILBERTSON		Female	1495	1:20:47	4863
4309	3449	1:05:29	David CUMBRIDGE		Male	2814	1:11:54	3810
4310	5597	1:05:29	Wendy DAY		Female	1496	1:16:43	4387
4311	5284	1:05:30	Roshan WALKERLEY		Male	2815	1:16:11	4334
4312	5053	1:05:30	James INGHAM		Male	2816	1:17:20	4469
4313	4940	1:05:30	Ruth MITCHELL		Female	1497	1:17:15	4461
4314	4272	1:05:31	Claire GALLANT		Female	1498	1:15:20	4249
4315	7321	1:05:31	Steve ALDOUS		Male	2817	1:18:27	4617
4316	4906	1:05:31	Sarah WILLCOX		Female	1499	1:16:45	4392
4317	6113	1:05:31	Jack WHITHAM		Male	2818	1:20:49	4869
4318	4938	1:05:31	Clare LANGHORN		Female	1500	1:17:15	4460
4319	5040	1:05:31	Jo HARRISON		Female	1501	1:16:40	4385
4320	1479	1:05:31	Christopher BECKETT		Male	2819	1:19:33	4734
4321	5072	1:05:31	Sarah GOLDSER		Female	1502	1:17:19	4468
4322	6933	1:05:32	Caroline CLARK		Female	1503	1:20:24	4819
4323	2064	1:05:33	David LITCHFIELD	Norwich Road Runners	Male	2820	1:09:12	3449
4324	3823	1:05:33	Steven KIRKENDALL		Male	2821	1:12:52	3924
4325	5911	1:05:34	Mike SCARFF		Male	2822	1:14:55	4193
4326	6112	1:05:34	Florence SHIPPEY		Female	1504	1:20:57	4894
4327	6358	1:05:34	Edyta PITTAM	Attleborough Athletics Academy	Female	1505	1:20:58	4899
4328	5095	1:05:34	Ella WALLIS		Female	1506	1:20:58	4896
4329	5475	1:05:34	C HUTCHINSON		Male	2823	1:14:52	4181
4330	5602	1:05:34	Kelly KINCAID		Female	1507	1:14:36	4152
4331	6695	1:05:34	Teresa KIELOCH		Female	1508	1:19:14	4708
4332	6999	1:05:35	Huw TIPTON		Male	2824	1:18:23	4607
4333	5531	1:05:35	Jemma COOK		Female	1509	1:15:49	4309
4334	3668	1:05:35	Rosie BUXTON		Female	1510	1:15:49	4307
4335	5898	1:05:35	Matt ALLSOP		Male	2825	1:17:01	4431
4336	5086	1:05:36	Becky EDGE		Female	1511	1:15:04	4221
4337	5349	1:05:36	Vanessa AMES		Female	1512	1:18:13	4593
4338	5508	1:05:36	David FIELD	Norwich Road Runners	Male	2826	1:16:34	4372
4339	4674	1:05:37	Shaun HUDSON		Male	2827	1:16:26	4360
4340	7348	1:05:37	Sarah ROADLEY		Female	1513	1:18:50	4661



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
4341	6032	1:05:37	Rachel TOWNSHEND		Female	1514	1:15:53	4314
4342	5439	1:05:37	Tobie FYSH		Male	2828	1:18:30	4620
4343	3750	1:05:37	Lewis ABLETT		Male	2829	1:14:01	4075
4344	4023	1:05:37	Keith AMBROSE		Male	2830	1:11:41	3778
4345	4968	1:05:38	Susan BOND		Female	1515	1:20:32	4836
4346	7589	1:05:38	Rose REUBEN		Female	1516	1:18:41	4635
4347	4351	1:05:38	Ashleigh SHARMAN		Female	1517	1:11:45	3793
4348	4324	1:05:38	Kerri SINGLETON		Female	1518	1:13:08	3968
4349	3448	1:05:39	Debbie CLARVIS		Female	1519	1:19:08	4698
4350	6981	1:05:39	David NASH		Male	2831	1:21:01	4908
4351	5100	1:05:39	Daisy HOVEY		Female	1520	1:14:57	4198
4352	4195	1:05:40	Alison EARL		Female	1521	1:15:04	4218
4353	5299	1:05:40	Jenni AMIS		Female	1522	1:15:48	4303
4354	3583	1:05:41	Saul WHITTAKER		Male	2832	1:12:19	3863
4355	5378	1:05:41	Barry GRIMWOOD		Male	2833	1:15:04	4217
4356	4219	1:05:42	Ami UTTING	Norwich Road Runners	Female	1523	1:13:40	4038
4357	6116	1:05:42	Rebecca PLUMB		Female	1524	1:18:43	4641
4358	2500	1:05:42	Spencer HILL		Male	2834	1:15:01	4204
4359	4329	1:05:42	Lisa RABY		Female	1525	1:13:01	3941
4360	4181	1:05:43	Hannah GARNER		Female	1526	1:14:05	4083
4361	6630	1:05:44	Shane POWER		Male	2835	1:20:38	4844
4362	6312	1:05:44	Caitlin BONE		Female	1527	1:20:38	4843
4363	5983	1:05:45	Rosie MARRIS		Female	1528	1:17:23	4476
4364	4152	1:05:45	Keith BURNETT		Male	2836	1:13:02	3949
4365	5061	1:05:46	Kevin GUNTON		Male	2837	1:16:30	4364
4366	6683	1:05:47	Tonya WHITTELL		Female	1529	1:20:48	4866
4367	3822	1:05:48	Carol PLUNKETT		Female	1530	1:13:46	4044
4368	5564	1:05:48	Gemma JENNIS		Female	1531	1:17:05	4438
4369	2106	1:05:48	Martin YAXLEY	Great Yarmouth Road Runners	Male	2838	1:09:17	3461
4370	6068	1:05:48	And?elika ABBS		Female	1532	1:18:44	4644
4371	5368	1:05:49	Cody THORNDYKE		Female	1533	1:16:16	4345
4372	4042	1:05:49	Amanda GRAY	Wymondham AC	Female	1534	1:13:02	3950
4373	4834	1:05:49	Gemma FRANCIS	Coltishall Jaguars RC	Female	1535	1:17:46	4542
4374	3765	1:05:49	Suzannah JEX		Female	1536	1:13:12	3975
4375	5329	1:05:50	Abbie JENKINS		Female	1537	1:18:43	4642
4376	3844	1:05:50	Catherine YOUNG		Female	1538	1:14:12	4090
4377	5134	1:05:50	Anna CLARK	Beccles & Bungay Harriers	Female	1539	1:17:49	4549
4378	5451	1:05:50	Nathan GOFF		Male	2839	1:15:42	4294
4379	6488	1:05:50	Chris BLAIR		Male	2840	1:18:43	4643
4380	5133	1:05:51	Elizabeth DAVISON	Norwich Road Runners	Female	1540	1:16:21	4352
4381	4989	1:05:51	Fiona COTTERILL		Female	1541	1:15:19	4244
4382	5395	1:05:51	Yvonne WOODS		Female	1542	1:15:04	4222
4383	2830	1:05:52	Sean ELLIS		Male	2841	1:09:46	3526
4384	6705	1:05:52	Aaron SMITH		Male	2842	1:17:42	4530
4385	6233	1:05:53	Kate RINGWOOD		Female	1543	1:16:49	4402
4386	3845	1:05:53	Donna BUTTOLPH		Female	1544	1:14:16	4101
4387	5630	1:05:53	Ian CARTER	Lonely Goat RC	Male	2843	1:17:48	4544
4388	1420	1:05:53	Simon STOKES		Male	2844	1:09:20	3472
4389	2242	1:05:53	Kelly STOKES		Female	1545	1:09:20	3471
4390	5057	1:05:53	Karen DAWSON	Norwich Road Runners	Female	1546	1:15:29	4269
4391	5105	1:05:55	Catherine REEVE		Female	1547	1:16:16	4342
4392	7329	1:05:55	Matthew BUNN		Male	2845	1:18:57	4675
4393	1619	1:05:55	Lloyd REEVE		Male	2846	1:16:16	4344
4394	4489	1:05:55	Kelly ANDREWS		Female	1548	1:20:01	4783
4395	5492	1:05:55	Jessica BEDINGFIELD	Bungay Black Dog RC	Female	1549	1:16:51	4407
4396	4900	1:05:55	Aimee KONIECZNY		Female	1550	1:17:29	4493
4397	4908	1:05:56	James STEEL		Male	2847	1:15:10	4227
4398	5982	1:05:56	Hannah WILSON		Female	1551	1:15:17	4239
4399	5069	1:05:56	Louise COLEMAN		Female	1552	1:15:31	4271
4400	7554	1:05:56	Samantha ROSE		Female	1553	1:20:05	4788
4401	3458	1:05:57	Stephen HARVEY	Beccles & Bungay Harriers	Male	2848	1:14:09	4088
4402	3353	1:05:57	Anna SWEETING		Female	1554	1:15:33	4277
4403	6558	1:05:57	L BARRUETA RODRIGUEZ		Female	1555	1:18:29	4619
4404	1626	1:05:58	Tim SWEETING		Male	2849	1:15:33	4276
4405	5824	1:05:58	Natalie GROSS		Female	1556	1:16:44	4391
4406	5849	1:05:58	Lisa BUTLER		Female	1557	1:17:32	4500
4407	3925	1:05:59	Michelle EVES		Female	1558	1:13:08	3969
4408	6943	1:05:59	Moiria TOWLER		Female	1559	1:19:07	4692
4409	4929	1:06:00	Glenn HAMBLING		Male	2850	1:17:22	4472
4410	4930	1:06:00	Kay HAMBLING		Female	1560	1:17:22	4473



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
4411	5296	1:06:00	Gillian THOMAS	Norfolk Gazelles AC	Female	1561	1:16:22	4353
4412	7558	1:06:01	Lois MACK		Female	1562	1:20:31	4835
4413	5274	1:06:01	George MUDDLE		Male	2851	1:16:51	4405
4414	3452	1:06:01	Angela BRETT		Female	1563	1:14:22	4115
4415	171	1:06:01	Ian THOMAS		Male	2852	1:16:24	4357
4416	3813	1:06:02	Jazmine RENNIE		Female	1564	1:12:28	3880
4417	6038	1:06:02	Christina FEILDEN		Female	1565	1:17:14	4459
4418	4368	1:06:02	Garrick FOX		Male	2853	1:13:17	3989
4419	4849	1:06:02	Jade SMILES		Female	1566	1:17:46	4541
4420	6585	1:06:03	Kim DIPPER		Female	1567	1:19:02	4684
4421	5209	1:06:03	Chris BARTON	Bungay Black Dog RC	Male	2854	1:17:11	4450
4422	6881	1:06:03	Sue DOWN		Female	1568	1:19:48	4759
4423	6529	1:06:03	Claire HOLMES		Female	1569	1:16:48	4400
4424	6297	1:06:04	Joanne PIPE		Male	2855	1:18:55	4671
4425	5647	1:06:04	Gary WILLIAMSON		Male	2856	1:15:32	4273
4426	6315	1:06:05	Paul MINNS		Male	2857	1:20:06	4790
4427	5885	1:06:06	Victoria COLEMAN		Female	1570	1:15:28	4265
4428	6314	1:06:06	Jodie MINNS		Female	1571	1:20:06	4791
4429	5206	1:06:08	Laura WATLING		Female	1572	1:15:27	4259
4430	3291	1:06:08	Sophie THOMAS		Female	1573	1:12:42	3906
4431	3466	1:06:08	Melissa HUNT	Lonely Goat RC	Female	1574	1:13:25	4005
4432	5878	1:06:09	Julianne SMITH		Female	1575	1:17:41	4525
4433	5633	1:06:09	Ana BERMEJO MARTINEZ		Female	1576	1:17:25	4480
4434	3495	1:06:10	Debbie CUSHING		Female	1577	1:13:30	4016
4435	3159	1:06:10	Zoe MOLONEY		Female	1578	1:12:25	3875
4436	1015	1:06:10	Tom JOHNSON		Male	2858	1:12:24	3874
4437	3790	1:06:10	Lisa COTTRELL		Female	1579	1:19:46	4753
4438	7213	1:06:11	Andrea GOOCH		Female	1580	1:20:52	4876
4439	6676	1:06:11	Susan SUTOTO		Female	1581	1:21:02	4911
4440	5270	1:06:11	Kerris MAXFIELD		Female	1582	1:18:06	4575
4441	5642	1:06:11	Sue CATTERMOLE	Coltishall Jaguars RC	Female	1583	1:15:20	4245
4442	4924	1:06:11	Pat LAYTON		Male	2859	1:15:28	4264
4443	4883	1:06:12	Clare DAVIS		Female	1584	1:19:47	4755
4444	4700	1:06:12	Katie SWANN		Female	1585	1:15:20	4247
4445	4500	1:06:12	Rod GARDNER		Male	2860	1:12:15	3845
4446	4812	1:06:12	Daniella CARTER		Female	1586	1:17:10	4444
4447	1960	1:06:12	Joseph KEEPING		Male	2861	1:17:10	4445
4448	4446	1:06:13	Stuart LAND		Male	2862	1:13:18	3990
4449	5761	1:06:13	Anna PHILLIPS		Female	1587	1:15:47	4302
4450	5431	1:06:14	Garry KEEN		Male	2863	1:15:34	4279
4451	5846	1:06:14	Sam ALDERTON	Waveney Valley AC	Male	2864	1:17:36	4512
4452	4805	1:06:14	Kelly WILKINSON		Female	1588	1:19:55	4766
4453	5725	1:06:15	Chloe-Rose BEDDOWS		Female	1589	1:15:22	4253
4454	4590	1:06:15	Barbara PEEK		Female	1590	1:15:34	4282
4455	6390	1:06:16	Denise GROOMBRIDGE		Female	1591	1:18:46	4653
4456	6043	1:06:16	Marcel PFRANG		Male	2865	1:16:21	4351
4457	5330	1:06:16	Rebecca REYNOLDS		Female	1592	1:16:06	4329
4458	3463	1:06:16	Simon HILL		Male	2866	1:14:42	4166
4459	4593	1:06:17	Rose TAYLOR		Female	1593	1:15:29	4268
4460	5814	1:06:17	Linda BYGRAVE		Female	1594	1:18:05	4573
4461	6969	1:06:18	Hayley SMITH	North Norfolk Beach Runners	Female	1595	1:19:58	4776
4462	6319	1:06:18	Jutta KOCH		Female	1596	1:21:57	5003
4463	5746	1:06:18	Alison BILYARD		Female	1597	1:19:02	4685
4464	7082	1:06:18	Natasha BRACKEN		Female	1598	1:19:02	4686
4465	4763	1:06:18	Robert MCKENNA		Male	2867	1:18:15	4595
4466	5697	1:06:19	Suzanne GOODYEAR		Female	1599	1:17:48	4545
4467	5621	1:06:19	Michelle DENT		Female	1600	1:17:26	4482
4468	5205	1:06:19	David LEVELL		Male	2868	1:16:02	4322
4469	7118	1:06:20	Rosanne REANEY		Female	1601	1:20:24	4820
4470	4925	1:06:20	Wendy BRETT-REYNOLDS		Female	1602	1:17:39	4523
4471	4832	1:06:20	J FIGURA-DRANE	Great Yarmouth Road Runners	Male	2869	1:16:51	4406
4472	5175	1:06:20	Christopher COOPER		Male	2870	1:16:14	4338
4473	4065	1:06:21	Joel FERNANDEZ		Male	2871	1:14:29	4132
4474	5393	1:06:21	Helen DEBBAGE		Female	1603	1:17:05	4439
4475	5406	1:06:21	Louise GALLOWAY		Female	1604	1:18:19	4600
4476	3788	1:06:21	Marina MURDOCH		Female	1605	1:12:35	3892
4477	4066	1:06:21	Theresa FERNANDEZ		Female	1606	1:14:30	4136
4478	5889	1:06:22	Claire GREEN		Female	1607	1:16:37	4379
4479	5543	1:06:22	Laura ARTHURTON		Female	1608	1:17:35	4509
4480	5389	1:06:22	Gemma CLARKSON		Female	1609	1:21:38	4953



Run Norwich 2019

Sunday 21st July 2019

RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos	
4481	5629	1:06:22	Irma GRECKYTE	Newmarket Joggers	Female	1610	1:15:26	4258	
4482	4212	1:06:22	Jemma THORNE		Female	1611	1:14:24	4116	
4483	5566	1:06:23	Caroline MCINTOSH		Female	1612	1:15:41	4293	
4484	5571	1:06:23	Adrian RAYNER		Male	2872	1:17:43	4536	
4485	5291	1:06:24	Lisa SLANEY		Female	1613	1:17:57	4557	
4486	4253	1:06:25	Gareth ROSS		Male	2873	1:14:30	4138	
4487	5009	1:06:26	Lisa FITCH		Female	1614	1:15:32	4275	
4488	6468	1:06:27	Rebecca ANDREWS		Female	1615	1:19:01	4681	
4489	6391	1:06:27	William GROOMBRIDGE		Male	2874	1:18:56	4674	
4490	6455	1:06:27	Thomas SUTHERLAND		Male	2875	1:21:48	4974	
4491	4886	1:06:27	Harriet SUTHERLAND		Female	1616	1:21:48	4975	
4492	7055	1:06:28	Tracey SPELMAN		Female	1617	1:20:11	4794	
4493	5181	1:06:28	Jane LIDSTONE-SCOTT		Female	1618	1:19:22	4719	
4494	6074	1:06:28	Barry WILMOT		Male	2876	1:19:22	4720	
4495	7060	1:06:28	Bradley WILSON		Male	2877	1:19:08	4697	
4496	2084	1:06:29	Martin THORNHILL		Male	2878	1:10:41	3645	
4497	5135	1:06:30	Victoria LEIGH		Female	1619	1:15:37	4290	
4498	531	1:06:30	Glenn SHIPLEE		Male	2879	1:06:53	3146	
4499	3613	1:06:30	Duncan GREEN	Male	2880	1:13:16	3984		
4500	4917	1:06:31	Lauren RAYNER	Female	1620	1:16:15	4340		
4501	5234	1:06:31	Rachael COLE	Coltishall Jaguars RC	Female	1621	1:16:53	4412	
4502	2343	1:06:31	Daniel SMITH		Male	2881	1:11:41	3780	
4503	5520	1:06:31	George BARTLETT		Male	2882	1:18:09	4578	
4504	2344	1:06:31	Kate SMITH		Female	1622	1:11:41	3781	
4505	3802	1:06:31	Paul CRACKNELL		Male	2883	1:14:50	4178	
4506	5537	1:06:31	Matthew ROBINSON		Male	2884	1:17:38	4519	
4507	3803	1:06:31	Rhianna CRACKNELL		Female	1623	1:14:51	4180	
4508	4055	1:06:32	Sarah DEMPSEY		Female	1624	1:14:53	4182	
4509	5536	1:06:32	Glen SPOONER		Male	2885	1:17:38	4520	
4510	2053	1:06:32	Alison HOOD		Female	1625	1:11:49	3799	
4511	3760	1:06:34	Colin MULLEN		Male	2886	1:13:23	4000	
4512	4176	1:06:34	Louise UNWIN		Female	1626	1:12:39	3899	
4513	7345	1:06:34	Emma BACON		Female	1627	1:21:36	4948	
4514	5021	1:06:36	Matthew BURRELL		Male	2887	1:16:37	4380	
4515	4360	1:06:36	Mike MARSHALL		North Norfolk Beach Runners	Male	2888	1:13:49	4048
4516	5995	1:06:37	Julie REYNOLDS			Female	1628	1:17:31	4497
4517	6466	1:06:38	Katie MORPHEW	Female		1629	1:21:52	4995	
4518	7091	1:06:38	Chloe WATKINS	Female		1630	1:21:53	4996	
4519	4542	1:06:38	Felicity BAILEY	Female		1631	1:14:45	4169	
4520	6163	1:06:38	Rob DRURY	Male		2889	1:20:56	4886	
4521	6963	1:06:39	Rosey HALVEY	Female		1632	1:20:20	4812	
4522	7016	1:06:39	Sophie SIMPSON	Female		1633	1:19:36	4740	
4523	5907	1:06:41	Andy BRUDENELL	Male		2890	1:16:11	4335	
4524	5853	1:06:41	Rob MILLER	Male		2891	1:16:23	4355	
4525	5808	1:06:41	Jenny DURRANT	Female		1634	1:16:15	4339	
4526	6819	1:06:41	S CHARLESWORTH	Female		1635	1:21:41	4957	
4527	5908	1:06:42	Chris BRUDENELL	Male		2892	1:16:12	4337	
4528	652	1:06:42	Kellie SHERIDAN	Female		1636	1:06:59	3156	
4529	5138	1:06:42	Tim BLOCK	Male		2893	1:17:36	4515	
4530	5497	1:06:43	Beth HILL	Female		1637	1:20:22	4817	
4531	6484	1:06:43	Steven KOVACEVIC	Male		2894	1:19:13	4707	
4532	7331	1:06:43	Rachel WADE	Female	1638	1:20:22	4816		
4533	7418	1:06:44	Kayleigh JUDSON	Female	1639	1:19:33	4736		
4534	6975	1:06:44	Judith ROPER	Female	1640	1:19:21	4717		
4535	6086	1:06:44	Dena EDEN	Female	1641	1:20:59	4902		
4536	3255	1:06:44	Stephen JACKSON	Male	2895	1:14:17	4104		
4537	7369	1:06:44	Lucy TOPLIS	Female	1642	1:19:34	4738		
4538	4043	1:06:45	Kate MOORE	Norwich Road Runners	Female	1643	1:13:04	3953	
4539	2770	1:06:46	Megan BROUGHTON		Female	1644	1:17:28	4488	
4540	3733	1:06:46	Heather MONSEY		Female	1645	1:17:28	4489	
4541	4896	1:06:48	Keith EDEN		Male	2896	1:21:03	4912	
4542	3561	1:06:48	Louise WICKS		Female	1646	1:13:56	4060	
4543	3888	1:06:48	Terry PARKE	Male	2897	1:17:58	4558		
4544	4331	1:06:49	Rachael HUGGINS	Norwich Road Runners	Female	1647	1:14:13	4092	
4545	3831	1:06:49	Michelle GREEN	Norwich Road Runners	Female	1648	1:14:13	4093	
4546	3141	1:06:49	Elle PHILLIPS	Wymondham AC	Female	1649	1:15:02	4208	
4547	5088	1:06:50	Tat YEUNG	Male	2898	1:17:00	4430		
4548	7415	1:06:51	Daniel NICKALLS	Male	2899	1:21:45	4968		
4549	7404	1:06:52	Gemma HARROD	Norwich Road Runners	Female	1650	1:19:47	4756	
4550	3742	1:06:53	Eleanor JARVIS		Female	1651	1:13:55	4059	



Run Norwich 2019

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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
4551	4735	1:06:53	Lucy BURTON	North Norfolk Beach Runners	Female	1652	1:17:30	4494
4552	3869	1:06:53	Laura PATTON		Female	1653	1:17:30	4496
4553	2918	1:06:54	Paula GUNDRY		Female	1654	1:17:47	4543
4554	5052	1:06:54	Victoria GEDGE		Female	1655	1:18:41	4636
4555	2732	1:06:54	Matthew HARWOOD		Male	2900	1:13:15	3982
4556	3903	1:06:55	Patrick GOFF		Male	2901	1:14:37	4155
4557	5424	1:06:55	Sandra SAYER		Female	1656	1:16:40	4382
4558	5403	1:06:55	Vicky TAYLOR		Female	1657	1:16:56	4421
4559	1823	1:06:55	Dale GEDGE		Male	2902	1:18:42	4640
4560	4509	1:06:55	Tim WARNER		Male	2903	1:18:42	4638
4561	5711	1:06:57	Jason WYER-SMITH		Male	2904	1:17:49	4547
4562	4649	1:06:58	Paul WESTGATE		Male	2905	1:18:10	4582
4563	3602	1:06:59	Alison MAUL		Female	1658	1:15:34	4280
4564	7511	1:06:59	Gemma JABER		Female	1659	1:19:27	4727
4565	4652	1:06:59	Julia WESTGATE		Female	1660	1:18:10	4583
4566	4830	1:07:00	Adam SHEPPARD		Male	2906	1:16:03	4325
4567	6666	1:07:00	Chris EVERETT		Male	2907	1:21:35	4946
4568	6667	1:07:00	Kirsty COLBOURNE		Female	1661	1:21:35	4947
4569	6812	1:07:02	Nicola THORNE	Norwich Road Runners	Female	1662	1:21:22	4931
4570	4777	1:07:02	Nicole COLE		Female	1663	1:18:46	4655
4571	4494	1:07:02	Rick HOLLINGS		Male	2908	1:15:17	4240
4572	3904	1:07:02	Paul CORDER		Male	2909	1:14:02	4077
4573	5187	1:07:02	Jason KERCHER		Male	2910	1:17:41	4526
4574	3612	1:07:03	Lee COOLAHAN		Male	2911	1:17:16	4465
4575	6311	1:07:03	Kathrine KHALIL		Female	1664	1:21:03	4915
4576	4953	1:07:03	Richard BASHTON		Male	2912	1:18:17	4598
4577	4706	1:07:03	Mike DARCH		Male	2913	1:18:12	4588
4578	3862	1:07:03	Katherine STAINES		Female	1665	1:13:57	4061
4579	4321	1:07:03	Clare HARROLD		Female	1666	1:15:36	4286
4580	4327	1:07:03	Hayley GOFFIN		Female	1667	1:15:36	4287
4581	6826	1:07:04	Tina TUCKER		Female	1668	1:21:03	4916
4582	3735	1:07:04	Lisa STEWART		Female	1669	1:15:36	4285
4583	5945	1:07:04	Mike HATCHER		Male	2914	1:17:23	4474
4584	2292	1:07:04	Tim MACWILLIAM		Male	2915	1:13:34	4023
4585	7043	1:07:04	Martin BETTS		Male	2916	1:20:15	4805
4586	5624	1:07:05	Catherine THOMPSON	Waveney Valley AC	Female	1670	1:18:24	4608
4587	4395	1:07:05	Hannah BROXUP		Female	1671	1:15:28	4263
4588	6547	1:07:05	Joanne BRAMBLE		Female	1672	1:19:55	4768
4589	4340	1:07:06	Martyn DUNSDON		Male	2917	1:17:29	4492
4590	4693	1:07:06	Leah STENNING		Female	1673	1:20:14	4802
4591	6034	1:07:06	Karen STIMPSON		Female	1674	1:16:35	4374
4592	2186	1:07:06	Lee YOUNGS		Male	2918	1:13:26	4008
4593	5533	1:07:07	Rachel DEVONSHIRE		Female	1675	1:19:36	4739
4594	6323	1:07:07	Rachael MUNBY		Female	1676	1:19:36	4742
4595	3918	1:07:07	Jodie HARVEY		Female	1677	1:15:32	4274
4596	5430	1:07:07	Sophie HUDSON		Female	1678	1:18:03	4570
4597	5226	1:07:08	Alice RAYNER		Female	1679	1:18:37	4630
4598	5020	1:07:08	Ian ROBERSON		Male	2919	1:18:30	4621
4599	5019	1:07:08	Jenny ROBERSON		Female	1680	1:18:30	4622
4600	1258	1:07:08	Owen HUDSON		Male	2920	1:18:03	4569
4601	5664	1:07:09	Samantha PURTON		Female	1681	1:16:53	4413
4602	5663	1:07:09	Alexander JARVIS		Male	2921	1:16:53	4414
4603	7210	1:07:09	Emily WISTOW	Runners-Next-the-Sea	Female	1682	1:19:59	4778
4604	4384	1:07:10	Ian CUTHBERT		Male	2922	1:19:59	4780
4605	4662	1:07:11	Abi RUDD		Female	1683	1:18:36	4628
4606	3900	1:07:11	Amelia HUNT		Female	1684	1:18:35	4626
4607	7394	1:07:11	Gary POWERS		Male	2923	1:20:53	4878
4608	4465	1:07:12	Darren ROBINSON		Male	2924	1:20:53	4877
4609	6434	1:07:12	Helen JONES		Female	1685	1:20:54	4881
4610	6226	1:07:12	Lynsey WESTON		Female	1686	1:20:00	4782
4611	7542	1:07:12	Eain QUANTRILL		Male	2925	1:21:50	4983
4612	6010	1:07:12	Kayleigh BACON		Female	1687	1:19:43	4750
4613	7557	1:07:12	Rachel HANNANT		Female	1688	1:19:43	4751
4614	4158	1:07:13	Lauren PARK		Female	1689	1:13:19	3994
4615	7184	1:07:13	Victoria CABLE		Female	1690	1:20:51	4873
4616	4863	1:07:13	Steffan HARWOOD		Male	2926	1:18:39	4632
4617	5616	1:07:14	Duncan DRAKE		Male	2927	1:17:31	4499
4618	6207	1:07:15	Carol ECCLESTON	Waveney Valley AC	Female	1691	1:19:48	4758
4619	6324	1:07:16	Sophie YATES		Female	1692	1:21:08	4918
4620	4600	1:07:16	Rachel GALE		Female	1693	1:17:03	4435



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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
4621	5780	1:07:17	Rosie BUTLER	Wymondham AC	Female	1694	1:19:08	4696
4622	7053	1:07:18	Michael WILSON		Male	2928	1:19:51	4760
4623	5702	1:07:18	Jennifer SMITH		Female	1695	1:18:45	4652
4624	7166	1:07:18	Susan FLETCHER		Female	1696	1:20:56	4887
4625	5542	1:07:18	Siobhan LASKEY		Female	1697	1:16:57	4423
4626	7597	1:07:18	Lianne VAUGHAN		Female	1698	1:21:32	4941
4627	3437	1:07:18	Lisa RODGERS		Female	1699	1:16:57	4424
4628	7090	1:07:19	Anna WEISS-HINDLE		Female	1700	1:20:01	4784
4629	7181	1:07:19	Jonathan LAKEY		Male	2929	1:22:48	5071
4630	6260	1:07:19	Stephanie COLLINS		Female	1701	1:22:39	5060
4631	7182	1:07:20	Hayley LAKEY		Female	1702	1:22:48	5070
4632	5796	1:07:20	Debbie WALKER		Female	1703	1:18:01	4566
4633	4537	1:07:20	Chris NEWBY		Male	2930	1:14:01	4073
4634	5269	1:07:20	Sarah HINCHCLIFFE		Female	1704	1:17:41	4527
4635	5833	1:07:20	Katherine COOPER		Female	1705	1:18:49	4659
4636	7499	1:07:20	Nigel HOWES		Male	2931	1:22:35	5051
4637	7535	1:07:22	Daniel DIXON		Male	2932	1:22:51	5077
4638	2067	1:07:22	Glenn SHARMAN		Male	2933	1:22:58	5090
4639	3129	1:07:22	Ryan DUFFER		Male	2934	1:17:04	4436
4640	5222	1:07:23	Ness DENT	North Norfolk Beach Runners	Female	1706	1:17:24	4479
4641	6725	1:07:24	Donna MACLEOD		Female	1707	1:21:36	4951
4642	4897	1:07:24	Laura HOWELLS		Female	1708	1:21:36	4950
4643	6277	1:07:25	Deborah WOODS		Female	1709	1:20:02	4785
4644	4731	1:07:25	Charles HARROWING		Male	2935	1:22:05	5012
4645	6363	1:07:25	Emmalucy AUBER		Female	1710	1:22:29	5042
4646	6359	1:07:26	Rosemary COPSEY		Female	1711	1:19:56	4770
4647	6931	1:07:26	Lesley GEORGE		Female	1712	1:19:57	4771
4648	5713	1:07:26	Matthew VERNON	Great Yarmouth Road Runners	Male	2936	1:17:16	4464
4649	4705	1:07:27	Bec NALLY		Female	1713	1:16:33	4369
4650	4689	1:07:27	Leigh TAYLOR		Male	2937	1:17:45	4539
4651	6405	1:07:28	Jack STANNARD		Male	2938	1:22:30	5044
4652	7342	1:07:28	Sarah LOWNDES		Female	1714	1:19:59	4781
4653	3617	1:07:28	Debbie TULLOCH		Female	1715	1:15:03	4213
4654	5193	1:07:29	Tracey GOOSE		Female	1716	1:17:02	4433
4655	3791	1:07:29	Hazel FLOWER	Norfolk Harriers RC	Female	1717	1:15:02	4207
4656	5747	1:07:29	Jeni LOVE		Female	1718	1:21:30	4939
4657	3769	1:07:29	Beverley CHILDS		Female	1719	1:15:11	4231
4658	3883	1:07:30	Victoria HILL	Norwich Road Runners	Female	1720	1:16:03	4324
4659	4632	1:07:32	Sharon LAKEY		Female	1721	1:18:17	4597
4660	6296	1:07:35	Amy WILSON		Female	1722	1:21:48	4971
4661	6155	1:07:36	Ruth FLAHERTY		Female	1723	1:21:49	4976
4662	5823	1:07:37	Brin SPINKS	Beccles & Bungay Harriers	Male	2939	1:16:54	4416
4663	5289	1:07:37	Laura JAY		Female	1724	1:17:44	4537
4664	5290	1:07:38	Michelle DOUGHTY		Female	1725	1:17:45	4538
4665	3978	1:07:38	Karen BAKER		Female	1726	1:21:51	4985
4666	5024	1:07:38	Alison WIGGETT	Wymondham AC	Female	1727	1:17:03	4434
4667	6940	1:07:38	Cheryl HAYWARD		Female	1728	1:22:25	5038
4668	6821	1:07:38	Kerry WILKINSON		Female	1729	1:20:10	4793
4669	4044	1:07:38	Sarah RHODEN		Female	1730	1:14:51	4179
4670	3329	1:07:38	Alice ROSE	Coltishall Jaguars RC	Female	1731	1:14:13	4094
4671	7435	1:07:39	Hannah SNELLING		Female	1732	1:20:45	4857
4672	5037	1:07:39	Hannah SMITH		Female	1733	1:19:03	4687
4673	3429	1:07:40	Olivia NEWSTEAD		Female	1734	1:15:21	4251
4674	3920	1:07:40	Kelly SNELLING	Norwich Road Runners	Female	1735	1:20:45	4858
4675	6788	1:07:40	Helena WOOLTORTON		Female	1736	1:23:05	5101
4676	6763	1:07:40	Charlie CHICK		Female	1737	1:20:33	4838
4677	6764	1:07:41	Claire GRAY		Female	1738	1:20:33	4837
4678	7030	1:07:41	Adrian FISHER	Norwich Road Runners	Male	2940	1:23:06	5103
4679	3589	1:07:41	Matt MEAZEY		Male	2941	1:14:17	4105
4680	5379	1:07:42	Neil MITCHELL		Male	2942	1:18:51	4664
4681	2134	1:07:42	Stephanie HOYLE		Female	1739	1:19:31	4731
4682	6605	1:07:42	Graham TURNER	Norwich Road Runners	Male	2943	1:19:31	4732
4683	3828	1:07:44	Katie CROSS		Female	1740	1:20:46	4859
4684	3841	1:07:45	Stephen WINGROVE		Male	2944	1:16:19	4348
4685	5810	1:07:45	Bob FOSSEY		Male	2945	1:18:09	4579
4686	3332	1:07:46	Stephen BARKER	Norwich Road Runners	Male	2946	1:15:15	4237
4687	7242	1:07:46	Gary LANSDALE		Male	2947	1:20:27	4828
4688	5684	1:07:46	Oksana LEYSHON		Female	1741	1:19:13	4706
4689	7044	1:07:46	Roberta WILLNER		Female	1742	1:20:48	4867
4690	5930	1:07:48	Peggy HUGHES		Female	1743	1:19:03	4688



Run Norwich 2019

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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
4691	4713	1:07:48	Gemma HOWES	Wymondham AC	Female	1744	1:17:07	4442
4692	6017	1:07:49	Joe COADY		Male	2948	1:19:25	4723
4693	6302	1:07:49	Elizabeth BODDY		Female	1745	1:20:19	4810
4694	3793	1:07:50	Joanna FRAPPELL		Female	1746	1:16:28	4361
4695	3805	1:07:50	Sarah PRESTON	Norwich Road Runners	Female	1747	1:22:50	5074
4696	4581	1:07:51	Liam HACKETT		Male	2949	1:18:09	4577
4697	7397	1:07:51	Rhiannon BENNETT		Female	1748	1:22:34	5050
4698	4380	1:07:51	Caroline MARSHALL		Female	1749	1:16:57	4425
4699	5030	1:07:52	Rosemary SMITH	Norwich Road Runners	Female	1750	1:17:12	4454
4700	3965	1:07:52	Alison BUCK		Female	1751	1:17:12	4455
4701	4398	1:07:52	Eleanor BOWDITCH		Female	1752	1:14:54	4186
4702	4399	1:07:52	Katie BRIGHT		Female	1753	1:14:54	4185
4703	4827	1:07:52	Stephanie WENN	Bungay Black Dog RC	Female	1754	1:18:10	4584
4704	5798	1:07:52	Jane RAINER		Female	1755	1:18:44	4646
4705	3799	1:07:53	Emma WILKINS		Female	1756	1:13:55	4058
4706	3446	1:07:54	Charlotte RUSSELL		Female	1757	1:15:56	4316
4707	3213	1:07:54	Matthew SMITH	GoodGym Race Team	Male	2950	1:18:59	4678
4708	5961	1:07:54	John NEENAN		Male	2951	1:17:34	4507
4709	3690	1:07:54	Joanna LONGE		Female	1758	1:14:41	4164
4710	4885	1:07:55	Susannah ALEXANDER		Female	1759	1:19:18	4713
4711	6203	1:07:55	Myra DAINES	Waveney Valley AC	Female	1760	1:21:58	5005
4712	4397	1:07:55	Graham ROBINSON		Male	2952	1:15:49	4306
4713	3809	1:07:55	Nicola IRESON		Female	1761	1:17:26	4484
4714	7371	1:07:56	Sarah BULLEY		Female	1762	1:23:18	5117
4715	7390	1:07:56	Rebecca PRITCHARD	Stowmarket Striders RC	Female	1763	1:21:58	5006
4716	3600	1:07:56	Hazel ELLARD		Female	1764	1:16:32	4366
4717	7104	1:07:57	Karen ROWLEY		Female	1765	1:21:42	4960
4718	7563	1:07:58	John DUCKER		Male	2953	1:20:27	4827
4719	5362	1:07:59	Rachel HALES	Norwich Road Runners	Female	1766	1:18:19	4599
4720	2211	1:07:59	Rebecca UTTON		Female	1767	1:20:57	4893
4721	6997	1:07:59	Claire BULLARD		Female	1768	1:20:57	4892
4722	6175	1:08:00	Joanna SEAMAN		Female	1769	1:20:47	4862
4723	6873	1:08:00	Tara CARROLL	Norwich Road Runners	Female	1770	1:20:28	4829
4724	6156	1:08:00	Danielle EASTER		Female	1771	1:20:47	4861
4725	7354	1:08:01	Emma PITCHER		Female	1772	1:21:01	4909
4726	5799	1:08:02	Michelle CARTER		Female	1773	1:18:19	4602
4727	6308	1:08:02	R SENKUTTUVAN	Norwich Road Runners	Male	2954	1:21:00	4906
4728	7579	1:08:02	Mark MCWILLIAM		Male	2955	1:21:57	5004
4729	7224	1:08:03	Deidre BEATTIE		Female	1774	1:20:52	4874
4730	4783	1:08:03	Nic SHARP		Male	2956	1:18:25	4609
4731	4764	1:08:03	Robbie WALDEN	Norwich Road Runners	Male	2957	1:18:50	4662
4732	5397	1:08:03	James PHILLIPPO		Male	2958	1:17:51	4551
4733	5916	1:08:05	Steven COLLINS		Male	2959	1:17:57	4556
4734	5445	1:08:05	Kirsty STURMAN		Female	1775	1:19:23	4722
4735	4090	1:08:06	Liz DE KLERK	Norwich Road Runners	Female	1776	1:21:49	4978
4736	5831	1:08:07	Lisa CONDRON		Female	1777	1:18:00	4560
4737	5280	1:08:07	Andrew KERRISON		Male	2960	1:17:39	4522
4738	6991	1:08:07	Claudia BANGS		Female	1778	1:21:50	4979
4739	5247	1:08:07	Julie GOODWIN	Norwich Road Runners	Female	1779	1:18:00	4562
4740	2426	1:08:08	Lisa HARRIS		Female	1780	1:11:31	3749
4741	6254	1:08:08	Deborah BOOTY		Female	1781	1:20:56	4889
4742	4410	1:08:09	Helen DILLON		Female	1782	1:22:21	5031
4743	3949	1:08:09	Helen KELLY	Norwich Road Runners	Female	1783	1:17:13	4456
4744	2376	1:08:09	Rebecca GUYMER		Female	1784	1:13:08	3967
4745	3997	1:08:11	David JEFFRIES		Male	2961	1:16:48	4399
4746	4828	1:08:12	Stuart KEY		Male	2962	1:17:35	4508
4747	6330	1:08:13	Andrew LOGAN	Norwich Road Runners	Male	2963	1:22:16	5023
4748	3121	1:08:13	Chloe BIRD		Female	1785	1:14:31	4141
4749	3701	1:08:14	David BUFTON		Male	2964	1:14:20	4113
4750	3811	1:08:14	Cheryl HERRIEVEN		Female	1786	1:20:11	4796
4751	6928	1:08:14	Edward THEAKER	Norwich Road Runners	Male	2965	1:23:06	5102
4752	5287	1:08:15	Bernadette FOWLER		Female	1787	1:19:37	4743
4753	6404	1:08:16	Gavin CRITCHELL		Male	2966	1:21:17	4925
4754	6403	1:08:16	Kathryn CRITCHELL		Female	1788	1:21:17	4924
4755	6955	1:08:17	Kylie BURKE	Norwich Road Runners	Female	1789	1:20:56	4890
4756	3641	1:08:17	Mike WALL		Male	2967	1:18:00	4565
4757	5153	1:08:17	Alan ANGLIN		Male	2968	1:18:36	4627
4758	5223	1:08:20	Hayley HOLMES		Female	1790	1:20:17	4807
4759	3490	1:08:22	Amy SNOWLING	Norwich Road Runners	Female	1791	1:16:20	4350
4760	5996	1:08:22	Phil REYNOLDS		Male	2969	1:19:15	4709



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
4761	6141	1:08:23	Clare AITCHISON	Lowestoft Road Runners	Female	1792	1:21:53	4999
4762	5742	1:08:23	Barry TURRELL		Male	2970	1:18:49	4658
4763	4544	1:08:24	Lynne HALL		Female	1793	1:16:35	4376
4764	1712	1:08:25	Adam KIMBERLEY		Male	2971	1:23:30	5137
4765	6146	1:08:25	Ophelie HUMPHREY		Female	1794	1:22:48	5073
4766	6329	1:08:25	Lisa POPE		Female	1795	1:23:30	5138
4767	7377	1:08:25	Sarah EADLE		Female	1796	1:24:03	5189
4768	7517	1:08:26	Katie CALVER		Female	1797	1:23:16	5115
4769	5016	1:08:26	Anna MASZTALERSKA		Female	1798	1:17:55	4555
4770	6616	1:08:26	Josie SONI		Female	1799	1:21:25	4936
4771	4217	1:08:26	James CLARKE		Male	2972	1:14:31	4139
4772	4009	1:08:27	Kirsten BISHOP		Female	1800	1:16:59	4428
4773	3533	1:08:28	Amy CULHAM		Female	1801	1:16:56	4422
4774	7376	1:08:28	Sean HARVEY		Male	2973	1:24:05	5196
4775	6186	1:08:29	Peter WILLIAMSON		Male	2974	1:23:14	5112
4776	6135	1:08:29	Jane NEVILLE	Norfolk Harriers RC	Female	1802	1:20:57	4895
4777	5844	1:08:31	Melissa BLYTH		Female	1803	1:19:44	4752
4778	7533	1:08:31	Rebecca EVANS		Female	1804	1:21:21	4930
4779	6480	1:08:32	Coral DRANE		Female	1805	1:21:40	4956
4780	7034	1:08:33	Louis HIGGINS		Male	2975	1:24:01	5183
4781	5699	1:08:33	Laura BAGSHAW		Female	1806	1:18:13	4592
4782	7281	1:08:33	Stacy MCGIVERN		Female	1807	1:23:13	5111
4783	7214	1:08:34	Kevin HILL		Male	2976	1:24:01	5182
4784	4608	1:08:34	Mark BENFIELD		Male	2977	1:21:20	4928
4785	5680	1:08:36	Angela WAKELEY		Female	1808	1:19:42	4749
4786	5767	1:08:37	Richard VERITY		Male	2978	1:19:26	4724
4787	4572	1:08:37	Kylie MAYNARD		Female	1809	1:17:42	4532
4788	5970	1:08:37	Heidi STANDLEY		Female	1810	1:17:42	4531
4789	7358	1:08:37	Emma WARD		Female	1811	1:23:30	5142
4790	5341	1:08:37	Ann Marie POINTER	Norwich Road Runners	Female	1812	1:20:24	4822
4791	5734	1:08:38	Lisa LEEDER		Female	1813	1:19:10	4701
4792	7560	1:08:38	Maria CHRIBA		Female	1814	1:22:16	5024
4793	5043	1:08:38	Claire BROADWATER		Female	1815	1:19:58	4775
4794	5216	1:08:39	Amy TUNNEYCLIFF		Female	1816	1:19:56	4769
4795	2722	1:08:39	Michael JOHNSON		Male	2979	1:19:58	4777
4796	5309	1:08:39	Caroline PRITCHARD		Female	1817	1:18:27	4616
4797	6005	1:08:39	Faye GREEN		Female	1818	1:24:02	5185
4798	6776	1:08:39	Marcelle EVANS		Female	1819	1:22:43	5065
4799	6982	1:08:40	Samantha CHUBBOCK		Female	1820	1:24:16	5221
4800	5303	1:08:40	Stephen BAZIRE		Male	2980	1:20:39	4846
4801	5312	1:08:41	Denise LANCASTER		Female	1821	1:19:58	4774
4802	4958	1:08:43	Graeme HALL		Male	2981	1:18:04	4572
4803	4354	1:08:45	Shayne SHARMAN	Thetford AC	Female	1822	1:14:53	4183
4804	5584	1:08:45	Heidi SMITH		Female	1823	1:17:51	4552
4805	6771	1:08:45	Roger BROWN		Male	2982	1:23:00	5095
4806	4941	1:08:46	Becky CARTER	Wymondham AC	Female	1824	1:19:19	4715
4807	5921	1:08:46	Martina GLASON		Female	1825	1:18:12	4591
4808	6242	1:08:46	Mike WRAY		Male	2983	1:23:03	5100
4809	7086	1:08:47	Michael MENDHAM		Male	2984	1:21:36	4949
4810	6915	1:08:47	Deborah PRIDDY		Female	1826	1:21:50	4982
4811	6914	1:08:47	Beverly JENKINS		Female	1827	1:21:50	4984
4812	5830	1:08:47	Debbie THOMPSON		Female	1828	1:18:40	4634
4813	5971	1:08:48	Kathryn HEANEY		Female	1829	1:20:38	4845
4814	6117	1:08:48	Samantha HOLLIS		Female	1830	1:21:22	4933
4815	6057	1:08:49	Kate CLOVER		Female	1831	1:22:26	5039
4816	7254	1:08:49	Tomasz BOBUSIA		Male	2985	1:22:27	5040
4817	3708	1:08:49	David JEFFERIES		Male	2986	1:15:32	4272
4818	6265	1:08:50	Cheryl MOORE	Beccles & Bungay Harriers	Female	1832	1:23:07	5104
4819	6266	1:08:50	Stuart TATTINSON	Beccles & Bungay Harriers	Male	2987	1:23:07	5105
4820	6772	1:08:51	Emma FYSH	Great Yarmouth Road Runners	Female	1833	1:21:44	4967
4821	5645	1:08:54	Sarah AVERY		Female	1834	1:18:42	4637
4822	3732	1:08:55	Eleanor COULSON		Female	1835	1:17:30	4495
4823	5012	1:08:55	Jo SHORROCK		Female	1836	1:19:58	4772
4824	1620	1:08:56	James WRIGHT		Male	2988	1:24:12	5212
4825	7592	1:08:56	C NAIRNE-CLARK		Female	1837	1:24:07	5205
4826	3619	1:08:57	Stephanie DEEKS		Female	1838	1:19:58	4773
4827	6106	1:08:57	Kerrie WRIGHT		Female	1839	1:24:12	5214
4828	4866	1:08:57	Matthew LINDLEY		Male	2989	1:22:37	5056
4829	5741	1:08:58	Gemma PERRY		Female	1840	1:20:53	4879
4830	6069	1:08:58	Rachel LINDLEY		Female	1841	1:22:37	5055



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
4831	4543	1:08:59	Elizabeth POOR		Female	1842	1:16:17	4347
4832	4374	1:08:59	Aidan WILLIAMSON		Male	2990	1:17:23	4475
4833	3762	1:08:59	Richard JERMY		Male	2991	1:17:04	4437
4834	6060	1:09:00	Alex MILLS		Male	2992	1:23:50	5168
4835	6040	1:09:00	John DAVY		Male	2993	1:19:09	4700
4836	6815	1:09:00	Nadine BUNN		Female	1843	1:22:48	5072
4837	4118	1:09:00	Sarah GEORGE		Female	1844	1:16:40	4384
4838	5207	1:09:00	Susan ADAMS		Female	1845	1:19:16	4710
4839	990	1:09:01	James SNOW		Male	2994	1:16:40	4383
4840	5190	1:09:01	Trevor FULLER		Male	2995	1:19:08	4695
4841	4472	1:09:01	Shakiba MOHSENI		Female	1846	1:15:35	4283
4842	3755	1:09:01	Matthew SYMONS		Male	2996	1:15:26	4257
4843	5483	1:09:02	Gemma MAYS		Female	1847	1:20:44	4854
4844	5203	1:09:02	Amanda RICHARD		Female	1848	1:18:44	4647
4845	5482	1:09:02	Alex SCUPHAM		Male	2997	1:20:44	4855
4846	6353	1:09:03	Daniel CRABB		Male	2998	1:21:49	4977
4847	6354	1:09:04	Karl APPLETON		Male	2999	1:21:32	4943
4848	395	1:09:05	Richard POTTS		Male	3000	1:09:25	3489
4849	4344	1:09:05	Thomas HOWARD		Male	3001	1:23:43	5160
4850	4909	1:09:05	Julie BLOWER		Female	1849	1:19:27	4726
4851	5177	1:09:06	Lizzi KILPATRICK		Female	1850	1:21:01	4907
4852	6891	1:09:06	James WELHAM		Male	3002	1:22:00	5008
4853	7496	1:09:06	Kelly MINDHAM		Female	1851	1:23:08	5108
4854	5211	1:09:07	Olivia BYGRAVE		Female	1852	1:18:36	4629
4855	4047	1:09:07	Steve SMALL		Male	3003	1:15:25	4256
4856	5512	1:09:07	Claire JELLEY		Female	1853	1:18:42	4639
4857	3866	1:09:08	Abby BOLDERSTON	Bungay Black Dog RC	Female	1854	1:19:52	4764
4858	5457	1:09:08	Fudge FARRAR	Bungay Black Dog RC	Female	1855	1:19:52	4763
4859	4926	1:09:08	Gerlinde DIEHL		Female	1856	1:18:26	4613
4860	4983	1:09:09	Hannah BLOOMFIELD		Female	1857	1:23:58	5180
4861	4341	1:09:11	Michael LEEDS		Male	3004	1:15:52	4313
4862	6433	1:09:11	Carly RUSHMERE		Female	1858	1:22:17	5027
4863	5845	1:09:11	Charlotte KEELER		Female	1859	1:21:09	4919
4864	6357	1:09:12	Caroline NAIR		Female	1860	1:21:50	4981
4865	6356	1:09:12	Rachel JARROLD		Female	1861	1:21:51	4986
4866	5735	1:09:13	Becca JERMY		Female	1862	1:18:16	4596
4867	6457	1:09:13	David WYNN		Male	3005	1:23:34	5145
4868	6201	1:09:13	Clare MYRING		Female	1863	1:24:38	5251
4869	5154	1:09:14	Max EMMERSON		Male	3006	1:21:43	4961
4870	6890	1:09:14	Lisa RATCLIFFE		Female	1864	1:22:20	5030
4871	7011	1:09:15	Sarah SCALES		Female	1865	1:22:51	5079
4872	6550	1:09:16	Laura HOADLEY		Female	1866	1:22:07	5019
4873	3388	1:09:16	Nathan ROGERS		Male	3007	1:15:43	4295
4874	6820	1:09:17	Charlotte EVERETT		Female	1867	1:21:51	4993
4875	4658	1:09:17	Andy EDWARDS		Male	3008	1:20:46	4860
4876	4792	1:09:17	Chris SMITH		Male	3009	1:18:55	4672
4877	3594	1:09:17	Joanne ORFORD	Bungay Black Dog RC	Female	1868	1:17:27	4486
4878	4923	1:09:17	Emily RIVERS		Female	1869	1:20:30	4834
4879	4978	1:09:19	Sarah TOVELL	Norwich Road Runners	Female	1870	1:21:03	4913
4880	7426	1:09:19	Noel MEEKS		Male	3010	1:24:17	5222
4881	5238	1:09:19	Elizabeth WARREN		Female	1871	1:21:55	5002
4882	4722	1:09:20	Daniel BEATTIE		Male	3011	1:18:45	4649
4883	4723	1:09:20	Ruth BEATTIE		Female	1872	1:18:45	4650
4884	5090	1:09:20	Ros MILLER		Female	1873	1:20:19	4811
4885	3180	1:09:20	Beth NELSON		Female	1874	1:18:56	4673
4886	5171	1:09:20	Mary NORTH		Female	1875	1:19:33	4735
4887	5793	1:09:20	Alison O'NEILL		Female	1876	1:24:04	5191
4888	6210	1:09:20	Mike JONES		Male	3012	1:23:16	5114
4889	4456	1:09:20	Jan DAVIS		Male	3013	1:20:33	4839
4890	4626	1:09:21	Jade ANDERSON		Female	1877	1:20:28	4830
4891	3209	1:09:21	Jenny BOYLE		Female	1878	1:17:27	4485
4892	5707	1:09:21	Carole ARMSTRONG		Female	1879	1:20:13	4799
4893	3814	1:09:22	Paul FREWER		Male	3014	1:16:23	4354
4894	6072	1:09:22	Jennifer NOTLEY		Female	1880	1:22:59	5093
4895	4769	1:09:23	C FULLALOVE		Female	1881	1:19:33	4737
4896	5829	1:09:23	Adam SIMPSON		Male	3015	1:22:20	5029
4897	6073	1:09:23	Louise NOTLEY		Female	1882	1:22:59	5092
4898	6071	1:09:23	Emma PARKER		Female	1883	1:23:00	5094
4899	5208	1:09:23	Frances HOWARD		Female	1884	1:20:04	4787
4900	4589	1:09:24	Jake MONTANARINI		Male	3016	1:20:12	4797



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
4901	4591	1:09:24	Eloise PEEK	Coltishall Jaguars RC	Female	1885	1:18:45	4651
4902	6256	1:09:25	Mandy MCAULAY		Female	1886	1:21:58	5007
4903	4668	1:09:25	Katie AGER		Female	1887	1:18:53	4668
4904	4716	1:09:25	Hallam AGER		Male	3017	1:18:52	4666
4905	5818	1:09:26	Richard FURNESS		Male	3018	1:19:40	4747
4906	3540	1:09:26	Sue EMMETT		Female	1888	1:17:12	4452
4907	6310	1:09:27	Rosalind SEAL-COON		Female	1889	1:22:42	5063
4908	5050	1:09:27	Helen SHEPHERD		Female	1890	1:21:10	4921
4909	6423	1:09:28	Howard LINE		Male	3019	1:23:08	5109
4910	6275	1:09:29	Shue LO		Female	1891	1:22:09	5020
4911	5651	1:09:29	Rachael PIZEY	Norwich Road Runners	Female	1892	1:20:15	4804
4912	3757	1:09:30	Susan HARPER		Female	1893	1:16:51	4408
4913	3753	1:09:30	Laura HARPER	Coltishall Jaguars RC	Female	1894	1:16:51	4409
4914	5415	1:09:30	Kate MCKENNA		Female	1895	1:20:26	4825
4915	3337	1:09:31	Chris COPE		Male	3020	1:16:58	4427
4916	3361	1:09:31	Cheryl HOPPER		Female	1896	1:16:57	4426
4917	6689	1:09:31	Kirsty POND		Female	1897	1:23:24	5128
4918	5288	1:09:31	Emily SPRAGGE		Female	1898	1:20:56	4888
4919	1270	1:09:31	L BRANDLING-HARRIS		Female	1899	1:14:29	4134
4920	6037	1:09:31	Irina BUCHAN		Female	1900	1:19:46	4754
4921	1863	1:09:32	Annie LEUNG		Female	1901	1:14:29	4133
4922	5246	1:09:32	Joe FEARNLEY		Male	3021	1:21:26	4938
4923	6004	1:09:33	Laura EDWARDS	Norwich Road Runners	Female	1902	1:20:19	4809
4924	4333	1:09:33	Samantha GREENLAND		Female	1903	1:16:35	4375
4925	4963	1:09:34	Steven GEORGE		Male	3022	1:18:48	4657
4926	7346	1:09:35	Amber CLARKE		Female	1904	1:24:34	5245
4927	6555	1:09:35	Helen COCKBURN		Female	1905	1:22:07	5015
4928	7080	1:09:35	Bria CASTLETON		Female	1906	1:24:16	5220
4929	5678	1:09:35	Catherine PAUL		Female	1907	1:22:07	5014
4930	7477	1:09:36	Ricky TULL		Male	3023	1:23:25	5130
4931	4961	1:09:36	Julie STEARMAN		Female	1908	1:19:12	4704
4932	6033	1:09:37	Adam BENNETT		Male	3024	1:19:32	4733
4933	4607	1:09:38	Jean WHITING	Felixstowe RRC	Female	1909	1:20:56	4891
4934	5113	1:09:38	Suzanne MOORE		Female	1910	1:19:28	4729
4935	7215	1:09:39	Karen PRIME		Female	1911	1:25:07	5290
4936	3616	1:09:39	Richard NICHOLS		Male	3025	1:17:18	4467
4937	7340	1:09:39	Stuart SADLER		Male	3026	1:23:23	5124
4938	4887	1:09:39	Hollie SUTHERLAND		Female	1912	1:25:00	5279
4939	3706	1:09:39	Gina ALLEN		Female	1913	1:15:45	4297
4940	6835	1:09:39	Lisa HERRMANN		Female	1914	1:22:45	5067
4941	4334	1:09:41	Caroline FLETCHER		Female	1915	1:19:01	4682
4942	5453	1:09:41	Stephen FROSTWICK		Male	3027	1:20:48	4864
4943	5498	1:09:41	David WARMAN	Dereham Runners & AC	Male	3028	1:19:01	4683
4944	3270	1:09:42	Zaneta CEGIELSKA		Female	1916	1:16:46	4396
4945	5045	1:09:42	Marie MATTIN		Female	1917	1:18:49	4660
4946	6533	1:09:42	Hanna DAVIES		Female	1918	1:16:46	4395
4947	6123	1:09:42	Helen FITZHUGH		Female	1919	1:22:38	5059
4948	4821	1:09:43	M DANHER-BARBER		Female	1920	1:21:51	4988
4949	4965	1:09:43	Libby BAGGALEY		Female	1921	1:21:51	4987
4950	4621	1:09:43	Robert MUNCASTER		Male	3029	1:20:44	4853
4951	4455	1:09:44	Helen MARSH		Female	1922	1:17:45	4540
4952	4197	1:09:45	Matthew CALVERT		Male	3030	1:18:57	4676
4953	4949	1:09:45	Felicity HOPPER	Norfolk Harriers RC	Female	1923	1:24:04	5192
4954	5515	1:09:46	Alice PARKER		Female	1924	1:18:50	4663
4955	7191	1:09:46	Joanne RAINBOW		Female	1925	1:22:45	5069
4956	7194	1:09:46	Beth HATCH		Female	1926	1:22:45	5068
4957	6774	1:09:46	Elizabeth PHILLIPS		Female	1927	1:23:36	5149
4958	5253	1:09:46	Helen JOHNSON		Female	1928	1:20:23	4818
4959	7375	1:09:47	Jason BORTHWICK		Male	3031	1:22:29	5043
4960	5361	1:09:49	Rachael O'NEILL		Female	1929	1:20:55	4883
4961	6422	1:09:50	Andrea LINE		Female	1930	1:23:30	5141
4962	3482	1:09:50	Mark PITCHER		Male	3032	1:17:21	4470
4963	6055	1:09:50	Marie MCNAUGHER	Norfolk Harriers RC	Female	1931	1:23:48	5166
4964	3481	1:09:50	Joanne PITCHER		Female	1932	1:17:22	4471
4965	4894	1:09:51	Kelly KING		Female	1933	1:19:12	4703
4966	6142	1:09:51	Jane MCNAUGHER		Female	1934	1:23:48	5167
4967	5685	1:09:52	Kerri HASTINGS		Female	1935	1:21:22	4932
4968	5882	1:09:53	Miss E SMITH		Female	1936	1:20:25	4823
4969	3300	1:09:53	Alan DEAN		Male	3033	1:17:09	4443
4970	6313	1:09:53	Eleanor JACKSON		Female	1937	1:25:31	5326



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
4971	2331	1:09:53	James BISHOP	Runners-Next-the-Sea	Male	3034	1:13:39	4036
4972	5115	1:09:54	Kate WARREN		Female	1938	1:19:07	4691
4973	6766	1:09:54	Sarah NICHOLS		Female	1939	1:23:17	5116
4974	5114	1:09:54	Susan CLARKE		Female	1940	1:19:07	4690
4975	5350	1:09:55	Lois METCALFE		Female	1941	1:21:10	4920
4976	4657	1:09:55	Arthur MCCARTHY		Male	3035	1:19:42	4748
4977	2703	1:09:55	Aimee LEGGOE		Female	1942	1:13:37	4031
4978	1508	1:09:57	James GILLIGAN		Male	3036	1:14:15	4099
4979	4311	1:09:57	Rachel MACRO		Female	1943	1:16:15	4341
4980	5914	1:09:57	A CLOUGHTON-LOWE		Female	1944	1:21:54	5001
4981	5170	1:09:58	Naomi WEBB		Female	1945	1:19:17	4711
4982	6919	1:10:00	Eleanor CRAIK		Female	1946	1:23:45	5163
4983	4196	1:10:00	Fiona CAMPBELL EADE		Female	1947	1:19:13	4705
4984	5076	1:10:00	Teresa BARRETT		Female	1948	1:19:36	4741
4985	5109	1:10:00	Rachel MAHONEY		Female	1949	1:23:09	5110
4986	6462	1:10:02	Rachel RALPH		Female	1950	1:24:00	5181
4987	5227	1:10:04	Gill MUNDAY		Female	1951	1:21:20	4929
4988	5263	1:10:06	Clare SUTER		Female	1952	1:20:52	4875
4989	6189	1:10:09	Marie DUNCAN		Female	1953	1:24:13	5215
4990	5119	1:10:09	Paul BLAKE		Male	3037	1:19:19	4716
4991	4168	1:10:09	Laura RIDOUT		Female	1954	1:18:00	4563
4992	4167	1:10:09	Andrew RIDOUT		Male	3038	1:18:01	4567
4993	2747	1:10:09	Brett CRUICKSHANK		Male	3039	1:13:20	3995
4994	6801	1:10:10	Suaad HASSAN		Female	1955	1:24:09	5208
4995	5155	1:10:10	A CARLSON-RANGECROFT		Female	1956	1:22:56	5087
4996	6138	1:10:10	Caroline ENGLAND		Female	1957	1:22:56	5088
4997	3240	1:10:11	Matthew LAXTON	Waveney Valley AC	Male	3040	1:20:35	4841
4998	4999	1:10:11	Hayley LAXTON		Female	1958	1:20:35	4840
4999	6851	1:10:13	Angela MOWER		Female	1959	1:22:54	5084
5000	7437	1:10:13	Michael WHITMORE		Male	3041	1:25:42	5342
5001	3642	1:10:14	Brian GOODA		Male	3042	1:10:14	3586
5002	6355	1:10:14	Clara TODD	Ryston Runners	Female	1960	1:23:41	5157
5003	5172	1:10:14	Abi SHARP		Female	1961	1:23:41	5158
5004	5785	1:10:15	Elinor MOREY		Female	1962	1:21:02	4910
5005	5688	1:10:16	Donna JEARY		Female	1963	1:19:59	4779
5006	5317	1:10:16	Hannah DEVINE		Female	1964	1:22:03	5010
5007	4745	1:10:16	M VON SCHWEITZER	North Norfolk Beach Runners	Female	1965	1:21:22	4934
5008	6036	1:10:16	James WATKINS		Male	3043	1:20:26	4824
5009	5256	1:10:17	Claire BEARD		Female	1966	1:20:43	4852
5010	7000	1:10:18	Suze LAKE		Female	1967	1:24:45	5261
5011	4877	1:10:18	Julia HUGHES		Female	1968	1:20:30	4833
5012	5213	1:10:18	Sara HOLROYD		Female	1969	1:21:54	5000
5013	6299	1:10:18	Wayne MANSER		Male	3044	1:24:01	5184
5014	4618	1:10:20	Andrew VERNEY		Male	3045	1:22:12	5021
5015	7387	1:10:24	Nik JONES		Male	3046	1:25:14	5292
5016	6905	1:10:24	Karen WEST		Female	1970	1:25:25	5315
5017	2272	1:10:24	Thomas GRIMSHAW		Male	3047	1:13:27	4009
5018	3727	1:10:24	James SHIPLEE		Male	3048	1:16:50	4403
5019	5092	1:10:25	Kelly TILBURY		Female	1971	1:19:27	4725
5020	3169	1:10:25	Phil SOANES		Male	3049	1:20:58	4900
5021	3774	1:10:26	Emma SOANES		Female	1972	1:20:58	4901
5022	5180	1:10:26	Bryony SEABROOK	Waveney Valley AC	Female	1973	1:23:20	5122
5023	4871	1:10:26	Tanya ISBILL		Female	1974	1:21:50	4980
5024	4992	1:10:26	Lucy BROWNE		Female	1975	1:20:59	4904
5025	4482	1:10:26	Lindsey ANDERSON		Female	1976	1:25:31	5325
5026	4991	1:10:26	Colin BROWNE		Male	3050	1:20:59	4903
5027	5585	1:10:26	Helen SMITH	Bungay Black Dog RC	Female	1977	1:21:03	4914
5028	2065	1:10:27	Matthew ANDERSON		Male	3051	1:25:31	5327
5029	7601	1:10:27	Ben SAWYER		Male	3052	1:25:56	5359
5030	7265	1:10:28	Jack SAWYER		Male	3053	1:25:56	5358
5031	5265	1:10:28	Vicky KEENE		Female	1978	1:22:24	5037
5032	3756	1:10:28	Graham SAMPSON	Waveney Valley AC	Male	3054	1:17:29	4491
5033	5220	1:10:28	Michelle WARD		Female	1979	1:20:44	4856
5034	6818	1:10:28	Simon CROSS		Male	3055	1:24:03	5190
5035	4468	1:10:28	James LUPSON		Male	3056	1:17:29	4490
5036	5017	1:10:29	David CUSHWAY		Male	3057	1:19:54	4765
5037	4793	1:10:29	Sophie VAN RAALTE	Runners-Next-the-Sea	Female	1980	1:25:24	5313
5038	4362	1:10:29	Charlotte GREEN		Female	1981	1:18:54	4670
5039	2963	1:10:31	Mark CUMMINS		Male	3058	1:15:47	4301
5040	3846	1:10:31	Georgina CHAPPLE		Female	1982	1:18:00	4564



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
5041	3840	1:10:32	Lucy DYE		Female	1983	1:18:34	4625
5042	6920	1:10:33	Kerry CRAIK		Female	1984	1:24:18	5223
5043	4356	1:10:34	Charlotte MERCER		Female	1985	1:20:55	4884
5044	6773	1:10:36	Lindsey RICHMOND		Female	1986	1:24:28	5239
5045	5886	1:10:36	Alan WELTON		Male	3059	1:25:25	5314
5046	7605	1:10:36	Louise EWING		Female	1987	1:24:28	5240
5047	6903	1:10:36	Lyndsay EDGE		Female	1988	1:23:38	5153
5048	6532	1:10:37	Steve POTKINS		Male	3060	1:23:25	5129
5049	5997	1:10:37	Rosie DUNTHORNE		Female	1989	1:20:14	4803
5050	6160	1:10:37	Gemma BARNSDALE		Female	1990	1:25:27	5318
5051	7108	1:10:37	Alan HOPLEY		Male	3061	1:23:46	5164
5052	6730	1:10:38	Karen TERRY		Female	1991	1:25:06	5285
5053	7604	1:10:38	Chris HAMLIN		Male	3062	1:25:30	5323
5054	6522	1:10:38	Jo CROCKER		Female	1992	1:23:42	5159
5055	6659	1:10:39	Caroline HAMLIN		Female	1993	1:25:30	5324
5056	5438	1:10:40	Sarah HADDON		Female	1994	1:21:52	4994
5057	5266	1:10:40	Jane GRAY		Female	1995	1:20:06	4789
5058	5334	1:10:40	Vicki HACKETT		Female	1996	1:23:34	5146
5059	5302	1:10:40	Sheila CRISP		Female	1997	1:20:48	4865
5060	5551	1:10:42	Sally HENRY		Female	1998	1:20:43	4850
5061	6381	1:10:43	Deborah WILSON		Female	1999	1:23:29	5132
5062	1104	1:10:44	David NEEVE	Bungay Black Dog RC	Male	3063	1:23:30	5139
5063	4583	1:10:44	John BARKSHIRE		Male	3064	1:20:14	4801
5064	4981	1:10:44	Paul BARKSHIRE		Male	3065	1:20:14	4800
5065	6895	1:10:44	Christine KINGWELL	Bungay Black Dog RC	Female	2000	1:23:30	5140
5066	5260	1:10:44	Nicholas GINN		Male	3066	1:20:03	4786
5067	5326	1:10:45	Ayshea CHRISTIAN		Female	2001	1:24:48	5269
5068	7170	1:10:45	Stephen MARSHALL		Male	3067	1:26:23	5391
5069	5732	1:10:45	Daniel EDMONDS		Male	3068	1:25:11	5291
5070	5196	1:10:46	Jenny HARMER		Female	2002	1:26:05	5370
5071	6505	1:10:47	Nicki PAUL		Female	2003	1:26:05	5371
5072	5516	1:10:47	Emily PARKER		Female	2004	1:19:52	4762
5073	6872	1:10:47	Holly RUSSELL		Female	2005	1:23:19	5120
5074	3737	1:10:48	Alex HODGES		Female	2006	1:17:14	4458
5075	5412	1:10:49	Wendy GLAYSHER	Norwich Road Runners	Female	2007	1:19:51	4761
5076	7378	1:10:49	Emma OSBORN		Female	2008	1:23:29	5134
5077	1769	1:10:49	Dean JOHNSON		Male	3069	1:26:00	5361
5078	4945	1:10:49	Lee JOHNSON		Male	3070	1:26:00	5363
5079	3785	1:10:49	Amy TURNER		Female	2009	1:24:32	5243
5080	3876	1:10:49	Amelia HACKING		Female	2010	1:26:00	5362
5081	6224	1:10:50	Lisa SMITH		Female	2011	1:26:00	5364
5082	7380	1:10:50	Sarah TAYLOR		Female	2012	1:23:29	5135
5083	6856	1:10:50	Denise BJORCK	Waveney Valley AC	Female	2013	1:23:21	5123
5084	5615	1:10:51	Jamie ALLEN		Male	3071	1:20:13	4798
5085	6295	1:10:51	James MADSEN		Male	3072	1:25:31	5328
5086	7586	1:10:52	Tamson CHIPPERFIELD		Female	2014	1:24:26	5231
5087	4251	1:10:52	Sarah PATERSON		Female	2015	1:21:04	4917
5088	4139	1:10:52	Jenny GREEN	Waveney Valley AC	Female	2016	1:20:24	4821
5089	6848	1:10:53	Katherine AUDUS	Great Yarmouth Road Runners	Female	2017	1:24:45	5262
5090	5861	1:10:54	Caroline CECIL		Female	2018	1:22:07	5016
5091	5773	1:10:54	Hetal MURPHY		Female	2019	1:24:37	5250
5092	4678	1:10:55	Kimberley UZZELL		Female	2020	1:21:15	4923
5093	7028	1:10:56	Sharon CANNELL	Beccles & Bungay Harriers	Female	2021	1:24:05	5195
5094	7023	1:10:56	Louise PECK	Beccles & Bungay Harriers	Female	2022	1:24:05	5194
5095	5240	1:10:57	Louise BARBER		Female	2023	1:22:51	5078
5096	6610	1:10:57	Shopie HOUGHTON-HOOD		Female	2024	1:24:40	5253
5097	4338	1:10:57	Katie RANDELL		Female	2025	1:20:40	4847
5098	6719	1:10:57	Oa HACKETT		Female	2026	1:24:40	5254
5099	6552	1:10:58	Marc COLLETT		Male	3073	1:25:29	5320
5100	4301	1:10:58	Carol WALL		Female	2027	1:18:39	4633
5101	5721	1:10:58	Nilixa DEVLUKIA		Female	2028	1:22:27	5041
5102	6864	1:11:00	Sarah SCHOFIELD		Female	2029	1:24:08	5206
5103	4647	1:11:00	Nicola YOUNG		Female	2030	1:22:31	5045
5104	7272	1:11:01	Kathy BRANDISH		Female	2031	1:24:06	5200
5105	7553	1:11:01	James VIVIAN		Male	3074	1:25:15	5297
5106	3462	1:11:02	Samantha HILL		Female	2032	1:19:29	4730
5107	7289	1:11:02	Catherine WRIGHT		Female	2033	1:26:06	5372
5108	6685	1:11:03	Fiona HASTINGS		Female	2034	1:24:56	5276
5109	6556	1:11:03	Stephanie MULLARNEY		Female	2035	1:24:53	5272
5110	5097	1:11:03	Katy SAVAGE		Female	2036	1:21:51	4992



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
5111	5899	1:11:03	Lindsay CHURCHMAN	Stowmarket Striders RC	Female	2037	1:22:21	5032
5112	5522	1:11:04	Kristina MOORE		Female	2038	1:21:12	4922
5113	3422	1:11:04	Pete EDWARDS		Male	3075	1:19:39	4745
5114	3880	1:11:05	Lisa WANG		Female	2039	1:19:22	4718
5115	3157	1:11:05	Emma FLACK		Female	2040	1:19:39	4746
5116	5218	1:11:07	Chelsea MUNDFORD		Female	2041	1:26:13	5378
5117	6065	1:11:08	Ali CALVERT		Female	2042	1:26:31	5401
5118	7362	1:11:10	Bruce TURNER		Male	3076	1:25:52	5355
5119	5906	1:11:10	Nicola HEMNELL		Female	2043	1:20:21	4814
5120	6542	1:11:12	Sarah WYNN		Female	2044	1:25:38	5335
5121	5718	1:11:13	Keela MIDDLETON		Female	2045	1:23:07	5106
5122	6977	1:11:15	Jo WHARAM		Female	2046	1:25:46	5347
5123	6272	1:11:15	Michelle HOLDEN		Female	2047	1:26:21	5387
5124	5690	1:11:16	Rachel PARKER		Female	2048	1:22:36	5053
5125	6012	1:11:17	Emily KEEL		Female	2049	1:21:32	4940
5126	6170	1:11:18	Alison SMITH		Female	2050	1:26:50	5427
5127	6128	1:11:18	Rachel BLAKEMORE		Female	2051	1:24:06	5202
5128	6126	1:11:18	Dale BLAKEMORE	Great Yarmouth & District AC	Male	3077	1:24:06	5201
5129	5250	1:11:18	Rachel KNOGLINGER		Female	2052	1:21:37	4952
5130	5204	1:11:19	Carolyn PENN		Female	2053	1:20:40	4848
5131	6713	1:11:21	Rachel WILLIS		Female	2054	1:25:15	5294
5132	7288	1:11:21	Sandy WELLS		Female	2055	1:25:23	5311
5133	4895	1:11:21	Sean DUGDALE		Male	3078	1:20:50	4871
5134	6518	1:11:22	Lucy ROZEE	Norwich Road Runners	Female	2056	1:25:18	5301
5135	6093	1:11:24	Emily NELSON		Female	2057	1:26:32	5403
5136	4993	1:11:27	Sarah EVERITT		Female	2058	1:20:42	4849
5137	7583	1:11:27	Sarah KOSTER		Female	2059	1:24:27	5235
5138	2189	1:11:27	Elizabeth GREEN		Female	2060	1:20:49	4870
5139	5994	1:11:27	Niki GEORGE		Male	3079	1:22:45	5066
5140	4994	1:11:28	Catherine WINSLOW	Waveney Valley AC	Female	2061	1:20:43	4851
5141	7580	1:11:29	Denise KIRBY		Female	2062	1:24:20	5224
5142	4861	1:11:29	John MANDERS		Male	3080	1:27:19	5454
5143	6601	1:11:30	Shirley TAYLOR		Female	2063	1:24:26	5233
5144	5789	1:11:30	Jen SMITH		Female	2064	1:23:19	5121
5145	3946	1:11:31	Angelene AYERS		Female	2065	1:19:17	4712
5146	6814	1:11:31	Rebecca KINGSTON		Female	2066	1:25:20	5305
5147	7296	1:11:33	Kerry FOLKES		Female	2067	1:24:25	5230
5148	5357	1:11:33	Lesley TINDALL		Female	2068	1:23:08	5107
5149	5091	1:11:33	Loreta PENDLE		Female	2069	1:22:39	5061
5150	6056	1:11:33	Ian SEARS		Male	3081	1:27:04	5442
5151	3115	1:11:33	David MARKS		Male	3082	1:22:19	5028
5152	7502	1:11:34	Chris THIRTLE		Male	3083	1:24:40	5255
5153	5666	1:11:34	Jonathan SEAMAN		Male	3084	1:23:23	5125
5154	7448	1:11:35	Robert FLETCHER		Male	3085	1:24:31	5241
5155	5730	1:11:35	Siobhan CONWAY		Female	2070	1:26:25	5394
5156	5935	1:11:35	Hope MIDDLETON		Female	2071	1:20:54	4880
5157	5912	1:11:36	Sara BURDETT		Female	2072	1:22:52	5081
5158	6200	1:11:36	Anna HARRISON	Great Yarmouth Road Runners	Female	2073	1:24:32	5244
5159	4451	1:11:36	Aaron HOCKING		Male	3086	1:20:54	4882
5160	4997	1:11:37	Sarah HAWKEN		Female	2074	1:24:26	5232
5161	5315	1:11:37	Amanda MENDHAM		Female	2075	1:24:26	5234
5162	7115	1:11:38	Mandy HARRISON		Female	2076	1:25:48	5351
5163	7506	1:11:38	Richard DENNE		Male	3087	1:25:21	5308
5164	6067	1:11:41	Emma STRAW		Female	2077	1:24:43	5260
5165	4316	1:11:42	Stephen SWALLOW		Male	3088	1:23:38	5152
5166	6402	1:11:43	Elena BATES		Male	3089	1:26:39	5412
5167	5967	1:11:43	Paul ADAMS		Male	3090	1:23:38	5151
5168	6232	1:11:43	James CHAMBERLIN		Male	3091	1:26:44	5420
5169	5353	1:11:44	Gemma CHRISTIE		Female	2078	1:20:49	4868
5170	6377	1:11:44	Colin GAMSON		Male	3092	1:24:28	5236
5171	5893	1:11:44	Catherine KENNEY	Wymondham AC	Female	2079	1:22:42	5062
5172	5323	1:11:44	David BALL		Male	3093	1:23:03	5099
5173	5965	1:11:44	Karen SWALLOW		Female	2080	1:23:40	5155
5174	6796	1:11:44	Gavin THETFORD		Male	3094	1:25:26	5317
5175	6378	1:11:44	Liz DEARDEN		Female	2081	1:24:28	5237
5176	4566	1:11:45	Joseph BROWNE		Male	3095	1:18:01	4568
5177	5790	1:11:47	Alex WATSON		Female	2082	1:21:51	4989
5178	4620	1:11:47	Nigel BARNES		Male	3096	1:21:46	4970
5179	5447	1:11:48	Laura BISHOP		Female	2083	1:20:50	4872
5180	4907	1:11:48	Stephen ANDREWS		Male	3097	1:23:14	5113



Run Norwich 2019

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RESULT

by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
5181	4844	1:11:49	Jamie GRAY	Harling Athletic Club	Male	3098	1:22:07	5018
5182	4893	1:11:49	David THROWER		Male	3099	1:21:48	4973
5183	5837	1:11:49	Charlie BROOKS		Female	2084	1:23:03	5098
5184	6639	1:11:49	Michelle WHITE		Female	2085	1:26:01	5365
5185	5255	1:11:49	Hannah BALDWIN		Female	2086	1:21:48	4972
5186	6871	1:11:49	Emma WHAYMAN		Female	2087	1:24:57	5277
5187	4859	1:11:50	Phoebe BOULTON		Female	2088	1:23:27	5131
5188	1681	1:11:50	Glynn WHITE		Male	3100	1:26:01	5366
5189	7024	1:11:50	Kelly MASSEY		Female	2089	1:26:52	5428
5190	7025	1:11:50	Samantha BROWN		Female	2090	1:26:52	5429
5191	7356	1:11:50	Adam RAY		Male	3101	1:26:58	5435
5192	5884	1:11:50	Kerry CLARKE		Female	2091	1:24:22	5228
5193	3336	1:11:51	Megan PUTTICK		Female	2092	1:15:14	4236
5194	2007	1:11:52	Mark WILLMOTT		Male	3102	1:18:59	4679
5195	5708	1:11:52	Nicola SHEARING		Female	2093	1:20:59	4905
5196	6502	1:11:52	Oliver HEALEY		Male	3103	1:25:43	5343
5197	5351	1:11:52	Elizabeth BUDD		Female	2094	1:22:31	5048
5198	7057	1:11:52	Sharon COLE		Female	2095	1:23:52	5174
5199	5087	1:11:52	Jennifer WILSON		Female	2096	1:23:52	5173
5200	4840	1:11:53	Victoria MANN		Female	2097	1:22:06	5013
5201	7333	1:11:54	Kirsty STADDON		Female	2098	1:22:50	5076
5202	6602	1:11:55	Linda THORNTON		Female	2099	1:24:32	5242
5203	4946	1:11:56	John MASON		Male	3104	1:23:51	5172
5204	4726	1:11:56	Oakley RIVERS		Male	3105	1:22:24	5035
5205	1988	1:11:57	Chris CLOW		Male	3106	1:25:47	5348
5206	6243	1:11:57	Lorna LUSHER	Norwich Road Runners	Female	2100	1:27:15	5450
5207	3875	1:11:58	Rhosyn ALMOND		Female	2101	1:21:25	4935
5208	5604	1:11:58	Rory IVES		Male	3107	1:24:41	5258
5209	4841	1:11:58	Albert WALLDER		Male	3108	1:24:41	5257
5210	2136	1:12:00	Daniel PLACE		Male	3109	1:21:42	4959
5211	3719	1:12:01	Joe WOODLEY		Male	3110	1:25:06	5288
5212	6962	1:12:01	Carl BARBER		Male	3111	1:24:36	5246
5213	4810	1:12:01	Damien DISTILL		Male	3112	1:21:42	4958
5214	7110	1:12:01	Sean CURTIS		Male	3113	1:27:42	5476
5215	5421	1:12:01	Sarah LEE		Female	2102	1:21:18	4926
5216	3099	1:12:01	Lewis PATTERSON	Norwich Road Runners	Male	3114	1:17:10	4446
5217	3666	1:12:02	Marianne SAUNDERS		Female	2103	1:20:17	4806
5218	6908	1:12:02	Kelly ETHERIDGE		Female	2104	1:26:33	5404
5219	3772	1:12:02	Richard ALLSWORTH		Male	3115	1:20:29	4831
5220	3775	1:12:03	Fran ROWLEY		Female	2105	1:20:29	4832
5221	5966	1:12:06	Louise KNIGHTS		Female	2106	1:23:23	5126
5222	5062	1:12:07	Frances SPURGEON		Female	2107	1:21:19	4927
5223	6152	1:12:07	Catherine BATES		Female	2108	1:25:04	5284
5224	7222	1:12:09	Ben CHAMBERS		Male	3116	1:25:03	5282
5225	5794	1:12:10	Carol MCKEAN		Female	2109	1:21:51	4991
5226	5677	1:12:10	Stephen PIZEY	Coltishall Jaguars RC	Male	3117	1:22:38	5058
5227	6777	1:12:10	Kirsty BURGESS		Female	2110	1:24:49	5271
5228	5279	1:12:11	Alison READ		Female	2111	1:22:36	5052
5229	4642	1:12:12	Emma WYATT		Female	2112	1:22:05	5011
5230	6157	1:12:13	Grace LEES-MAFFEI		Female	2113	1:24:49	5270
5231	5471	1:12:15	Kayleigh BLACKWOOD		Female	2114	1:24:03	5186
5232	5360	1:12:15	Nipharat RABUENAM		Female	2115	1:24:09	5207
5233	5194	1:12:15	Amanda-Jayne BARNES		Female	2116	1:21:40	4955
5234	5219	1:12:16	Kyle LIVINGSTONE		Male	3118	1:27:22	5457
5235	5948	1:12:16	Anna WILSON		Female	2117	1:21:43	4962
5236	6847	1:12:16	Alan PEEK	Coltishall Jaguars RC	Male	3119	1:25:16	5300
5237	3899	1:12:17	Darrell ROPER		Male	3120	1:24:54	5275
5238	6001	1:12:17	Jessica BONIFACE		Female	2118	1:21:44	4965
5239	5239	1:12:17	Stephanie SMITH		Female	2119	1:21:26	4937
5240	6298	1:12:17	Donna MONK		Female	2120	1:24:54	5274
5241	6167	1:12:19	Ray SMITH		Male	3121	1:27:51	5487
5242	5242	1:12:19	Laura HEAD	Waveney Valley AC	Female	2121	1:22:07	5017
5243	6397	1:12:19	Annie HALL		Female	2122	1:25:21	5306
5244	6162	1:12:20	Laura DODDS		Female	2123	1:27:18	5452
5245	4784	1:12:20	Lesley HANNER		Female	2124	1:23:00	5097
5246	5733	1:12:20	Lesley HALL		Female	2125	1:23:00	5096
5247	6884	1:12:21	Claire TAYLOR		Female	2126	1:24:53	5273
5248	4947	1:12:22	Debbie SPORLE		Female	2127	1:21:44	4964
5249	4819	1:12:22	Rachael BLUNT	Norwich Road Runners	Female	2128	1:22:50	5075
5250	5550	1:12:22	Lucy WHITWORTH		Female	2129	1:22:24	5033



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
5251	6046	1:12:23	Stephen DEAN	Norfolk Gazelles AC	Male	3122	1:21:32	4942
5252	5364	1:12:23	E HARRINGTON-FROST		Female	2130	1:22:24	5034
5253	4698	1:12:24	Adrian LAND		Male	3123	1:23:29	5133
5254	5161	1:12:25	Joe JACKSON		Male	3124	1:24:07	5203
5255	5319	1:12:26	Nicola LEE		Female	2131	1:22:37	5054
5256	7439	1:12:27	Helen LEMMON		Female	2132	1:25:58	5360
5257	5873	1:12:27	Mark BUTCHER		Male	3125	1:22:37	5057
5258	6153	1:12:29	Fiona JACKSON		Female	2133	1:25:15	5295
5259	5851	1:12:29	Gary TARTT	North Norfolk Beach Runners	Male	3126	1:27:33	5469
5260	6870	1:12:30	Catherine WHITING		Female	2134	1:27:36	5471
5261	6229	1:12:30	Kath ELLIS		Female	2135	1:26:07	5374
5262	5838	1:12:31	Krystle MCGHEE		Female	2136	1:21:46	4969
5263	6594	1:12:31	Ross BULLARD		Male	3127	1:26:22	5389
5264	6413	1:12:31	Serife KHER		Female	2137	1:25:01	5281
5265	5828	1:12:31	Natasha GRIST		Female	2138	1:28:11	5505
5266	6501	1:12:32	Kevin MAGUIRE		Male	3128	1:28:12	5506
5267	7247	1:12:32	Catherine LUONG		Female	2139	1:26:47	5423
5268	7432	1:12:34	Mark KERR		Male	3129	1:25:31	5329
5269	6988	1:12:34	Laura GILCHRIST	North Herts RRC	Female	2140	1:25:38	5336
5270	7158	1:12:34	Leanne LOWE		Female	2141	1:26:37	5407
5271	6549	1:12:34	Michelle WILLIAMS		Female	2142	1:25:25	5316
5272	6352	1:12:35	Emily JARVIS		Female	2143	1:26:37	5408
5273	6810	1:12:35	Tae LUQUE DE MENA		Female	2144	1:25:47	5349
5274	5968	1:12:35	James VARDIGANS		Male	3130	1:23:29	5136
5275	5340	1:12:37	Lucy BONHAM		Female	2145	1:23:53	5177
5276	5245	1:12:38	Jenna DAYKIN		Female	2146	1:22:31	5046
5277	6351	1:12:39	Karen FORBES (		Female	2147	1:25:19	5304
5278	4982	1:12:39	Beatriz LOPEZ RUIZ		Female	2148	1:21:44	4966
5279	6976	1:12:39	Stuart HATHAWAY	Great Yarmouth Road Runners	Male	3131	1:27:43	5480
5280	5871	1:12:40	Jo PINKNEY		Female	2149	1:24:37	5249
5281	4637	1:12:41	Dan MUTTOCK		Male	3132	1:23:52	5175
5282	7116	1:12:43	Anna WAKEFIELD		Female	2150	1:26:46	5422
5283	6869	1:12:44	Katie CLARKE		Female	2151	1:26:21	5388
5284	7037	1:12:45	Jill GIBBS		Female	2152	1:27:13	5449
5285	5331	1:12:45	Phillip LAURIER	Lowestoft Road Runners	Male	3133	1:21:51	4990
5286	7536	1:12:48	Isabelle PLATER		Female	2153	1:26:20	5384
5287	6516	1:12:48	Edward O'NEILL		Male	3134	1:27:32	5465
5288	3526	1:12:52	Sarah HOWE		Female	2154	1:26:38	5411
5289	4279	1:12:52	Ian FREEL	Great Yarmouth Road Runners	Male	3135	1:20:21	4815
5290	5417	1:12:52	Charlotte RUSSELL		Female	2155	1:26:38	5410
5291	6510	1:12:53	Charlotte DARKINS		Female	2156	1:26:35	5406
5292	4085	1:12:53	Lily WOODS		Female	2157	1:20:58	4897
5293	6104	1:12:53	Elaine KOZLIK		Female	2158	1:28:00	5497
5294	7322	1:12:55	Meryn PAYNE		Female	2159	1:26:31	5402
5295	5346	1:12:55	Kristi TYLER		Female	2160	1:24:42	5259
5296	6300	1:12:55	Laura PALMER		Female	2161	1:25:41	5340
5297	5059	1:12:56	Lawrence BURTON		Male	3136	1:22:03	5009
5298	6447	1:12:56	Donna EMPTAGE		Female	2162	1:25:35	5332
5299	6168	1:12:56	Caroline GROVES	Waveney Valley AC	Female	2163	1:27:43	5481
5300	4507	1:12:56	Andrea BUCKINGHAM		Female	2164	1:25:35	5334
5301	6448	1:12:56	Helen KNIGHTS		Female	2165	1:25:35	5333
5302	5637	1:12:57	Gregory HILL		Male	3137	1:22:58	5089
5303	6609	1:12:58	Gemma HARVEY		Female	2166	1:27:45	5484
5304	5025	1:12:58	Gemma SEAGER		Female	2167	1:24:06	5199
5305	5590	1:12:58	Laura GOODSWEN		Female	2168	1:22:52	5080
5306	2001	1:12:59	Jo PHILLIPS		Female	2169	1:22:17	5026
5307	5803	1:12:59	Ali COLLINS		Female	2170	1:22:17	5025
5308	6251	1:12:59	Sophie AYLIFFE		Female	2171	1:25:29	5319
5309	6998	1:13:01	C DANIELS-TIPTON	Coltishall Jaguars RC	Female	2172	1:25:49	5352
5310	6952	1:13:01	Gary BLOOMFIELD		Male	3138	1:25:41	5339
5311	6082	1:13:02	Julia O'DRISCOLL		Female	2173	1:25:52	5354
5312	5345	1:13:02	Louise EDWARDS		Female	2174	1:26:15	5380
5313	6035	1:13:02	Hayden COOMBER		Male	3139	1:22:31	5047
5314	7434	1:13:02	Sarah JONES		Female	2175	1:25:34	5330
5315	1511	1:13:02	Georgina DINNAGE		Female	2176	1:25:40	5338
5316	5015	1:13:03	Paul BLOOMFIELD		Male	3140	1:25:41	5341
5317	6144	1:13:03	Nell GIBBS		Female	2177	1:25:53	5356
5318	6633	1:13:03	Beatrice BLYTH		Female	2178	1:26:57	5434
5319	3745	1:13:06	Gemma COOKE	Norwich Road Runners	Female	2179	1:20:58	4898
5320	7127	1:13:06	Donna GENT		Female	2180	1:26:07	5373



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
5321	6899	1:13:08	Korine BROOKS KEITH		Female	2181	1:25:40	5337
5322	5259	1:13:08	Kat BLOM		Female	2182	1:22:55	5086
5323	7419	1:13:09	Julian WHEELER		Male	3141	1:28:35	5523
5324	7081	1:13:10	George TAYLOR		Male	3142	1:28:50	5544
5325	7420	1:13:10	Lucie WHEELER		Female	2183	1:28:34	5521
5326	6166	1:13:10	Angela HUDSON	Coltishall Jaguars RC	Female	2184	1:26:20	5385
5327	3223	1:13:11	Martin BISHOP	Coltishall Jaguars RC	Male	3143	1:20:55	4885
5328	5900	1:13:11	Lisa SMITH	Lowestoft Road Runners	Female	2185	1:23:48	5165
5329	7121	1:13:12	Rachel HARRIS		Female	2186	1:28:19	5512
5330	4974	1:13:12	Gordon PETERSON		Male	3144	1:22:33	5049
5331	3546	1:13:13	Tim HIRST	Bungay Black Dog RC	Male	3145	1:21:44	4963
5332	7089	1:13:13	Sindy HART		Female	2187	1:26:19	5382
5333	5766	1:13:14	Sam HOOKHAM		Female	2188	1:23:34	5147
5334	5611	1:13:19	Sarah MCBRIDE		Female	2189	1:25:15	5299
5335	6317	1:13:20	Rachel DANIEL		Female	2190	1:26:17	5381
5336	5610	1:13:20	Lynne DUGDALE		Female	2191	1:25:15	5298
5337	6398	1:13:20	F CHIVITE-MATTHEWS		Male	3146	1:29:12	5572
5338	2876	1:13:20	Aaron PITT		Male	3147	1:17:27	4487
5339	4655	1:13:22	Tanya NELSON	Norwich Road Runners	Female	2192	1:27:01	5439
5340	7512	1:13:22	Anna ELLIS		Female	2193	1:28:12	5507
5341	7179	1:13:22	Michelle GARDNER	Waveney Valley AC	Female	2194	1:27:01	5440
5342	5324	1:13:22	Joanne MASON		Female	2195	1:24:40	5252
5343	7599	1:13:22	Fiona O'HARA		Female	2196	1:25:56	5357
5344	7366	1:13:24	Tracy YATES		Female	2197	1:26:15	5379
5345	5655	1:13:25	Jo SEDGLEY		Female	2198	1:23:32	5144
5346	5359	1:13:25	Jinda HILLS		Female	2199	1:25:19	5302
5347	3469	1:13:26	Kieran SMITH		Male	3148	1:26:03	5368
5348	6129	1:13:26	Zoe SMITH		Female	2200	1:26:03	5369
5349	5681	1:13:26	Clarice SANDERSON		Female	2201	1:23:35	5148
5350	4610	1:13:29	Dawn CHAMBERLIN		Female	2202	1:22:42	5064
5351	5459	1:13:29	Coralie STOREY		Female	2203	1:26:53	5432
5352	6473	1:13:30	Stephanie GLENISTER		Female	2204	1:28:30	5517
5353	5186	1:13:30	Charlotte JESSOP		Female	2205	1:24:05	5197
5354	5660	1:13:31	Amanda ANDERSON		Female	2206	1:24:06	5198
5355	4370	1:13:31	Rachel HAWLEY		Female	2207	1:22:59	5091
5356	3536	1:13:31	Kayleigh LEMMON		Female	2208	1:21:39	4954
5357	4627	1:13:31	Damien O'GRADY		Male	3149	1:24:40	5256
5358	6238	1:13:33	Rita ROBBINS		Female	2209	1:26:38	5409
5359	5627	1:13:33	Richard CLIFFORD		Male	3150	1:24:03	5187
5360	4424	1:13:34	Jennie CLIFFORD		Female	2210	1:24:03	5188
5361	5257	1:13:34	Julia RUSH		Female	2211	1:24:28	5238
5362	6792	1:13:34	Karen AXFORD		Female	2212	1:26:44	5419
5363	7427	1:13:34	Margaret HILL		Female	2213	1:26:24	5392
5364	7088	1:13:35	Abigail MUTIMER		Female	2214	1:29:14	5575
5365	2240	1:13:35	Peter PEPPER		Male	3151	1:23:43	5161
5366	7452	1:13:35	Milena BULOTAITE		Female	2215	1:28:42	5529
5367	5233	1:13:36	Linda BUFTON		Female	2216	1:24:11	5210
5368	5354	1:13:37	Jon-Paul COURT		Male	3152	1:23:44	5162
5369	2259	1:13:37	Katie STILL		Female	2217	1:18:10	4581
5370	6799	1:13:38	Glenn BATE	Diss and District AC	Male	3153	1:26:24	5393
5371	6407	1:13:39	Helen VINSEN		Female	2218	1:26:25	5395
5372	5339	1:13:40	Joe KENNEDY		Male	3154	1:25:30	5321
5373	6196	1:13:40	Sally WILSON		Female	2219	1:26:46	5421
5374	5338	1:13:41	Jessica GROOME		Female	2220	1:25:30	5322
5375	5795	1:13:41	Rebecca GOODE		Female	2221	1:25:00	5280
5376	1862	1:13:41	Lorraine ROBERTSON	Norwich Road Runners	Female	2222	1:21:34	4944
5377	3268	1:13:41	Clare BROUGHTON	Norwich Road Runners	Female	2223	1:21:34	4945
5378	4576	1:13:42	Georgie COOK	Norwich Road Runners	Female	2224	1:25:07	5289
5379	6321	1:13:42	Helen FISKE	Norwich Road Runners	Female	2225	1:25:06	5286
5380	5276	1:13:42	Amy HOWARTH	Norwich Road Runners	Female	2226	1:25:06	5287
5381	6443	1:13:43	Tracie HART		Female	2227	1:29:15	5576
5382	6627	1:13:43	Sally CHALLINOR		Female	2228	1:28:22	5513
5383	6525	1:13:43	Rebecca MAXWELL		Female	2229	1:29:08	5563
5384	4911	1:13:44	Susanna SWEATMAN		Female	2230	1:28:48	5539
5385	6110	1:13:44	Daniel HILL		Male	3155	1:28:36	5526
5386	6222	1:13:44	Laura CLARK		Female	2231	1:28:48	5540
5387	5343	1:13:45	Andy RACKHAM		Male	3156	1:23:58	5179
5388	7347	1:13:45	Hannah CLARK		Female	2232	1:27:22	5456
5389	5776	1:13:45	Clare LAWRY		Female	2233	1:25:04	5283
5390	5358	1:13:46	Marie HODGE		Female	2234	1:23:24	5127



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
5391	5104	1:13:47	Helena PARKE	Stowmarket Striders RC	Female	2235	1:24:57	5278
5392	5192	1:13:49	Joanne ATKINS		Female	2236	1:23:37	5150
5393	7225	1:13:51	Ceri BROWES		Female	2237	1:27:34	5470
5394	4691	1:13:53	Kate KELLY		Female	2238	1:24:48	5267
5395	4714	1:13:54	Fleur KENNEALLY		Female	2239	1:24:48	5268
5396	4969	1:13:55	Sarah HUGHES		Female	2240	1:25:50	5353
5397	5580	1:13:55	Louise EVERETT		Female	2241	1:23:38	5154
5398	7177	1:13:56	Mary HOPE		Female	2242	1:28:58	5552
5399	5191	1:13:58	Emma AINSWORTH		Female	2243	1:25:34	5331
5400	6221	1:14:00	Rebecca MUNDY		Female	2244	1:27:38	5473
5401	5806	1:14:00	Abigail GARTLAND		Female	2245	1:27:54	5491
5402	7164	1:14:01	Richard KNIGHT		Male	3157	1:27:55	5493
5403	6013	1:14:01	Laura WILSON		Female	2246	1:23:56	5178
5404	5078	1:14:01	Lynn HENRY		Female	2247	1:26:50	5425
5405	6417	1:14:01	Samantha MOORHOUSE		Female	2248	1:27:07	5445
5406	4796	1:14:03	Robin TURNER		Male	3158	1:26:01	5367
5407	5141	1:14:03	Adam HILL		Male	3159	1:26:09	5375
5408	6383	1:14:04	Kati DYE		Female	2249	1:29:25	5593
5409	5142	1:14:04	Andie BROOKES	North Norfolk Beach Runners	Female	2250	1:26:09	5376
5410	7587	1:14:04	Jen EMERY		Female	2251	1:28:46	5535
5411	6965	1:14:06	Jasmine WISDOM		Female	2252	1:29:00	5555
5412	5493	1:14:06	Lindsay PATON		Female	2253	1:29:00	5554
5413	7218	1:14:07	Kiera ROWLEY		Female	2254	1:29:22	5587
5414	7077	1:14:08	Julian ROWLEY		Male	3160	1:29:23	5589
5415	5185	1:14:08	Chantelle COX		Female	2255	1:24:13	5218
5416	6376	1:14:08	John RUTKOWSKI		Male	3161	1:29:02	5558
5417	5788	1:14:08	Clemmie GLEESON		Female	2256	1:25:21	5307
5418	6865	1:14:08	Glynis SURSHAM		Female	2257	1:28:50	5545
5419	6770	1:14:10	Carolyn ANDERSON	Tri-Anglia Triathlon Club	Female	2258	1:26:59	5436
5420	6079	1:14:13	Helena CHERRY		Female	2259	1:29:10	5569
5421	6827	1:14:13	Bill WALKER		Male	3162	1:27:48	5485
5422	4773	1:14:14	Ellie ARMES		Female	2260	1:29:11	5570
5423	5110	1:14:15	Annie WHITHAM		Female	2261	1:29:32	5605
5424	6336	1:14:17	Louise RUANE		Female	2262	1:29:08	5564
5425	5307	1:14:17	Mark KING		Male	3163	1:25:22	5309
5426	3758	1:14:17	Jane BACON		Female	2263	1:21:53	4998
5427	7594	1:14:17	Shelley DODDS		Female	2264	1:29:16	5580
5428	3768	1:14:18	Barbara BUTTON		Female	2265	1:21:53	4997
5429	7067	1:14:18	Sharon HOLLIS	GoodGym Race Team	Female	2266	1:29:12	5573
5430	5428	1:14:18	Melanie MANSON		Female	2267	1:25:15	5293
5431	5973	1:14:18	Amanda WATLING		Female	2268	1:24:21	5226
5432	6192	1:14:18	Nicola TAYLOR		Female	2269	1:29:12	5571
5433	5972	1:14:18	Andy HART		Male	3164	1:24:21	5227
5434	6132	1:14:19	Edward D'SILVA		Male	3165	1:27:57	5494
5435	6408	1:14:19	Mohan RAJESH		Male	3166	1:27:18	5451
5436	7021	1:14:21	Kieran HINCHLIFFE		Male	3167	1:28:09	5501
5437	4916	1:14:21	Paul CUNNINGHAM		Male	3168	1:28:09	5504
5438	5880	1:14:23	Joanne KING		Female	2270	1:29:15	5578
5439	5944	1:14:24	Norma BURGESS	Norwich Road Runners	Female	2271	1:23:51	5171
5440	6720	1:14:24	Karen WEBB		Female	2272	1:29:44	5619
5441	6658	1:14:25	Mike CURRUMS		Male	3169	1:29:01	5556
5442	6551	1:14:25	Louise COLLETT		Female	2273	1:28:57	5550
5443	6531	1:14:25	Karena HAYNES		Female	2274	1:30:04	5637
5444	6276	1:14:25	Kerry HARMAN		Female	2275	1:27:37	5472
5445	7168	1:14:26	Susie ANDERSON		Female	2276	1:30:05	5638
5446	5653	1:14:26	Karen PEART		Female	2277	1:28:52	5547
5447	6365	1:14:26	Lauren SUTTON		Female	2278	1:28:06	5500
5448	7051	1:14:27	Sarah CROWE		Female	2279	1:27:00	5438
5449	6264	1:14:27	Katherine SELLEX	Norwich Road Runners	Female	2280	1:28:43	5532
5450	6893	1:14:27	Cindy GRAND		Female	2281	1:28:53	5548
5451	6339	1:14:28	Hannah PICKERING		Female	2282	1:27:33	5467
5452	7003	1:14:28	Chloe LEWIS		Female	2283	1:27:21	5455
5453	3358	1:14:28	Mark WATERS		Male	3170	1:27:33	5468
5454	5225	1:14:31	Sophie MACRAE		Female	2284	1:23:53	5176
5455	6148	1:14:32	Steve VITTLES		Male	3171	1:29:16	5579
5456	5295	1:14:32	Adam PRYKE		Male	3172	1:25:45	5346
5457	5452	1:14:33	Elizabeth SUMNERS		Female	2285	1:25:45	5345
5458	7478	1:14:34	S HUMPHRIES		Male	3173	1:27:18	5453
5459	6765	1:14:34	Kellie STEVENS	Norwich Road Runners	Female	2286	1:29:53	5626
5460	3847	1:14:35	Jamie CAUSTON		Male	3174	1:22:53	5083



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
5461	5979	1:14:36	Erin DOYLE	Coltishall Jaguars RC	Female	2287	1:29:43	5618
5462	6121	1:14:38	Jack WATLING		Male	3175	1:27:28	5459
5463	5336	1:14:41	Colleen CAMERON		Female	2288	1:23:50	5170
5464	4843	1:14:41	Joanne JOHNSON		Female	2289	1:24:11	5211
5465	7157	1:14:41	Edward BATES		Male	3176	1:29:20	5585
5466	7230	1:14:42	Jonathan FOSTER		Male	3177	1:29:20	5586
5467	3807	1:14:42	Alison NAYLOR		Female	2290	1:23:50	5169
5468	2086	1:14:42	Martin GREILLER		Male	3178	1:24:36	5248
5469	5267	1:14:42	Lyn GREILLER		Female	2291	1:24:36	5247
5470	5301	1:14:43	Katherine PARRY		Female	2292	1:24:47	5266
5471	7338	1:14:45	Alice BECKETT		Female	2293	1:28:46	5536
5472	6347	1:14:46	Jenny JONES		Female	2294	1:28:29	5516
5473	6320	1:14:46	Ted DELA CRUZ		Male	3179	1:27:30	5463
5474	6553	1:14:48	Ella BESSENT		Female	2295	1:29:19	5584
5475	6692	1:14:49	Jamie O'CONNOR		Male	3180	1:30:03	5635
5476	4268	1:14:49	Amy COLE		Female	2296	1:22:24	5036
5477	7353	1:14:50	Adam RICHARDSON		Male	3181	1:29:23	5588
5478	6439	1:14:50	Chris SEARS		Female	2297	1:30:21	5644
5479	7295	1:14:51	Angela HARRIES		Female	2298	1:27:43	5478
5480	4323	1:14:51	Amy SHORE		Female	2299	1:26:39	5413
5481	4996	1:14:51	Stephanie SHORE		Female	2300	1:26:39	5414
5482	6490	1:14:51	Kelly WINTON		Female	2301	1:27:58	5496
5483	7065	1:14:52	Debbie HALL		Female	2302	1:27:29	5461
5484	5120	1:14:52	Edward ATTOE		Male	3182	1:26:49	5424
5485	5686	1:14:53	Heidi HAWKSHAW		Female	2303	1:24:12	5213
5486	4891	1:14:53	Jenny PULFORD		Female	2304	1:26:50	5426
5487	6230	1:14:53	Fiona BENSLEY		Female	2305	1:27:41	5475
5488	4842	1:14:54	Caroline REXON		Female	2306	1:25:19	5303
5489	6615	1:14:55	Natalie PARKE		Female	2307	1:29:40	5615
5490	6382	1:14:55	Pippa CARTER	Beccles & Bungay Harriers	Female	2308	1:28:47	5537
5491	6785	1:14:56	Joelle BANKS		Female	2309	1:29:09	5565
5492	6284	1:14:57	Charlotte ADAMS		Female	2310	1:29:07	5560
5493	7109	1:14:57	Marsha HOPLEY		Female	2311	1:28:09	5502
5494	4889	1:14:58	Christine SCRIMSHAW		Female	2312	1:24:05	5193
5495	5001	1:14:59	Faye THOMAS		Female	2313	1:28:50	5546
5496	6030	1:14:59	Donna PLUMSTEAD		Female	2314	1:24:46	5263
5497	4901	1:14:59	Hannah COOPER		Female	2315	1:26:40	5415
5498	3752	1:15:00	Emily GROVES		Female	2316	1:26:40	5416
5499	6119	1:15:01	Katy STEER		Female	2317	1:29:17	5582
5500	6661	1:15:01	Megan SCOTT	Weston AC	Female	2318	1:27:57	5495
5501	6697	1:15:02	Hazel NIKOLOV		Female	2319	1:28:41	5528
5502	6888	1:15:02	Anita WILSON		Female	2320	1:27:53	5490
5503	6059	1:15:02	Marianna DARLOW		Female	2321	1:29:54	5627
5504	6923	1:15:02	Louise ADAMS		Female	2322	1:30:31	5658
5505	5714	1:15:04	Amy BADMAN		Female	2323	1:25:22	5310
5506	7041	1:15:04	Janice BARR		Female	2324	1:28:03	5498
5507	7590	1:15:05	Katy COYSH		Female	2325	1:29:23	5590
5508	6589	1:15:06	Georgia COSHAM		Female	2326	1:27:43	5479
5509	6769	1:15:08	Tanya KIRTON		Female	2327	1:29:36	5610
5510	3150	1:15:08	Nigel BULLEN	Norfolk Gazelles AC	Male	3183	1:22:13	5022
5511	4873	1:15:10	Danielle READ		Female	2328	1:30:23	5645
5512	7107	1:15:10	Adrienne THOMPSON		Female	2329	1:29:57	5630
5513	6934	1:15:10	Caroline CREE		Female	2330	1:30:23	5647
5514	7050	1:15:10	Bonnie LUDKIN		Female	2331	1:30:23	5646
5515	7256	1:15:11	Steven HYDE		Male	3184	1:28:49	5541
5516	6273	1:15:12	Tracy WALKER		Female	2332	1:28:48	5538
5517	6846	1:15:14	Charlotte DERRA		Female	2333	1:30:23	5649
5518	7515	1:15:14	Rachel MENDES		Female	2334	1:30:38	5669
5519	7526	1:15:14	Abigail WICKHAM		Female	2335	1:30:38	5668
5520	7494	1:15:15	Nicola STEVENS	North Norfolk Beach Runners	Female	2336	1:29:55	5628
5521	6143	1:15:15	Louise FREEMAN		Female	2337	1:30:32	5662
5522	3401	1:15:16	Claire BALDOCK		Female	2338	1:30:32	5661
5523	7336	1:15:16	Megan WHITNEY		Female	2339	1:28:16	5509
5524	7497	1:15:16	Morgan CLARKE		Female	2340	1:28:16	5508
5525	3212	1:15:17	Emily SMITH		Female	2341	1:26:22	5390
5526	4957	1:15:18	Nathan BOWDEN		Male	3185	1:26:43	5418
5527	4956	1:15:18	Carole-Ann BOWDEN		Female	2342	1:26:43	5417
5528	6366	1:15:19	Karen STUBBERFIELD		Female	2343	1:27:52	5489
5529	6564	1:15:19	Debbie SMITH		Female	2344	1:29:58	5632
5530	7462	1:15:19	Tom MEASOR		Male	3186	1:28:25	5514



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
5531	4755	1:15:21	Darren WOLFSON	Norwich Road Runners	Male	3187	1:30:23	5648
5532	7153	1:15:22	Sarah EDMONDS		Female	2345	1:29:47	5622
5533	7162	1:15:26	Heidi MASTERSON		Female	2346	1:29:15	5577
5534	7282	1:15:26	Clare BETTS		Female	2347	1:30:06	5639
5535	5237	1:15:27	Bridget ENGLAND		Female	2348	1:26:34	5405
5536	5210	1:15:27	Jess MATTHEWS		Female	2349	1:27:26	5458
5537	5784	1:15:30	Katie JOHNSON		Female	2350	1:26:59	5437
5538	2081	1:15:31	Chris HAYES		Male	3188	1:23:40	5156
5539	5199	1:15:32	Leticia YULITA		Female	2351	1:31:22	5702
5540	6858	1:15:33	Liz CROWLEY		Female	2352	1:29:28	5600
5541	3894	1:15:35	Hayley MCCONNELL		Female	2353	1:24:10	5209
5542	6557	1:15:36	Megan FROSDICK		Female	2354	1:30:41	5671
5543	7099	1:15:36	Tamsin THORNTON		Female	2355	1:30:40	5670
5544	6231	1:15:37	Claire RAWLINSON		Female	2356	1:28:38	5527
5545	7128	1:15:37	Nicky HORNSEY		Female	2357	1:30:29	5655
5546	5048	1:15:38	Gill SMITH		Female	2358	1:30:30	5656
5547	4669	1:15:45	Melissa BAINES		Female	2359	1:26:11	5377
5548	7124	1:15:45	Lydia BOURNE		Female	2360	1:30:30	5657
5549	3625	1:15:46	Sarah BLYTH		Female	2361	1:27:07	5444
5550	3789	1:15:46	Elizabeth HALFORD		Female	2362	1:27:44	5482
5551	7410	1:15:47	Stacie CURTIS		Female	2363	1:28:28	5515
5552	4536	1:15:47	Phil SOUTH		Male	3189	1:24:15	5219
5553	6199	1:15:50	Stephen NORRIS	Coltishall Jaguars RC	Male	3190	1:29:31	5602
5554	3734	1:15:50	Jamie-Anne HARKIN	Coltishall Jaguars RC	Female	2364	1:29:31	5603
5555	5308	1:15:50	Kate FRANKLIN	Stowmarket Striders RC	Female	2365	1:30:50	5679
5556	6833	1:15:52	Heather EADE		Female	2366	1:29:07	5562
5557	4732	1:15:52	Katie HARVEY		Female	2367	1:29:07	5561
5558	5541	1:15:53	Sarah DEACON		Female	2368	1:27:42	5477
5559	6837	1:15:53	Julie GARNHAM		Female	2369	1:30:59	5683
5560	6854	1:15:54	Paula GOULD		Female	2370	1:29:09	5566
5561	7167	1:15:54	Kyle DOYLE		Male	3191	1:31:27	5708
5562	7174	1:15:59	Joanne PARKER		Female	2371	1:30:37	5666
5563	7175	1:15:59	Tom LEESE		Male	3192	1:30:37	5667
5564	7229	1:16:01	Jess THOMSON	Waveney Valley AC	Female	2372	1:29:59	5633
5565	5380	1:16:01	Ruth PALERMO	Bungay Black Dog RC	Female	2373	1:29:59	5634
5566	6052	1:16:01	Harpreet THANDI		Female	2374	1:31:35	5715
5567	5278	1:16:01	Kevin CARVER	Norwich Road Runners	Male	3193	1:26:29	5399
5568	4921	1:16:01	Rachel LINDER	Beccles & Bungay Harriers	Female	2375	1:27:54	5492
5569	7442	1:16:02	Nicky TALBOT		Female	2376	1:28:35	5522
5570	5249	1:16:02	Sarah BARTRAM		Female	2377	1:25:48	5350
5571	5562	1:16:02	Judith HILEY		Female	2378	1:30:41	5672
5572	6246	1:16:02	Susannah BROWN		Female	2379	1:31:01	5687
5573	4361	1:16:03	Anna STIMPSON		Female	2380	1:26:28	5397
5574	5435	1:16:03	Claire GILBERT		Female	2381	1:26:28	5398
5575	7059	1:16:03	Jason RICHARDSON		Male	3194	1:28:35	5525
5576	7058	1:16:04	Rebecca RICHARDSON		Female	2382	1:28:35	5524
5577	6831	1:16:04	Mandy WALSH		Female	2383	1:29:42	5617
5578	7001	1:16:05	Lucie HUNT	Great Yarmouth Road Runners	Female	2384	1:30:42	5673
5579	5230	1:16:05	Fleur TRUDGILL		Female	2385	1:26:53	5431
5580	5959	1:16:06	Laura STEEL		Female	2386	1:27:06	5443
5581	6834	1:16:07	Kimberly BRIDGE		Female	2387	1:29:33	5606
5582	6176	1:16:07	Stacey SHIPLEE		Female	2388	1:29:33	5608
5583	6016	1:16:07	Robyn KEERS		Female	2389	1:28:03	5499
5584	5333	1:16:07	Liz COX		Female	2390	1:27:08	5446
5585	4899	1:16:08	Stephen ORGAN		Male	3195	1:26:25	5396
5586	7570	1:16:09	Miren LOIOLA		Female	2391	1:30:58	5682
5587	6449	1:16:10	George CUNNINGHAM		Male	3196	1:31:11	5691
5588	6202	1:16:13	Rebecca BOWERS	Great Yarmouth Road Runners	Female	2392	1:28:49	5542
5589	6572	1:16:14	Felicity KEELEY		Female	2393	1:28:50	5543
5590	6419	1:16:14	Joshua WHEELER		Male	3197	1:31:40	5719
5591	6418	1:16:15	Caitlin LAYTON		Female	2394	1:31:40	5720
5592	6482	1:16:15	Janet ROBERTSON		Female	2395	1:29:13	5574
5593	6972	1:16:16	Nicola GODDARD		Female	2396	1:29:26	5595
5594	1400	1:16:19	Matthew PARKHOUSE		Male	3198	1:31:31	5710
5595	4283	1:16:19	Rachel DAY		Female	2397	1:31:32	5712
5596	4836	1:16:19	Erica WICKS		Female	2398	1:27:38	5474
5597	7355	1:16:20	Claire VINCENT		Female	2399	1:31:31	5711
5598	6704	1:16:20	Christina ENGLING	Great Yarmouth Road Runners	Female	2400	1:29:02	5557
5599	4902	1:16:20	Jack BENTLEY		Male	3199	1:26:30	5400
5600	7217	1:16:21	Danielle HICKSON		Female	2401	1:32:03	5743



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
5601	4052	1:16:22	Paul HICKSON		Male	3200	1:32:03	5744
5602	6406	1:16:22	Katie APPLETON		Female	2402	1:31:25	5707
5603	6442	1:16:23	Darren SPOKES		Male	3201	1:29:27	5597
5604	5121	1:16:23	Kristina KARPUSENKO		Female	2403	1:31:41	5721
5605	4227	1:16:24	Molly ARMES		Female	2404	1:24:46	5264
5606	4001	1:16:25	Matt FIRMAN		Male	3202	1:23:32	5143
5607	4226	1:16:25	Joseph BUSH		Male	3203	1:24:47	5265
5608	6495	1:16:27	Catherine TOWNSEND		Female	2405	1:31:12	5693
5609	3746	1:16:27	Sarah SHIPLEE	Beccles & Bungay Harriers	Female	2406	1:22:54	5085
5610	6634	1:16:28	Nick TURNER		Male	3204	1:29:27	5598
5611	6619	1:16:28	Tristan ANGEL		Male	3205	1:29:27	5599
5612	5981	1:16:28	Wendy BARKER		Female	2407	1:27:29	5460
5613	6474	1:16:29	John STEVENS		Male	3206	1:30:17	5642
5614	6367	1:16:29	Martin CHAPMAN		Male	3207	1:29:37	5611
5615	6838	1:16:31	Katie WALES		Female	2408	1:31:36	5716
5616	7326	1:16:31	Kelly PIESSSE		Female	2409	1:29:06	5559
5617	7305	1:16:33	Shirley COLE		Female	2410	1:31:54	5733
5618	5866	1:16:34	Amy BROCK		Female	2411	1:27:32	5466
5619	5872	1:16:39	Tim THURSTON		Male	3208	1:27:44	5483
5620	4823	1:16:39	Mimi BUNN		Female	2412	1:26:52	5430
5621	6412	1:16:39	Amy RADBOURNE		Female	2413	1:31:34	5714
5622	1506	1:16:40	Michelle BOSWELL		Female	2414	1:23:18	5118
5623	7236	1:16:41	Richard LEE		Male	3209	1:31:05	5688
5624	6392	1:16:42	Sarah TURNER		Female	2415	1:29:46	5620
5625	7111	1:16:43	David SANDELL		Male	3210	1:32:10	5748
5626	4198	1:16:44	Shelley BURTON	North Norfolk Beach Runners	Female	2416	1:24:07	5204
5627	3621	1:16:44	Jess CARNEY		Female	2417	1:24:21	5225
5628	4703	1:16:44	Pat BRIGHTMAN	Great Yarmouth & District AC	Female	2418	1:28:09	5503
5629	6197	1:16:50	J GILLARD-EASTOP		Female	2419	1:30:27	5652
5630	6906	1:16:50	Helen BOWEN	Norfolk Gazelles AC	Female	2420	1:30:59	5684
5631	6995	1:16:50	Rosie GOODSELL		Female	2421	1:30:59	5685
5632	5736	1:16:50	Alice LOMAX	Bungay Black Dog RC	Female	2422	1:28:57	5551
5633	7436	1:16:52	Claire KNIGHT		Female	2423	1:29:24	5592
5634	7524	1:16:52	Caroline GRAHAM		Female	2424	1:31:37	5717
5635	6971	1:16:53	Rebecca BIRKS		Female	2425	1:29:50	5625
5636	4264	1:16:54	Amanda COOK	Dereham Runners & AC	Female	2426	1:24:23	5229
5637	6576	1:16:55	Jennifer LAND		Female	2427	1:31:13	5696
5638	7574	1:16:57	Helen CONWAY		Female	2428	1:29:38	5613
5639	6041	1:16:58	Georgia-Mae SHEPPERD		Female	2429	1:26:19	5383
5640	4817	1:16:59	David SHADE		Male	3211	1:26:20	5386
5641	6491	1:17:00	Julia JONES		Female	2430	1:30:52	5680
5642	6479	1:17:01	Hayley AYLMER		Female	2431	1:30:04	5636
5643	7335	1:17:01	Sarah GOWER		Female	2432	1:31:15	5697
5644	5579	1:17:01	Kelly CHAN	Waveney Valley AC	Female	2433	1:28:45	5533
5645	6178	1:17:03	Lisa HURRY		Female	2434	1:29:33	5607
5646	6149	1:17:03	Russell HURN		Male	3212	1:30:44	5674
5647	3183	1:17:03	John ROBINSON	Norwich Road Runners	Male	3213	1:30:44	5675
5648	5517	1:17:06	Lucy SPINKS	Norwich Road Runners	Female	2435	1:27:30	5462
5649	7267	1:17:06	Nicholas MATTHEWS		Male	3214	1:29:49	5624
5650	6247	1:17:06	Mandy GIBBONS		Female	2436	1:31:54	5735
5651	6258	1:17:06	Eleanor LEWIS		Female	2437	1:29:48	5623
5652	5385	1:17:07	Sharon GIBBONS		Female	2438	1:31:54	5734
5653	52	1:17:07	Graham STAFFORD		Male	3215	1:20:37	4842
5654	7198	1:17:08	Annette BURGESS	Waveney Valley AC	Female	2439	1:30:46	5676
5655	7264	1:17:09	Amy KENNEDY		Female	2440	1:32:45	5774
5656	6699	1:17:09	Sonia COOPER		Female	2441	1:32:45	5776
5657	5631	1:17:10	Thomas FROSDICK		Male	3216	1:27:03	5441
5658	4822	1:17:10	Maria MHIRI		Female	2442	1:32:45	5777
5659	6070	1:17:10	Gemma GROOM		Female	2443	1:29:39	5614
5660	3953	1:17:10	Sarah WARD		Female	2444	1:32:45	5775
5661	6702	1:17:10	Courtney COOPER		Female	2445	1:32:45	5778
5662	6650	1:17:11	Gail MORLEY		Female	2446	1:32:46	5779
5663	6652	1:17:11	Paula RICHMOND		Female	2447	1:32:46	5781
5664	7343	1:17:11	Clare PYE		Female	2448	1:31:24	5703
5665	6673	1:17:11	Donna HUNT		Female	2449	1:32:46	5780
5666	6216	1:17:11	Clare MCERLAIN		Female	2450	1:31:24	5704
5667	5298	1:17:13	Amber NIELSEN		Female	2451	1:28:42	5530
5668	5896	1:17:13	Claire SARGEANT		Female	2452	1:28:42	5531
5669	5293	1:17:13	Caroline BRIGGS		Female	2453	1:26:54	5433
5670	3190	1:17:15	Matt HUNT		Male	3217	1:23:18	5119



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
5671	4383	1:17:18	Rachel AUSTIN	Barnet & District AC	Female	2454	1:25:24	5312
5672	6842	1:17:18	Scarlett WALSH		Female	2455	1:30:49	5677
5673	795	1:17:18	Kirsty JOHNSTONE		Female	2456	1:17:43	4535
5674	6188	1:17:19	Jonathan WOODLIFFE		Male	3218	1:30:49	5678
5675	6066	1:17:20	Kassandra REDDING		Female	2457	1:32:56	5791
5676	6325	1:17:20	Susanna MANRIQUE		Female	2458	1:32:23	5758
5677	6111	1:17:20	Stuart BAILEY		Male	3219	1:32:56	5792
5678	6520	1:17:21	Alice WALKER		Female	2459	1:30:35	5665
5679	6489	1:17:21	Aoife NI NEACHTAIN		Female	2460	1:32:30	5763
5680	6331	1:17:22	Chloe WALKER		Female	2461	1:30:35	5664
5681	7126	1:17:22	William SALMON		Male	3220	1:32:00	5738
5682	6517	1:17:22	Heather FALCONER		Female	2462	1:32:57	5793
5683	6131	1:17:22	Anna COLLINS		Female	2463	1:29:56	5629
5684	4872	1:17:24	Bethan PAGE		Female	2464	1:28:45	5534
5685	3779	1:17:24	Jenna HARPER		Female	2465	1:31:58	5737
5686	5887	1:17:27	Louisa LADBURY		Female	2466	1:32:23	5759
5687	6840	1:17:30	Fiona OATES		Female	2467	1:31:01	5686
5688	5221	1:17:30	Robert PERRY		Male	3221	1:27:10	5448
5689	5217	1:17:30	Rebecca SIBANDA		Female	2468	1:27:10	5447
5690	6471	1:17:30	Joe FITZSIMMONS		Male	3222	1:32:59	5797
5691	6583	1:17:31	Andrew HINSLEY		Male	3223	1:32:32	5766
5692	6582	1:17:31	Helen HINSLEY		Female	2469	1:32:32	5765
5693	6534	1:17:32	May THOMPSON		Female	2470	1:32:54	5787
5694	5864	1:17:34	Eleanor EDGE		Female	2471	1:28:31	5519
5695	5865	1:17:35	Kathryn MARSH		Female	2472	1:28:32	5520
5696	6389	1:17:37	Katie JEWSON	Waveney Valley AC	Female	2473	1:31:47	5727
5697	6368	1:17:37	Sue JEWSON		Female	2474	1:31:47	5728
5698	5321	1:17:40	Rebecca DALE		Female	2475	1:29:37	5612
5699	3519	1:17:40	James CRISP		Male	3224	1:25:44	5344
5700	7226	1:17:40	Jason BEATTIE		Male	3225	1:30:29	5654
5701	5825	1:17:41	Jo RAYNER		Female	2476	1:31:21	5701
5702	6385	1:17:41	Kerry DIDWELL		Female	2477	1:33:16	5810
5703	6386	1:17:42	Robert QUINLAN		Male	3226	1:33:16	5809
5704	6527	1:17:42	Cassandra ANDREWS		Female	2478	1:31:21	5700
5705	6271	1:17:42	Tom GARWOOD		Male	3227	1:31:24	5705
5706	6984	1:17:44	R APPLETON-BURWOOD	Wymondham AC	Female	2479	1:31:38	5718
5707	4396	1:17:47	Ricky GODDARD		Male	3228	1:29:46	5621
5708	5858	1:17:49	Anita MARRIOTT		Female	2480	1:29:09	5567
5709	6500	1:17:49	Julie KEANE		Female	2481	1:33:30	5826
5710	5857	1:17:49	Rachel ALCOCK		Female	2482	1:29:09	5568
5711	6205	1:17:51	Alan DAINES		Male	3229	1:31:54	5736
5712	5563	1:17:54	Terrie CONSTERDINE		Female	2483	1:28:59	5553
5713	5347	1:17:56	Sarah SANDERS		Female	2484	1:27:31	5464
5714	6122	1:17:57	Jasmine THOMAS		Female	2485	1:30:33	5663
5715	7285	1:17:57	Alexa CHITTENDEN		Female	2486	1:33:39	5835
5716	6852	1:17:58	Sophie STAFFORD	Bure Valley Harriers	Female	2487	1:33:21	5815
5717	5271	1:18:01	Kathryn COOK		Female	2488	1:29:19	5583
5718	4868	1:18:02	Geoff PORTER		Male	3230	1:29:58	5631
5719	6292	1:18:04	Joce DARCH		Female	2489	1:32:54	5788
5720	4484	1:18:04	Richard HIGH	Norwich Road Runners	Male	3231	1:32:37	5767
5721	4824	1:18:06	Carl STAFF		Male	3232	1:32:12	5749
5722	6641	1:18:06	Sara PATRICIO	Tri-Anglia Triathlon Club	Female	2490	1:32:13	5750
5723	6937	1:18:08	Ben MOULTON		Male	3233	1:33:14	5808
5724	7425	1:18:09	Matthew RUSHBROOKE		Male	3234	1:32:51	5786
5725	6592	1:18:11	Louise O'CONNELL		Female	2491	1:32:24	5760
5726	3895	1:18:11	Lowenna HACKETT		Female	2492	1:28:17	5510
5727	5167	1:18:12	Hannah ADAMS		Female	2493	1:28:17	5511
5728	7189	1:18:14	Elaine WHEELER		Female	2494	1:31:15	5698
5729	5868	1:18:14	Louise AVERRE		Female	2495	1:29:17	5581
5730	6629	1:18:15	Gemma SEWELL		Female	2496	1:31:42	5722
5731	7456	1:18:15	Berenice GROVES		Female	2497	1:33:04	5799
5732	6543	1:18:16	Verity PLANT	Beccles & Bungay Harriers	Female	2498	1:31:52	5731
5733	6600	1:18:16	Louise BARRETT		Female	2499	1:33:23	5817
5734	6916	1:18:17	Xenia TYLER		Female	2500	1:31:13	5694
5735	6917	1:18:18	Miriam TYLER		Female	2501	1:31:13	5695
5736	6996	1:18:18	Christine EASTHALL		Female	2502	1:32:48	5783
5737	4980	1:18:21	Sergio RODRIGUEZ		Male	3235	1:31:45	5725
5738	4979	1:18:22	Patricia CARBALLAR		Female	2503	1:31:45	5726
5739	6832	1:18:24	Maggie FLATT		Female	2504	1:33:39	5834
5740	6103	1:18:25	Viv YATES		Female	2505	1:34:12	5862



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
5741	6124	1:18:25	Sarah STANHOPE-SMITH	Waveney Valley AC	Female	2506	1:32:03	5742
5742	6026	1:18:28	Christine SWANN		Female	2507	1:27:52	5488
5743	7262	1:18:29	Louise MOFFAT		Female	2508	1:31:33	5713
5744	5852	1:18:29	Fiona HOUGHTON		Female	2509	1:33:24	5819
5745	5815	1:18:30	Nicola DUNSDON		Female	2510	1:28:53	5549
5746	5477	1:18:30	Emma FURNESS	Waveney Valley AC	Female	2511	1:29:34	5609
5747	6892	1:18:30	Mandy ROBERTS		Female	2512	1:33:25	5821
5748	6267	1:18:30	Sharon ARMES	Norwich Road Runners	Female	2513	1:32:06	5746
5749	4690	1:18:30	Belinda SLATER	Lowestoft Road Runners	Female	2514	1:29:24	5591
5750	6409	1:18:31	Molly SHREEVE		Female	2515	1:32:08	5747
5751	5074	1:18:37	Dayna EVERITT		Female	2516	1:29:26	5594
5752	6465	1:18:37	Emily LEASON		Female	2517	1:34:04	5855
5753	5073	1:18:37	Fiona MITCHELL		Female	2518	1:29:26	5596
5754	6464	1:18:38	Angie JAMES		Female	2519	1:34:04	5856
5755	3672	1:18:41	Alan RAMPLING		Male	3236	1:33:39	5833
5756	6395	1:18:42	Jade TINNEY		Female	2520	1:32:21	5754
5757	6396	1:18:42	Teresa TINNEY		Female	2521	1:32:21	5757
5758	6874	1:18:42	Louise MCCURDY		Female	2522	1:31:18	5699
5759	5407	1:18:43	Ceridwen HOWELL	Runners-Next-the-Sea	Female	2523	1:27:49	5486
5760	4837	1:18:44	Jen INGLIS	Norwich Road Runners	Female	2524	1:30:28	5653
5761	6950	1:18:47	Takako MILLS	Runners-Next-the-Sea	Female	2525	1:34:15	5865
5762	6896	1:18:47	Laura MARJORAM		Female	2526	1:34:15	5867
5763	6949	1:18:48	Barry MILLS		Male	3237	1:34:15	5866
5764	6897	1:18:48	Simon MARJORAM		Male	3238	1:34:15	5868
5765	7461	1:18:50	Helen DRURY		Female	2527	1:31:45	5724
5766	7180	1:18:50	Danielle STONE		Female	2528	1:31:45	5723
5767	6058	1:18:51	Karen BIRCHAM		Female	2529	1:33:36	5828
5768	6967	1:18:56	Rebecca EDWARDS		Female	2530	1:34:29	5879
5769	6097	1:18:56	Holly TURNER		Female	2531	1:34:29	5878
5770	7300	1:18:59	Roma SPINKS		Female	2532	1:31:29	5709
5771	6824	1:18:59	Antonia MOUSSAKOU	North Norfolk Beach Runners	Female	2533	1:34:22	5874
5772	7131	1:19:00	Susie WINKWORTH		Female	2534	1:33:39	5832
5773	7205	1:19:03	Sally PHILPOT		Female	2535	1:33:07	5801
5774	6045	1:19:03	H MCGRATH-DOHERTY		Female	2536	1:33:07	5803
5775	6860	1:19:05	David HAZELL		Male	3239	1:33:18	5811
5776	5901	1:19:07	Patricia COUTTS		Female	2537	1:30:25	5650
5777	5344	1:19:08	Sabine JACQUES		Female	2538	1:30:26	5651
5778	6177	1:19:09	Teresa ABEL		Female	2539	1:33:13	5807
5779	2597	1:19:11	Laurence MITCHELL		Male	3240	1:25:15	5296
5780	7581	1:19:13	Sharon NORMAN		Female	2540	1:31:54	5732
5781	6309	1:19:14	Samantha ARMSTRONG	Stowmarket Striders RC	Female	2541	1:32:21	5756
5782	6456	1:19:14	Stephanie CAPPS		Female	2542	1:32:21	5755
5783	7163	1:19:15	Ian BROWN		Male	3241	1:33:27	5824
5784	6172	1:19:15	Rachel MCCARTHY		Female	2543	1:33:27	5825
5785	6662	1:19:15	Sandra WINGROVE		Female	2544	1:34:41	5887
5786	6307	1:19:17	Nancy CROW		Female	2545	1:34:40	5886
5787	3926	1:19:18	Vicky DUNTHORNE		Female	2546	1:30:11	5640
5788	6084	1:19:20	Julian HOWES		Male	3242	1:32:30	5761
5789	6085	1:19:20	Alison HOWES		Female	2547	1:32:30	5762
5790	7125	1:19:21	Amanda SALMON		Female	2548	1:33:59	5852
5791	5150	1:19:22	Rachael FRETTER	Stowmarket Striders RC	Female	2549	1:29:41	5616
5792	6477	1:19:22	Trevor GODBOLD		Male	3243	1:33:55	5848
5793	1750	1:19:22	Jacque CRASKE		Female	2550	1:22:53	5082
5794	6561	1:19:27	Maureen STURMAN		Female	2551	1:32:19	5753
5795	6485	1:19:27	Harbans MARWAY		Male	3244	1:35:07	5906
5796	7084	1:19:27	Leanne ROWE		Female	2552	1:35:08	5907
5797	7319	1:19:29	Pamela MORRIS		Female	2553	1:33:05	5800
5798	6632	1:19:31	Clare DUNCAN		Female	2554	1:33:07	5802
5799	7555	1:19:33	Chelsie STEWART		Female	2555	1:33:42	5841
5800	6262	1:19:34	Rebecca EDGE		Female	2556	1:32:40	5769
5801	6239	1:19:35	Liz DANIELS	Stowmarket Striders RC	Female	2557	1:33:51	5845
5802	7134	1:19:37	Teresa BLAND		Female	2558	1:34:49	5892
5803	6430	1:19:37	Dawn INGER		Female	2559	1:33:11	5804
5804	6749	1:19:38	Tanya BURLINGHAM		Female	2560	1:33:44	5842
5805	5173	1:19:39	Joanne TIMMS		Female	2561	1:30:53	5681
5806	7142	1:19:40	Steven BACON		Male	3245	1:34:00	5853
5807	6511	1:19:44	Melanie APPLEGATE		Female	2562	1:33:55	5851
5808	6215	1:19:44	Gabrielle LITTLEWOOD		Female	2563	1:35:01	5901
5809	6342	1:19:45	Molly BIGWOOD		Female	2564	1:33:37	5830
5810	5821	1:19:45	Laura COX		Female	2565	1:31:09	5689



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
5811	6343	1:19:46	Tracy BIGWOOD	Wymondham AC	Female	2566	1:33:37	5829
5812	6414	1:19:48	Lewis SWIFT		Male	3246	1:35:14	5912
5813	6486	1:19:51	Michelle BURDETT		Female	2567	1:34:20	5870
5814	6424	1:19:51	Anne FARTHING		Female	2568	1:34:42	5888
5815	6018	1:19:54	James PULFORD		Male	3247	1:33:55	5849
5816	7389	1:19:54	Georgia WATSON		Female	2569	1:33:55	5847
5817	7388	1:19:54	Ella KAVANAGH		Female	2570	1:33:55	5850
5818	7266	1:19:55	Louise MATTHEWS		Female	2571	1:32:38	5768
5819	6214	1:19:55	Tom HAMLING		Male	3248	1:32:50	5785
5820	7341	1:19:56	Ian MORRIS		Male	3249	1:32:50	5784
5821	3074	1:19:56	Matthew LODGE		Male	3250	1:31:11	5690
5822	7105	1:19:56	Karen SIGGERY		Female	2572	1:32:40	5770
5823	4781	1:19:56	Charlie FROST		Female	2573	1:31:11	5692
5824	6787	1:19:58	Nicola GUY		Female	2574	1:33:24	5818
5825	6384	1:19:59	Robyn FREEMAN		Female	2575	1:33:39	5836
5826	6227	1:20:00	Adam BISHOP		Male	3251	1:34:58	5898
5827	6866	1:20:00	Mickey LONGSTAFF		Female	2576	1:34:14	5864
5828	7386	1:20:00	Andrew BAITEY		Male	3252	1:35:19	5914
5829	7476	1:20:01	Anita TULL		Female	2577	1:33:45	5843
5830	6698	1:20:01	Cat CONNELL		Female	2578	1:32:57	5795
5831	7022	1:20:02	Cerys FORDER		Female	2579	1:32:57	5794
5832	7007	1:20:02	Paula FORDER		Female	2580	1:32:57	5796
5833	6099	1:20:03	Paul ATKINS		Male	3253	1:34:07	5858
5834	6620	1:20:03	Laura JACKSON		Female	2581	1:34:28	5877
5835	5695	1:20:04	Mic STEPHENSON		Male	3254	1:31:48	5730
5836	4829	1:20:04	Tracey SALISBURY		Female	2582	1:31:48	5729
5837	7453	1:20:07	Charlotte CONNERTY		Female	2583	1:34:18	5869
5838	6105	1:20:08	Louise JONES		Female	2584	1:32:01	5741
5839	4988	1:20:08	Camilla SKARIN		Female	2585	1:32:01	5739
5840	4862	1:20:08	Rohan TEEUW		Female	2586	1:32:01	5740
5841	7482	1:20:08	Mandy SYDER		Female	2587	1:33:00	5798
5842	6441	1:20:09	Annette SPOKES-ELLIS	Rossendale Harriers & AC	Female	2588	1:33:13	5806
5843	4594	1:20:13	Olivia GREEN		Female	2589	1:34:24	5876
5844	5377	1:20:13	Jo WICKER		Female	2590	1:30:20	5643
5845	6745	1:20:14	Tatiana BLANA	GoodGym Race Team	Female	2591	1:35:51	5936
5846	6253	1:20:14	Tony JACKSON		Male	3255	1:35:28	5917
5847	5527	1:20:15	Liga KING		Female	2592	1:35:51	5937
5848	6252	1:20:15	Amanda JACKSON		Female	2593	1:35:28	5918
5849	7132	1:20:16	Megan GIBBONS		Female	2594	1:33:19	5812
5850	5127	1:20:17	Lee COZENS		Female	2595	1:30:31	5659
5851	6693	1:20:17	Robyn SHEPPARD		Female	2596	1:32:55	5790
5852	7269	1:20:18	Kate CUSHING		Female	2597	1:32:55	5789
5853	6526	1:20:18	Alexandra GOUGH		Female	2598	1:33:32	5827
5854	6493	1:20:24	Vivien THOMAS		Female	2599	1:34:43	5889
5855	4962	1:20:26	Janet KEMP	Coltishall Jaguars RC	Female	2600	1:33:12	5805
5856	6249	1:20:26	Rebecca RICHARDSON		Female	2601	1:33:26	5823
5857	6345	1:20:27	Louise HARRISON		Female	2602	1:34:51	5893
5858	7171	1:20:29	Jane VINCENT		Female	2603	1:33:41	5839
5859	7172	1:20:29	Lauren PHILPOTT		Female	2604	1:33:41	5840
5860	6591	1:20:29	Colin BLAKEMORE		Male	3256	1:35:11	5909
5861	7098	1:20:32	Andrea ENGLISH		Female	2605	1:35:58	5939
5862	7097	1:20:33	Shannon DACK		Female	2606	1:35:58	5940
5863	5262	1:20:37	Sally ARGENT		Female	2607	1:32:30	5764
5864	7049	1:20:38	Su MIDDLETON		Female	2608	1:33:38	5831
5865	7401	1:20:39	Ross CARTER	Coltishall Jaguars RC	Male	3257	1:33:53	5846
5866	6703	1:20:39	Joy BULLOCK		Female	2609	1:36:01	5942
5867	6410	1:20:41	Lorraine TWEEDY		Female	2610	1:33:50	5844
5868	1493	1:20:42	Susanna ENGLING		Female	2611	1:33:25	5820
5869	7220	1:20:43	Emma MCMILLAN		Female	2612	1:34:53	5894
5870	7148	1:20:43	Julie COLLINS		Female	2613	1:33:19	5813
5871	6606	1:20:43	Michelle SHORT		Female	2614	1:34:53	5895
5872	7472	1:20:46	Zarvin WILDEY		Male	3258	1:33:22	5816
5873	7302	1:20:46	Sarah ABBOTT		Female	2615	1:35:07	5904
5874	6805	1:20:47	Amy THOMPSON		Female	2616	1:35:12	5910
5875	6158	1:20:47	Penny MURRAY		Female	2617	1:33:21	5814
5876	6436	1:20:47	Mandy GRANT		Female	2618	1:35:12	5911
5877	7303	1:20:47	Jenna LANE		Female	2619	1:35:07	5905
5878	7534	1:20:48	Hayley TAYLOR		Female	2620	1:36:17	5952
5879	4944	1:20:50	Eimear MCDONALD		Female	2621	1:30:32	5660
5880	6604	1:20:53	Iain MACDOUGALL		Male	3259	1:34:49	5891



Run Norwich 2019

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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
5881	6411	1:20:55	Dawn KENDALL	Norfolk Harriers RC	Female	2622	1:34:47	5890
5882	2945	1:20:55	Dean MOONEY		Male	3260	1:24:13	5216
5883	1502	1:20:55	Mary MOONEY		Female	2623	1:24:13	5217
5884	5077	1:20:59	Hannah BISHOP		Female	2624	1:32:40	5771
5885	7056	1:21:02	Gemma SILMAN		Female	2625	1:35:15	5913
5886	6598	1:21:05	Mark POINTER		Male	3261	1:34:55	5896
5887	7201	1:21:06	Ria SWANN		Female	2626	1:36:29	5956
5888	6922	1:21:16	Jessica CHAMBERLIN		Female	2627	1:36:07	5947
5889	6427	1:21:16	Emma CRACKNELL		Female	2628	1:36:07	5948
5890	6387	1:21:16	Moirra HICKSON		Female	2629	1:36:58	5969
5891	6421	1:21:19	Mark SHEPHERD	Great Yarmouth Road Runners	Male	3262	1:36:06	5945
5892	7200	1:21:21	Claire JEARY		Female	2630	1:34:59	5899
5893	7042	1:21:24	Claire LINCOLN		Female	2631	1:36:23	5953
5894	1439	1:21:25	Monique BENTLEY		Female	2632	1:36:48	5966
5895	6808	1:21:29	Jim LECK		Male	3263	1:36:13	5950
5896	6545	1:21:30	Jayne BRENNAN		Female	2633	1:35:11	5908
5897	6857	1:21:31	Catherine BARBER		Female	2634	1:36:27	5954
5898	7516	1:21:31	Andrew PENROSE-LOCK		Male	3264	1:36:27	5955
5899	7609	1:21:31	Sophie SPURGEON		Female	2635	1:35:57	5938
5900	6901	1:21:32	Kerry BUTTRISS		Female	2636	1:35:38	5927
5901	6360	1:21:32	Caitlin JONES	Norfolk Harriers RC	Female	2637	1:35:42	5930
5902	7412	1:21:35	Annie O'DRISCOLL		Female	2638	1:34:37	5883
5903	7123	1:21:39	Claire TINK		Female	2639	1:34:10	5860
5904	5588	1:21:39	Stephanie ARNOLD		Female	2640	1:34:10	5859
5905	7455	1:21:39	Kelley THURTELL		Female	2641	1:34:33	5880
5906	5316	1:21:39	Amanda SHEEHY		Female	2642	1:34:10	5861
5907	7026	1:21:39	Bernice CRUTCHLEY		Female	2643	1:34:33	5882
5908	6075	1:21:42	Michael FIELDS		Male	3265	1:36:47	5965
5909	7014	1:21:46	Sue HUMPHREYS		Female	2644	1:36:33	5959
5910	3486	1:21:50	Mark THORPE	Norfolk Gazelles AC	Male	3266	1:35:31	5920
5911	5286	1:21:51	Simon MCKINNA	Norwich Road Runners	Male	3267	1:37:29	5978
5912	3683	1:21:51	Brendon KING		Male	3268	1:37:30	5979
5913	6649	1:21:52	Rachael FRANCIS		Female	2645	1:36:58	5968
5914	6291	1:21:54	Debbie DACK		Female	2646	1:35:06	5903
5915	6541	1:21:55	Emily PHIPPS		Female	2647	1:35:32	5921
5916	7491	1:21:58	Megan GRIIB		Female	2648	1:36:46	5961
5917	5752	1:21:59	Gary WHITE		Male	3269	1:31:25	5706
5918	3492	1:21:59	Craig MOORE		Male	3270	1:28:30	5518
5919	6211	1:22:00	Nicola MCGROTTY		Female	2649	1:34:33	5881
5920	6519	1:22:06	Sarah MUNDAY		Female	2650	1:35:44	5933
5921	6941	1:22:06	Michaela WORTH	Coltishall Jaguars RC	Female	2651	1:36:46	5962
5922	4966	1:22:07	Lynn MCGARRY		Female	2652	1:34:05	5857
5923	6393	1:22:10	Alice HEWITT		Female	2653	1:36:55	5967
5924	5201	1:22:16	Miranda ELLIS		Female	2654	1:34:13	5863
5925	6191	1:22:20	Hayley LEECH		Female	2655	1:35:06	5902
5926	7566	1:22:20	Janie LOWE		Female	2656	1:37:59	5992
5927	3017	1:22:20	Mathew BARDWELL		Male	3271	1:29:30	5601
5928	6198	1:22:26	Jenny NORRIS		Female	2657	1:35:01	5900
5929	6304	1:22:29	Jo SPAUL		Female	2658	1:36:59	5972
5930	6255	1:22:29	Maria LEATHERSICH		Female	2659	1:36:59	5971
5931	5008	1:22:33	Sarah CUBITT	Stowmarket Striders RC	Female	2660	1:32:06	5745
5932	7202	1:22:34	Ruth WILBY		Female	2661	1:37:28	5976
5933	6946	1:22:35	Kate SPINKS		Female	2662	1:38:22	6003
5934	7488	1:22:37	Anna WRIGHT		Female	2663	1:38:21	6002
5935	1352	1:22:38	Steve CHAPMAN		Male	3272	1:36:46	5964
5936	7255	1:22:38	Gail WEBB		Female	2664	1:36:46	5963
5937	7479	1:22:38	Helen ROBERTS		Female	2665	1:38:02	5993
5938	7260	1:22:39	Gaynor KIBBLEWHITE		Female	2666	1:35:33	5923
5939	5797	1:22:39	Glenna FISHER		Female	2667	1:32:14	5751
5940	6717	1:22:41	Sue VINEY		Female	2668	1:37:28	5977
5941	6416	1:22:41	Lisa ALBOROUGH	Lonely Goat RC	Female	2669	1:35:22	5915
5942	5496	1:22:41	Tina CHUMA		Female	2670	1:33:25	5822
5943	6369	1:22:41	Rachael KIRKHAM		Female	2671	1:35:22	5916
5944	6481	1:22:46	Theresa MATHIAS		Female	2672	1:36:34	5960
5945	6506	1:22:46	Louise JENKINS		Female	2673	1:35:32	5922
5946	6161	1:22:48	James GROVES		Male	3273	1:35:34	5925
5947	6361	1:22:48	Matt GROVES		Male	3274	1:35:34	5924
5948	5244	1:22:49	Sean RISELEY		Male	3275	1:33:40	5837
5949	5176	1:22:49	Helene MORGAN		Female	2674	1:33:41	5838
5950	7538	1:22:50	Kellie BRIDGLAND		Female	2675	1:37:39	5981



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
5951	6183	1:22:51	Andrew KINDLEYSIDES	Coltishall Jaguars RC	Male	3276	1:35:37	5926
5952	6444	1:22:52	Peter CONHEENEY		Male	3277	1:37:54	5988
5953	5856	1:22:55	Nicky WEBSTER		Female	2676	1:37:54	5987
5954	7392	1:22:56	Derek LAWRIE		Male	3278	1:35:30	5919
5955	6496	1:22:59	Georgie MCDUGALL		Female	2677	1:35:42	5931
5956	6497	1:22:59	Matthew OSTLER		Male	3279	1:35:42	5932
5957	7409	1:23:00	Katy GOOCH		Female	2678	1:35:45	5934
5958	5202	1:23:04	Carrie BYRNE		Female	2679	1:38:29	6007
5959	5189	1:23:05	Laura WRIGHT		Female	2680	1:34:56	5897
5960	4535	1:23:07	Joanne BATLEY		Female	2681	1:32:16	5752
5961	7291	1:23:16	Leanne WADSWORTH		Female	2682	1:36:31	5958
5962	6944	1:23:24	Paul ARCHER		Male	3280	1:38:31	6009
5963	6718	1:23:25	Beverley CAGE		Female	2683	1:36:30	5957
5964	6509	1:23:25	John JAMIESON		Male	3281	1:36:05	5944
5965	6523	1:23:27	Lisa DACK		Female	2684	1:38:45	6014
5966	6546	1:23:27	Cesar Jr CAMPOMANES		Male	3282	1:36:16	5951
5967	6318	1:23:33	Sarah LETZER		Female	2685	1:36:07	5946
5968	6348	1:23:33	Victoria HARNETT		Female	2686	1:38:10	5997
5969	6235	1:23:36	Suzanne BAILEY		Female	2687	1:39:19	6032
5970	5904	1:23:37	Graham TIBBS		Male	3283	1:32:48	5782
5971	7611	1:23:38	Race Number 7611		Male	3284	1:36:12	5949
5972	5264	1:23:38	Emma GODBOLD		Female	2688	1:38:03	5995
5973	6503	1:23:39	Theodora CLARK		Female	2689	1:37:30	5980
5974	7212	1:23:45	Jason CHETTLEBURGH		Male	3285	1:39:14	6030
5975	5137	1:23:46	Andrew PLUNKETT	Waveney Valley AC	Male	3286	1:35:39	5928
5976	6379	1:23:47	Suzanne RICKENBACK		Female	2690	1:38:36	6011
5977	6563	1:23:55	Danny HAWKINS		Male	3287	1:38:27	6005
5978	6565	1:23:55	Joanne HAWKINS		Female	2691	1:38:27	6006
5979	5867	1:23:58	Jessica STEER		Female	2692	1:35:41	5929
5980	1357	1:24:00	Adam BRITCHER		Male	3288	1:34:20	5872
5981	5863	1:24:00	Kirsty MASON		Female	2693	1:34:20	5871
5982	7571	1:24:02	Jo SPRINGALL		Female	2694	1:38:29	6008
5983	5854	1:24:04	Rachel TAYLOR		Female	2695	1:36:00	5941
5984	6768	1:24:05	Alan KIRTON		Male	3289	1:38:34	6010
5985	6845	1:24:06	Harriet RUDD		Female	2696	1:38:48	6015
5986	6603	1:24:07	Angela WARMAN		Female	2697	1:38:53	6020
5987	5848	1:24:07	Lindsey GANNON		Female	2698	1:37:04	5973
5988	6951	1:24:07	Emma STARLING		Female	2699	1:37:25	5975
5989	7294	1:24:09	Ralf BOWES		Male	3290	1:38:11	5998
5990	7470	1:24:11	Aaron SMART		Male	3291	1:38:54	6021
5991	5352	1:24:13	Jane WOOD	Bungay Black Dog RC	Female	2700	1:38:53	6018
5992	7293	1:24:13	Dawn ARTHERTON		Female	2701	1:38:53	6019
5993	6617	1:24:15	Wendy MOSS		Female	2702	1:38:04	5996
5994	4922	1:24:15	Gemma CUSHION		Female	2703	1:38:18	6001
5995	6909	1:24:23	Teresa IVES		Female	2704	1:37:59	5991
5996	6924	1:24:24	Jade WARNES		Female	2705	1:36:58	5970
5997	6700	1:24:27	Sarah'S BUTLER		Female	2706	1:39:08	6025
5998	6399	1:24:27	Helen KING		Female	2707	1:37:16	5974
5999	5314	1:24:28	Lorraine CASON		Female	2708	1:39:08	6024
6000	2720	1:24:42	Tricia FULLER		Female	2709	1:38:49	6017
6001	6169	1:24:43	Kerry NORTON		Female	2710	1:38:49	6016
6002	7457	1:24:44	Ambika RAJESH		Female	2711	1:39:01	6023
6003	7195	1:24:46	Katie DIXON		Female	2712	1:37:47	5985
6004	4914	1:24:47	Joanna SHAD		Female	2713	1:34:03	5854
6005	7197	1:24:47	Katie OUTRAM		Female	2714	1:37:47	5984
6006	7349	1:24:48	Katie COLLEY		Female	2715	1:40:19	6048
6007	6539	1:24:49	Alice WELLS		Female	2716	1:37:56	5990
6008	5420	1:24:49	Trevor RAWSON		Male	3292	1:38:40	6012
6009	4533	1:24:50	Sophie DYER-CULL		Female	2717	1:32:45	5772
6010	4532	1:24:51	Lance KEEN		Male	3293	1:32:45	5773
6011	6002	1:24:54	Corry ROBINSON		Female	2718	1:34:22	5873
6012	5558	1:24:55	Kevin FINCH		Male	3294	1:34:22	5875
6013	2261	1:24:55	Emma COLLINS	Coltishall Jaguars RC	Female	2719	1:34:40	5884
6014	2193	1:24:55	Rebecca WICKS		Female	2720	1:34:40	5885
6015	6515	1:24:57	Annabel CARLTON		Female	2721	1:39:08	6027
6016	5547	1:24:57	Rachel RENWICK		Female	2722	1:39:08	6026
6017	7489	1:24:59	Jo MASON		Female	2723	1:40:08	6039
6018	7407	1:24:59	Andrea MARRIN	Norfolk Gazelles AC	Female	2724	1:40:08	6040
6019	7040	1:25:03	Natasha HARPER		Female	2725	1:37:45	5982
6020	4673	1:25:03	Georgina SOANES		Female	2726	1:37:45	5983



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
6021	6512	1:25:10	Ann MERRYWEATHER	Waveney Valley AC	Female	2727	1:38:58	6022
6022	7064	1:25:21	Rebekah KEELER		Female	2728	1:38:13	6000
6023	6664	1:25:21	Geoffrey NEWMAN		Male	3295	1:39:10	6028
6024	7063	1:25:21	Craig KEELER		Male	3296	1:38:13	5999
6025	6665	1:25:21	Martine KIRKBRIDE		Female	2729	1:39:10	6029
6026	5635	1:25:41	Olivia MINNOCK		Female	2730	1:40:41	6056
6027	7403	1:25:43	Melanie PRATT		Female	2731	1:40:34	6053
6028	7402	1:25:43	Jonny PRATT		Male	3297	1:40:34	6052
6029	7187	1:25:44	Charles FENECH		Male	3298	1:41:20	6064
6030	7033	1:25:44	Caroline SPAXMAN		Female	2732	1:38:41	6013
6031	7234	1:25:46	Victoria GALLANT		Female	2733	1:39:40	6036
6032	7424	1:25:48	Annette COLLINS		Female	2734	1:40:03	6038
6033	7032	1:25:49	Ellie ALDOUS		Female	2735	1:38:26	6004
6034	7519	1:25:53	Charlene READY		Female	2736	1:39:16	6031
6035	7009	1:25:53	Paul HIERONS		Male	3299	1:41:35	6070
6036	6535	1:25:56	Ruth DONLEY-BOND		Female	2737	1:41:22	6065
6037	4720	1:25:59	Steve BARKER		Male	3300	1:37:49	5986
6038	3824	1:26:03	Claire GRIFFITHS		Female	2738	1:38:03	5994
6039	5348	1:26:08	Karen WARNE		Female	2739	1:35:49	5935
6040	7423	1:26:12	Catherine PUTT		Female	2740	1:40:18	6042
6041	5716	1:26:17	Janey PEARCE		Female	2741	1:36:05	5943
6042	6716	1:26:17	Karen MILAM		Female	2742	1:40:29	6050
6043	6715	1:26:17	Julie HARVEY		Female	2743	1:40:29	6051
6044	7130	1:26:20	Sara FORDHAM		Female	2744	1:41:04	6059
6045	7447	1:26:20	Tierney DOYLE		Female	2745	1:41:26	6067
6046	6636	1:26:24	Alice TRAINOR		Female	2746	1:40:18	6043
6047	6912	1:26:27	Fatima ISMAIL	Beccles & Bungay Harriers	Female	2747	1:41:16	6063
6048	7537	1:26:40	Emily LEEKS		Female	2748	1:41:30	6068
6049	6581	1:26:43	Roz MACLACHLAN	Coltishall Jaguars RC	Female	2749	1:40:17	6041
6050	6268	1:26:56	Julie JARDINE		Female	2750	1:39:30	6034
6051	6513	1:27:05	Sarah SMITH	Diss and District AC	Female	2751	1:41:06	6060
6052	6762	1:27:17	Sharn EMERY		Female	2752	1:41:12	6062
6053	6574	1:27:27	Rosemary WALTERS		Female	2753	1:42:32	6077
6054	5251	1:27:29	Sarah WATTS		Female	2754	1:39:19	6033
6055	7146	1:27:37	Laura WARREN		Female	2755	1:40:36	6054
6056	6514	1:27:41	Rosie HARRISON		Female	2756	1:40:39	6055
6057	6571	1:27:42	Lesley SHIPGOOD		Female	2757	1:41:01	6058
6058	5567	1:27:43	Helen BARNES		Female	2758	1:41:43	6072
6059	6208	1:27:46	Philip ROTHWELL		Male	3301	1:40:26	6049
6060	6537	1:27:55	Lucy KELLY		Female	2759	1:40:46	6057
6061	7199	1:27:58	Kim PEARSON		Female	2760	1:43:39	6096
6062	4024	1:27:59	Mark PEARSON		Male	3302	1:43:39	6095
6063	6954	1:28:00	Tanya WARREN		Female	2761	1:43:09	6089
6064	6388	1:28:01	Simone HORNBY		Female	2762	1:43:09	6088
6065	6646	1:28:07	Jamie Robert HARROLD		Male	3303	1:42:49	6081
6066	7430	1:28:08	Becky HILTON		Female	2763	1:43:52	6098
6067	7429	1:28:08	Mark HILTON		Male	3304	1:43:52	6097
6068	7540	1:28:10	Claire BALDING		Female	2764	1:41:52	6073
6069	1070	1:28:10	Jonathan HARROLD		Male	3305	1:42:51	6084
6070	7541	1:28:11	Luke PARKER		Male	3306	1:41:52	6074
6071	5599	1:28:14	John FINCHAM		Male	3307	1:39:39	6035
6072	5791	1:28:17	Rachel ALLEN		Female	2765	1:40:19	6047
6073	3938	1:28:17	Caron HUGHES		Female	2766	1:40:19	6046
6074	6204	1:28:20	Lauren COOPER		Female	2767	1:41:11	6061
6075	6498	1:28:24	Sue HURST	Great Yarmouth Road Runners	Female	2768	1:41:38	6071
6076	6752	1:28:26	Laura WALLER		Female	2769	1:41:32	6069
6077	5582	1:28:26	Brien HUEPPAUFF	Norwich Road Runners	Male	3308	1:39:46	6037
6078	6990	1:28:27	Katrina HOPKINS		Female	2770	1:43:10	6090
6079	6554	1:28:29	Claire LONDON	Norwich Road Runners	Female	2771	1:43:31	6093
6080	6334	1:28:30	Ed JONES		Male	3309	1:43:31	6094
6081	5442	1:28:39	Melanie QUINN		Female	2772	1:40:18	6044
6082	3622	1:28:39	Julie GARDNER		Female	2773	1:40:18	6045
6083	7173	1:28:39	Katie GOODA		Female	2774	1:44:05	6102
6084	1441	1:28:44	Damien SMART		Male	3310	1:29:32	5604
6085	6573	1:28:47	Philip WALTERS		Male	3311	1:43:53	6099
6086	7460	1:28:50	Elodie PARTRIDGE		Female	2775	1:41:24	6066
6087	6425	1:28:55	Allyson BAILEY		Female	2776	1:42:31	6076
6088	7530	1:28:57	Michelle BLAZEY		Female	2777	1:42:31	6075
6089	6978	1:28:59	Sam RUSKIN		Female	2778	1:42:49	6083
6090	6979	1:28:59	Annabel BRUCE		Female	2779	1:42:49	6082



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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
6091	5182	1:29:00	Lauren GIPSON		Female	2780	1:42:37	6079
6092	6171	1:29:01	Naomi CAMPBELL		Female	2781	1:42:37	6080
6093	6755	1:29:04	Nicki MOSELY		Female	2782	1:42:52	6085
6094	7585	1:29:04	Linda MURPHY		Female	2783	1:42:52	6086
6095	7144	1:29:08	Stacy BRAIN		Male	3312	1:44:09	6104
6096	7143	1:29:09	Angela BRAIN		Female	2784	1:44:09	6105
6097	6829	1:29:18	Jacqui KELLY		Female	2785	1:44:16	6110
6098	6654	1:29:18	Georgina KELLY		Female	2786	1:44:16	6111
6099	7203	1:29:21	Amy JANE		Female	2787	1:44:01	6101
6100	6588	1:29:21	Laura CORNWELL		Female	2788	1:44:06	6103
6101	1442	1:29:29	Lucy SMART		Female	2789	1:30:16	5641
6102	6524	1:29:30	Marie WIDDOWS		Female	2790	1:43:55	6100
6103	6374	1:29:38	Kira HANNANT		Female	2791	1:44:31	6115
6104	6607	1:29:40	Jess DIGGINS		Female	2792	1:45:29	6129
6105	7539	1:29:41	Peter DIGGINS		Male	3313	1:45:29	6130
6106	7145	1:29:41	Karle PARNELL		Female	2793	1:45:31	6132
6107	6608	1:29:41	Luke FOX		Male	3314	1:45:29	6131
6108	7204	1:29:46	Sharon GARDENER		Female	2794	1:42:36	6078
6109	6625	1:29:48	Katherine BAYES		Female	2795	1:45:25	6126
6110	7284	1:29:51	A WALTER-BROWNE		Female	2796	1:44:54	6116
6111	6726	1:29:56	Bee Lee CRAMPSIE		Female	2797	1:44:11	6107
6112	7169	1:29:57	Judith FRIEND		Female	2798	1:44:55	6118
6113	5569	1:29:57	Anthony FRIEND		Male	3315	1:44:55	6117
6114	6364	1:29:59	Emily SEAMAN		Female	2799	1:44:11	6108
6115	2172	1:29:59	Lorraine THOMPSON		Female	2800	1:44:11	6109
6116	6536	1:30:04	Sonya POTTER		Female	2801	1:44:57	6119
6117	7283	1:30:08	Kareen LITCHFIELD	Redway Runners	Female	2802	1:43:12	6091
6118	7219	1:30:11	Jonathan WRIGHT		Male	3316	1:44:10	6106
6119	7525	1:30:17	Becky WATTS		Female	2803	1:45:41	6134
6120	6669	1:30:21	Jeanette LAURIE		Female	2804	1:45:57	6137
6121	6194	1:30:35	Michelle COOPER		Female	2805	1:43:26	6092
6122	7443	1:30:37	Craig ELLIOTT		Male	3317	1:44:21	6112
6123	7013	1:30:48	Caroline HARDY		Female	2806	1:45:17	6123
6124	7139	1:30:49	Melanie FINLAY		Female	2807	1:45:17	6124
6125	7304	1:30:54	John COLE		Male	3318	1:46:14	6142
6126	4131	1:30:59	Alice DREWITT		Female	2808	1:37:56	5989
6127	7441	1:31:13	Vanessa JONES		Female	2809	1:46:17	6143
6128	6179	1:31:13	Penny JONES		Female	2810	1:45:15	6122
6129	7138	1:31:23	Maxine HART	Great Yarmouth Road Runners	Female	2811	1:45:50	6136
6130	7475	1:31:26	Tina LATHROPE		Female	2812	1:45:01	6120
6131	5546	1:31:32	Isabella NICHOLSON		Female	2813	1:46:10	6140
6132	6863	1:31:34	Michaela CURRUMS		Female	2814	1:46:11	6141
6133	7507	1:31:35	Victoria BOUSFIELD		Female	2815	1:45:25	6128
6134	7505	1:31:36	Claire DEWING		Female	2816	1:45:25	6127
6135	7149	1:31:46	Karen BIRD		Female	2817	1:44:29	6113
6136	7150	1:31:46	Kevin DUNGEY		Male	3319	1:44:30	6114
6137	7035	1:31:49	Emma BLACKWELL	Beccles & Bungay Harriers	Female	2818	1:45:24	6125
6138	6428	1:31:52	Angela GOODY		Female	2819	1:47:19	6148
6139	6212	1:31:58	Shaylie MCKAY		Female	2820	1:47:41	6149
6140	7183	1:32:09	Cheryl HACKNEY		Female	2821	1:45:43	6135
6141	7228	1:32:11	Hayley MAUD	Waveney Valley AC	Female	2822	1:47:55	6150
6142	7277	1:32:16	Ali CHRISTIE		Female	2823	1:45:08	6121
6143	6370	1:32:25	Paula CLARKE		Female	2824	1:46:29	6144
6144	7498	1:32:47	Jo BROUGHTON		Female	2825	1:47:14	6146
6145	7565	1:32:47	Nicky BALDWIN		Female	2826	1:47:14	6147
6146	6622	1:32:48	Naomi SULLIVAN		Female	2827	1:48:10	6152
6147	6631	1:33:02	Justine STAINES		Female	2828	1:48:09	6151
6148	6587	1:33:03	Rhyanna PEARSON		Female	2829	1:46:09	6139
6149	7603	1:33:03	James PANNELL		Male	3320	1:45:38	6133
6150	6756	1:33:06	Lucy WORDSWORTH		Female	2830	1:46:00	6138
6151	5924	1:33:14	Kirsty GAFFIGAN		Female	2831	1:42:52	6087
6152	7045	1:33:33	Becci PEPPERELL		Female	2832	1:48:11	6154
6153	6926	1:33:34	Anna BLOW		Female	2833	1:48:11	6153
6154	7481	1:33:56	Dawn MOUNTAIN		Female	2834	1:48:22	6155
6155	6711	1:34:23	Rachael WEST		Female	2835	1:48:53	6157
6156	6961	1:34:24	Victoria SHEPHERD		Female	2836	1:48:55	6158
6157	6648	1:34:41	Jennifer MASON		Female	2837	1:48:37	6156
6158	3754	1:34:49	Elizabeth FOX	Bungay Black Dog RC	Female	2838	1:50:03	6162
6159	6757	1:34:49	Sarah WILBY	Bungay Black Dog RC	Female	2839	1:50:03	6163
6160	6758	1:34:50	Susan POTTER	Bungay Black Dog RC	Female	2840	1:50:04	6164



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by Chip Position

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Gun Time	Gun Pos
6161	6185	1:35:36	May THURLING	Waveney Valley AC	Female	2841	1:48:59	6159
6162	5342	1:35:36	Anita GLANFIELD		Female	2842	1:48:59	6160
6163	6499	1:35:48	Louise WHITESIDE		Female	2843	1:51:06	6168
6164	3416	1:35:49	Joel LAWRENCE		Male	3321	1:51:06	6169
6165	7292	1:36:12	Nicola ABSON		Female	2844	1:49:50	6161
6166	6076	1:36:17	Karen WEST		Female	2845	1:50:47	6167
6167	7561	1:37:07	Adam FENN		Male	3322	1:51:09	6170
6168	6861	1:37:14	Catherine GILCHRIST		Female	2846	1:52:08	6173
6169	7227	1:37:24	Emily HARDING		Female	2847	1:53:13	6177
6170	6751	1:37:40	Heather FORSYTH		Female	2848	1:52:47	6175
6171	6853	1:37:53	Matthew DOWNES	Norfolk Gazelles AC	Male	3323	1:50:34	6165
6172	7117	1:37:54	Catherine DOWNES		Female	2849	1:50:35	6166
6173	7005	1:38:12	Michelle ALLEN		Female	2850	1:53:19	6179
6174	7468	1:38:18	Marie CHARLES		Female	2851	1:53:25	6181
6175	7485	1:38:18	Kassie MANGANARO		Female	2852	1:53:25	6180
6176	7323	1:38:19	Emma MOORE		Female	2853	1:52:34	6174
6177	7249	1:38:25	Hayley THOMPSON		Female	2854	1:51:39	6171
6178	7286	1:38:31	Pat O'FLAHERTY		Female	2855	1:53:06	6176
6179	7474	1:38:43	Vicky RALLISON		Female	2856	1:51:43	6172
6180	7216	1:38:57	Nina HUSSAIN		Female	2857	1:53:18	6178
6181	6626	1:39:11	Fiona DEVINE	Norfolk Gazelles AC	Female	2858	1:54:05	6182
6182	7318	1:41:03	Maureen HOWE		Female	2859	1:54:50	6183
6183	5842	1:41:04	Alison LEESE		Female	2860	1:54:50	6184
6184	6671	1:41:24	Anne TIDD		Female	2861	1:57:02	6185
6185	6750	1:42:08	Dawn BOYD		Female	2862	1:57:42	6187
6186	7464	1:43:16	Gaynor SMITH		Female	2863	1:58:06	6188
6187	7466	1:43:16	Victoria SMART		Female	2864	1:58:06	6189
6188	7231	1:44:30	Carrie-Ann BLACKALL		Female	2865	1:57:03	6186
6189	7545	1:46:22	E REED-BEADLE		Female	2866	1:59:48	6192
6190	6679	1:46:30	Geraldine HOUGH		Female	2867	1:59:29	6190
6191	7113	1:46:34	Carol JEARY		Female	2868	1:46:34	6145
6192	6445	1:46:49	Jess FREE		Female	2869	2:02:38	6193
6193	7188	1:47:03	Suzanne HENSELER		Female	2870	1:59:36	6191
6194	7309	1:55:14	Shelley TESTER		Female	2871	2:09:41	6195
6195	6727	1:55:15	Linda TAYLOR		Female	2872	2:09:37	6194
6196	6739	1:57:07	Cecilia HERRERA		Female	2873	2:10:41	6196
6197	6737	1:57:08	Mark GRIFFITHS		Male	3324	2:10:41	6197
6198	6729	2:04:06	Simon ROWLEY		Male	3325	2:19:27	6198
6199	6728	2:06:47	Catherine ROWLEY		Female	2874	2:22:07	6199