

Run Norwich 2025 10k

07/9/2025



Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1	56	Marshall	Smith	Male	1	MO	1	Ashford AC	00:31:28	1
2	7	Danny	Adams	Male	2	MO	2	City Of Norwich AC	00:32:17	2
3	27	Harry	Allcock	Male	3	MO	3	City Of Norwich AC	00:32:41	3
4	9	William	Mahoney	Male	4	MO	4	City Of Norwich AC	00:32:47	4
5	30	Kim	Bowling	Male	5	MO	5	Colchester Harriers AC	00:32:51	5
6	44	Martyn	Bath	Male	6	MO	6	Norwich Road Runners	00:33:12	6
7	4	James	Senior	Male	7	MO	7	City Of Norwich AC	00:33:34	7
8	23	Jacob	Ocal	Male	8	MO	8	City Of Norwich AC	00:33:51	8
9	25	George	Potter	Male	9	MO	9		00:34:00	9
10	15	Sam	Todd	Male	10	MO	10	City Of Norwich AC	00:34:02	10
11	49	Chris	Darling	Male	11	MO	11	Cambridge & Coleridge AC	00:34:03	11
12	36	Martin	Westley	Male	12	MO	12	Harlow Running & Tri Club	00:34:08	12
13	24	George	Gay	Male	13	MO	13	City Of Norwich AC	00:34:13	13
14	38	Neil	Adams	Male	14	M45	1	North Norfolk Beach Runners	00:34:30	14
15	52	Brian	Corleys	Male	15	M50	1		00:34:38	15
16	55	Tyler	Reynolds	Male	16	MO	14		00:34:49	16
17	26	Billy	Eccles	Male	17	MO	15		00:34:53	17
18	136	Lewis	Wardale	Male	18	MO	16		00:34:55	18
19	29	John	Hudson	Male	19	M40	1	Norwich Road Runners	00:35:07	19
20	14	Daniel	Simmons	Male	20	M40	2	Tri-Anglia Triathlon Club	00:35:12	20
21	45	Jamie	Atkins	Male	21	MO	17		00:35:25	21
22	13	Laurence	Rouse	Male	22	MO	18		00:35:29	22
23	54	Max	Parsley	Male	23	MO	19		00:35:31	23
24	1	Holly	Archer	Female	1	FO	1	Cambridge & Coleridge AC	00:35:34	24
25	58	Patrick	Thomas	Male	24	MO	20	City Of Norwich AC	00:35:35	25
26	2	Piers	Arnold	Male	25	MO	21		00:35:39	27
27	17	Sam	Peck	Male	26	MO	22	City Of Norwich AC	00:35:41	28
28	93	Gary	Saggers	Male	27	M45	2	Lowestoft Road Runners	00:35:39	26
29	51	Kevin	Holland	Male	28	M45	3	Wymondham AC	00:35:47	29
30	80	Tom	Newman	Male	29	MO	23	City Of Norwich AC	00:35:59	30
31	28	Benjamin	Hunter	Male	30	MO	24		00:36:08	31
32	31	Steven	Mcnicholas	Male	31	M40	3	Wymondham AC	00:36:15	32
33	100	Alex	Griffiths	Male	32	MO	25	Norwich Road Runners	00:36:24	34
34	137	Brandon	Shulver	Male	33	MO	26	Lowestoft Road Runners	00:36:21	33
35	57	Jonathan	Ede	Male	34	MO	27	Cambridge & Coleridge AC	00:36:26	35
36	133	Rowan	Stringer	Male	35	MO	28		00:36:29	36
37	122	Calum	Dickinson	Male	36	MO	29		00:36:31	37
38	135	Jamie	Rose	Male	37	MO	30		00:36:38	39
39	118	Matthew	Clark	Male	38	MO	31		00:36:34	38
40	34	Chris	Millsted	Male	39	MO	32		00:36:40	40
41	71	James	Pitcher	Male	40	MO	33	Norfolk Gazelles AC	00:36:40	41
42	3	Mabel	Beckett	Female	2	FO	2	City Of Norwich AC	00:36:42	42
43	66	David	Burton	Male	41	MO	34		00:36:43	43
44	92	Jake	Pye	Male	42	MO	35		00:36:45	44
45	6	Eleanor	Grubb	Female	3	F40	1	City Of Norwich AC	00:37:02	47
46	74	Simon	Cook	Male	43	M45	4	Lowestoft Road Runners	00:36:57	46
47	201	Adam	Parke	Male	44	MO	36		00:36:48	45
48	128	Robert	Glasgow	Male	45	M50	2	Orion Harriers	00:37:04	50
49	99	Harry	Neale	Male	46	MO	37	Norfolk Gazelles AC	00:37:04	49
50	42	Ed	Plager	Male	47	M40	4		00:37:02	48
51	215	Freddie	Cox-hartigan	Male	48	MO	38	Bungay Black Dog RC	00:37:11	51
52	94	Sam	Cosgrove	Male	49	MO	39		00:37:14	52

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
53	20	Will	Dorsett	Male	50	MO	40		00:37:14	53
54	114	James	Steel	Male	51	MO	41		00:37:15	54
55	173	Peter	Harvey	Male	52	M40	5	City Of Norwich AC	00:37:19	55
56	35	Daniel	Harrison	Male	53	MO	42	Great Yarmouth & District AC	00:37:23	57
57	229	Tom	Bamford	Male	54	MO	43		00:37:20	56
58	65	Byron	Mcgill	Male	55	M40	6	Bungay Black Dog RC	00:37:27	58
59	238	Euan	Carrier	Male	56	MO	44		00:37:31	60
60	120	Craig	Upton	Male	57	MO	45	Norwich Road Runners	00:37:34	61
61	412	Danny	Ramsbottom	Male	58	MO	46		00:37:29	59
62	88	Henry	Ashton	Male	59	MO	47		00:37:35	63
63	69	David	Hinton	Male	60	MO	48		00:37:34	62
64	102	Thomas	Hill	Male	61	MO	49		00:37:41	64
65	82	Nicholas	Wittred	Male	62	M40	7	City Of Norwich AC	00:37:45	65
66	41	Adam	Baker	Male	63	M50	3	Wymondham AC	00:37:46	67
67	132	Matthew	Plane	Male	64	MO	50		00:37:45	66
68	1816	Leanne	Finch	Female	4	FO	3	Bure Valley Harriers	00:37:48	68
69	259	Ewan	Winzor Saile	Male	65	M45	5		00:37:51	69
70	8	Jo	Andrews	Female	5	F50	1	Bungay Black Dog RC	00:37:56	72
71	277	Morgan	Lingley	Male	66	MO	51		00:37:52	70
72	125	David	Houghton	Male	67	M50	4	Wymondham AC	00:38:02	74
73	198	Toby	Armiger	Male	68	MO	52	City Of Norwich AC	00:38:03	75
74	134	Josh	Russell	Male	69	MO	53		00:37:53	71
75	104	Jordan	Hipperson	Male	70	MO	54		00:38:05	76
76	21	Andrew	Soanes	Male	71	MO	55	Waveney Valley AC	00:38:07	77
77	217	Will	Mcmorris	Male	72	M45	6	North Norfolk Beach Runners	00:38:12	80
78	43	Aaron	Francis	Male	73	MO	56	Sheffield RC	00:38:09	78
79	235	Keelan	Pywell	Male	74	MO	57	Lowestoft Road Runners	00:38:12	81
80	1842	Oliver	Thomson	Male	75	MO	58		00:38:09	79
81	1837	Danny	Philpott	Male	76	MO	59		00:38:17	82
82	101	Justin	Burton	Male	77	M40	8		00:38:18	83
83	105	Tom	Larner	Male	78	MO	60		00:38:23	87
84	97	William	George	Male	79	MO	61	North Norfolk Beach Runners	00:38:21	85
85	199	Matt	Jenkins	Male	80	MO	62	Norwich Road Runners	00:38:23	89
86	260	Oliver	Brown	Male	81	MO	63	City Of Norwich AC	00:38:21	84
87	60	James	Cain	Male	82	MO	64		00:38:22	86
88	158	Benjamin	Whitbourn	Male	83	MO	65		00:38:23	90
89	76	Niall	Simmonds	Male	84	MO	66	Southampton Athletic Club	00:38:31	92
90	150	Kate	Murrell	Female	6	F45	1	Norwich Road Runners	00:38:28	91
91	219	Josh	Tibbles	Male	85	MO	67		00:37:59	73
92	208	Hannah	Maher	Female	7	FO	4		00:38:23	88
93	226	Samuel	Southgate	Male	86	MO	68	Clapham Chasers	00:38:32	93
94	237	David	Moore	Male	87	MO	69	Norfolk Gazelles AC	00:38:33	94
95	385	Kingsley	Judd	Male	88	MO	70		00:38:45	99
96	147	Ross	Durrant	Male	89	MO	71		00:38:42	97
97	107	Adam	Baker	Male	90	MO	72		00:38:40	96
98	85	Tom	Jordan	Male	91	MO	73	Bure Valley Harriers	00:38:33	95
99	248	Fletcher	Yarham	Male	92	MO	74		00:38:43	98
100	649	Tom	Lamb	Male	93	MO	75		00:38:50	102
101	265	Troy	Douglas-collow	Male	94	MO	76		00:38:56	107
102	156	Chris	Fryer	Male	95	MO	77	Great Yarmouth Road Runners	00:38:53	104
103	177	James	Howes	Male	96	M45	7	City Of Norwich AC	00:39:00	108
104	115	Shane	Morgan	Male	97	MO	78		00:38:49	101
105	89	Oli	Rix	Male	98	MO	79	City Of Norwich AC	00:39:05	112

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
106	145	Paul	Suggitt	Male	99	M40	9		00:39:05	113
107	395	Steven	Cannell	Male	100	MO	80		00:38:52	103
108	282	Chris	Vernon	Male	101	MO	81		00:39:01	109
109	227	Mark	Banfield	Male	102	M50	5	Wymondham AC	00:39:06	114
110	64	Tom	Galley	Male	103	MO	82	Lowestoft Road Runners	00:39:07	115
111	181	Chris	Bullock	Male	104	M50	6	Wymondham AC	00:39:12	118
112	129	Lance	Escobar	Male	105	MO	83	Diss and District AC	00:39:12	119
113	270	Louis	Prangnell	Male	106	M40	10		00:39:07	116
114	124	Jordan	Humm	Male	107	MO	84		00:39:16	121
115	183	Daniel	Cable	Male	108	MO	85		00:39:09	117
116	750	Barry	Lynn	Male	109	MO	86		00:39:04	111
117	96	Michael	Steward	Male	110	M55	1		00:39:19	124
118	472	Daniel	Luedke	Male	111	MO	87		00:39:14	120
119	512	Max	Emerson	Male	112	MO	88		00:38:56	106
120	127	Oliver	Foxwell	Male	113	MO	89	West Norfolk AC	00:39:17	122
121	347	Ronnie	Mount	Male	114	M45	8	Norwich Road Runners	00:39:23	125
122	192	James	Roy	Male	115	M40	11		00:39:28	130
123	193	Filip	Schubert	Male	116	MO	90		00:38:47	100
124	169	Torben	Jessen	Male	117	M60	1	Folkestone Running & Athletics Club	00:39:27	129
125	210	James	Porter	Male	118	MO	91	BRJ Run and Tri	00:39:23	126
126	95	Billy	Wheeler	Male	119	M50	7	Wymondham AC	00:39:31	132
127	269	Jack	Foord	Male	120	MO	92		00:39:02	110
128	756	Robert	Duncan	Male	121	M40	12		00:39:27	128
129	182	Ian	Bray	Male	122	M40	13	Norwich Road Runners	00:39:34	136
130	242	Peter	Lowther	Male	123	MO	93	Bungay Black Dog RC	00:39:35	138
131	262	Jason	Mountain	Male	124	M40	14		00:39:26	127
132	355	Maria	Marsh	Female	8	FO	5		00:39:28	131
133	230	Ashley	Granados	Male	125	MO	94		00:39:33	134
134	106	Simon	Bales	Male	126	M45	9	Bure Valley Harriers	00:39:42	141
135	696	Joseph	Mayes	Male	127	MO	95	Norwich Road Runners	00:39:34	135
136	224	Mark	Armstrong	Male	128	M40	15	Wymondham AC	00:39:43	143
137	468	Phil	Whiting	Male	129	M50	8	Norfolk Gazelles AC	00:39:37	140
138	209	Joe	Carter	Male	130	MO	96	Saint Edmund Pacers	00:39:43	144
139	445	Stephen	Crockett	Male	131	MO	97		00:39:46	150
140	421	Henry	Levell	Male	132	MO	98		00:39:37	139
141	333	Jonathan	Cordle	Male	133	M60	2	Norwich Road Runners	00:39:45	149
142	306	William	Humphrey	Male	134	MO	99		00:39:51	157
143	190	Andrew	Horton	Male	135	M40	16		00:39:43	142
144	204	Stephen	Wilson	Male	136	MO	100		00:39:50	156
145	327	Tom	Downs	Male	137	M40	17		00:39:32	133
146	83	Robert	Wapshott	Male	138	M45	10	Hallamshire Harriers Sheffield	00:39:50	155
147	61	Samuel	Beardmore	Male	139	MO	101		00:39:43	145
148	357	Ryan	Pack	Male	140	MO	102		00:39:48	151
149	738	Clive	Cartner	Male	141	M45	11	Norfolk Gazelles AC	00:39:49	152
150	1202	Bertie	Pinching	Male	142	MO	103		00:39:34	137
151	345	Shay	Walpole	Male	143	MO	104	Norwich Road Runners	00:40:04	160
152	170	Josh	Booth	Male	144	MO	105	New Levels Run Club	00:40:07	162
153	1712	Becky	Hills	Female	9	FO	6		00:39:50	154
154	336	Sebastian	Lambert	Male	145	MO	106		00:40:00	158
155	10	Cat	Cummings	Female	10	F45	2	City Of Norwich AC	00:40:10	170
156	366	Ethan	Wells	Male	146	MO	107		00:40:04	159
157	195	Lorimar	Hipperson	Male	147	MO	108		00:40:09	166

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
158	205	Tony	Gowing	Male	148	M40	18		00:40:09	167
159	279	Adam	Leech	Male	149	MO	109		00:39:44	147
160	186	Allen	Westoby	Male	150	MO	110	Winchester Fit Club RC	00:40:10	169
161	309	Jonathan	Brasnett	Male	151	M40	19		00:40:08	164
162	423	Luis	Tibbles	Male	152	MO	111		00:39:45	148
163	167	John	Moore	Male	153	M65	1	Norfolk Gazelles AC	00:40:19	178
164	688	David	Bailey	Male	154	MO	112		00:39:50	153
165	249	Shaun	Aldous	Male	155	M50	9	Bungay Black Dog RC	00:40:21	182
166	176	Patrick	Matthews	Male	156	MO	113		00:40:19	179
167	487	Alexander	Wigney	Male	157	MO	114		00:40:08	163
168	272	Thomas	Hill	Male	158	M45	12		00:40:24	185
169	810	Alex	Hamblin	Male	159	MO	115		00:39:44	146
170	510	Chris	Chaplen	Male	160	MO	116		00:40:06	161
171	263	Matthew	Sutton	Male	161	MO	117		00:40:08	165
172	406	Nathan	Capps Jenner	Male	162	MO	118	Waveney Valley AC	00:40:20	180
173	459	Jamie	Sheehan	Male	163	MO	119		00:40:25	187
174	222	Aston	Martin	Male	164	MO	120	Norwich Road Runners	00:40:15	172
175	258	Todd	Lake	Male	165	M60	3	Wymondham AC	00:40:32	193
176	59	Marcus	Sladden	Male	166	MO	121		00:40:36	198
177	247	Jason	Wing	Male	167	M55	2	Thetford AC	00:40:34	197
178	293	Brandon	Pickess	Male	168	MO	122		00:40:25	186
179	131	Laurynas	Misevicius	Male	169	MO	123	Ryston Runners	00:40:10	168
180	612	Alan	Duncan	Male	170	M45	13		00:40:31	191
181	73	Tobias	Neale	Male	171	MO	124	North Norfolk Harriers Athletics Club	00:40:34	196
182	113	Oliver	Gutteridge	Male	172	MO	125		00:40:42	201
183	325	Garry	Smith	Male	173	M40	20		00:40:37	199
184	218	Scott	Breakenridge	Male	174	MO	126		00:40:15	173
185	1843	Ross	Shaw	Male	175	MO	127	Colchester Harriers AC	00:40:34	195
186	1149	Samuel	Groves	Male	176	MO	128		00:40:19	177
187	295	Rob	Harlow	Male	177	MO	129		00:40:22	183
188	314	Megan	Platten	Female	11	FO	7		00:40:33	194
189	223	Matthew	Pontifex	Male	178	MO	130		00:40:16	175
190	362	Shaun	Long	Male	179	MO	131		00:40:47	207
191	291	James	Fullam	Male	180	M40	21		00:40:49	209
192	458	Andrew	Carrier	Male	181	MO	132		00:40:15	174
193	803	Joseph	Jones	Male	182	MO	133		00:40:42	202
194	180	Lee	Devlin	Male	183	M40	22		00:40:43	203
195	443	Ben	Jones	Male	184	MO	134		00:40:31	192
196	393	Nick	Kent	Male	185	MO	135	Diss and District AC	00:40:16	176
197	316	Matthew	Brown	Male	186	M45	14		00:40:56	216
198	497	Sam	Burrows	Male	187	MO	136	Wymondham AC	00:40:47	206
199	1065	Alexander	Clemmett	Male	188	MO	137	Zoom Tri Club Bournemouth	00:40:26	188
200	626	Jack	Shreeve	Male	189	MO	138		00:40:52	212
201	486	Phoenix	Tashlin Clifford	Male	190	MO	139		00:40:47	208
202	537	Rhys	Hartle	Male	191	MO	140		00:40:30	190
203	165	Juliette	Watkinson	Female	12	F40	2	Wymondham AC	00:41:04	221
204	1416	Ben	Hewitt	Male	192	M45	15		00:40:40	200
205	91	Gareth	Seville	Male	193	MO	141	Wymondham AC	00:40:58	217
206	522	Luke	Ashford	Male	194	MO	142		00:41:06	225
207	383	Alex	Walpole	Male	195	MO	143	Runners-Next-the-Sea	00:40:54	213
208	428	Joe	Wicks	Male	196	MO	144		00:40:28	189
209	232	Jamie	Hepher	Male	197	MO	145		00:40:20	181

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
210	290	Cameron	Barnes	Male	198	MO	146		00:40:46	205
211	363	Lewis	Davies	Male	199	MO	147		00:41:05	223
212	1239	Jack	Haward	Male	200	MO	148	Saint Edmund Pacers	00:41:07	226
213	200	Charlie	Clarke	Male	201	MO	149		00:40:11	171
214	711	Kelvin	Willimott	Male	202	M40	23		00:40:55	215
215	301	Will	Barker	Male	203	MO	150		00:41:05	222
216	268	Harry	Armes	Male	204	MO	151	Reepham Runners	00:41:06	224
217	814	William	Riches	Male	205	MO	152		00:41:15	228
218	240	Andrew	Reed	Male	206	MO	153	Erme Valley Harriers	00:41:21	236
219	311	Harvey	Wade	Male	207	MO	154		00:41:17	229
220	175	Kelvin	Haywood	Male	208	MO	155		00:41:23	238
221	999	Marcus	Jolly	Male	209	MO	156		00:40:46	204
222	793	Hans	Verschueren	Male	210	MO	157		00:40:49	210
223	321	Marcus	Pearson	Male	211	MO	158		00:41:18	232
224	378	Lee	Oakley	Male	212	M40	24		00:41:22	237
225	276	Barley	Woodcock	Male	213	M45	16	Newmarket Joggers	00:40:52	211
226	524	Lee	Knights	Male	214	M45	17		00:41:13	227
227	203	Oliver	Shephard	Male	215	MO	159	Lonely Goat RC	00:41:19	234
228	665	Liam	Howes	Male	216	MO	160		00:40:59	219
229	1086	Joe	Whitton	Male	217	MO	161		00:41:18	231
230	352	Felicity	Quinn	Female	13	FO	8		00:41:29	246
231	116	Liam	Footitt	Male	218	MO	162		00:41:36	257
232	379	Gav	Dent	Male	219	M45	18	North Norfolk Beach Runners	00:40:59	218
233	111	Matt	Collier	Male	220	M50	10	Norfolk Gazelles AC	00:41:19	235
234	1832	Rikki	James	Male	221	MO	163		00:41:31	250
235	448	Chris	Davies	Male	222	M50	11		00:41:31	249
236	517	Lauren	Stroud	Male	223	M45	19		00:41:27	243
237	403	Adam	Glover	Male	224	MO	164		00:41:19	233
238	533	Christopher	Fuller	Male	225	MO	165		00:41:30	248
239	782	Thomas	Barker	Male	226	MO	166	City Of Norwich AC	00:41:39	259
240	415	Adrian	Slattery	Male	227	M45	20	Great Yarmouth Road Runners	00:41:24	241
241	449	Paul	Bliss	Male	228	MO	167		00:41:28	245
242	63	Mark	Goddard	Male	229	MO	168	Norfolk Gazelles AC	00:41:32	252
243	938	Dan	Edison	Male	230	MO	169		00:41:35	255
244	529	Aaron	O'driscoll	Male	231	MO	170		00:41:51	281
245	207	Paul	Bulling	Male	232	M40	25	Norwich Road Runners	00:41:35	254
246	889	Jacob	Griffin	Male	233	MO	171		00:41:45	273
247	581	Adam	Gusterson	Male	234	MO	172		00:41:17	230
248	1088	Ben	Aldrich	Male	235	MO	173		00:41:38	258
249	1002	Lauren	Malcharek	Female	14	FO	9		00:41:52	283
250	554	Mark	Griffin	Male	236	M60	4		00:41:42	264
251	775	David	Granger	Male	237	MO	174		00:41:33	253
252	614	Harvey	Pyer	Male	238	MO	175		00:41:44	272
253	410	George	Medhurst	Male	239	MO	176		00:41:32	251
254	1188	Kane	St Quintin	Male	240	MO	177		00:41:50	276
255	1058	Owen	Hudson	Male	241	M50	12		00:41:24	240
256	535	Oscar	Gent	Male	242	MO	178		00:41:40	261
257	266	Will	Longworth	Male	243	MO	179		00:41:47	274
258	103	Will	Byrne	Male	244	MO	180		00:41:44	270
259	139	Oliver	Marriott	Male	245	MO	181		00:40:24	184
260	400	Franklyn	Plume	Male	246	MO	182	Coltishall Jaguars RC	00:41:43	265
261	491	Paul	Oakley	Male	247	M50	13		00:41:44	268
262	146	Nick	Gurney	Male	248	MO	183	Norwich Road Runners	00:41:51	280

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
263	800	Charlie	Dack	Male	249	MO	184		00:41:23	239
264	431	Jamie	Harris	Male	250	MO	185	Wymondham AC	00:41:44	269
265	374	Steve	Metcalfe	Male	251	MO	186		00:41:26	242
266	566	Carl	Weathers	Male	252	MO	187		00:41:43	266
267	538	Will	Bamber	Male	253	M40	26		00:41:44	271
268	154	Marc	Evans	Male	254	M45	21		00:41:50	279
269	637	Mark	Robinson	Male	255	MO	188		00:41:43	267
270	149	Mark	Mantle	Male	256	M40	27		00:41:58	299
271	123	Dean	Terry	Male	257	MO	189		00:41:59	300
272	187	Jonah	Life	Male	258	MO	190		00:41:55	296
273	144	Benjamin	Smith	Male	259	M40	28	Wymondham AC	00:41:40	260
274	214	Ethan	Hall	Male	260	MO	191		00:41:29	247
275	189	Andy	Duckham	Male	261	MO	192		00:41:28	244
276	168	Shaun	Rose	Male	262	M40	29		00:42:07	302
277	197	Mark	Hurren	Male	263	M40	30		00:41:54	290
278	3148	Jordan	Wardrope	Male	264	MO	193		00:38:55	105
279	329	Claire	Kent	Female	15	FO	10	Wymondham AC	00:41:56	298
280	489	Jonathan	Walley	Male	265	MO	194	GoodGym Race Team	00:42:11	314
281	732	Kelvin	Tan	Male	266	M40	31		00:42:09	310
282	560	Brett	Patterson	Male	267	M45	22		00:41:54	294
283	476	Mathew	Gilbert	Male	268	MO	195		00:41:52	284
284	745	Matt	Tomlinson	Male	269	M50	14	City Of Norwich AC	00:41:52	286
285	389	Alex	Chapman	Male	270	MO	196		00:41:52	285
286	530	Paul	Rose	Male	271	M45	23		00:42:09	308
287	807	Charles	Ohsten	Male	272	MO	197		00:41:52	287
288	1018	Alex	Mccloskey	Male	273	MO	198	Bungay Black Dog RC	00:41:50	277
289	516	Charlie	Emery	Male	274	MO	199		00:42:10	311
290	397	Shaun	Braybrook	Male	275	M40	32	Wymondham AC	00:42:10	312
291	456	Adam	Pearce	Male	276	MO	200		00:42:07	303
292	342	Mark	Matless	Male	277	M40	33		00:42:13	316
293	434	Luis	Lozano	Male	278	MO	201		00:41:55	297
294	1804	Simon	Oleary	Male	279	M50	15	City of Norwich AC	00:42:16	323
295	284	James	Slater	Male	280	MO	202		00:41:54	289
296	773	Lewis	Dunthorne	Male	281	MO	203		00:41:54	293
297	221	Edd	Forster	Male	282	M40	34	Aycliffe Running Club	00:42:15	322
298	171	Ellen	Jack	Female	16	FO	11	City Of Norwich AC	00:41:50	278
299	274	Paul	Scott	Male	283	M45	24		00:42:09	309
300	339	Will	Mcdaniel	Male	284	MO	204		00:42:13	315
301	640	Alex	Bird	Male	285	MO	205		00:42:18	329
302	1151	James	Loughlin	Male	286	MO	206		00:41:42	263
303	420	Becky	Robertson	Female	17	F40	3	Tri-Anglia Triathlon Club	00:42:17	325
304	382	George	Rivett	Male	287	MO	207		00:42:15	321
305	275	Ernie	Castillo	Male	288	MO	208		00:42:14	320
306	1173	Sean	Donoghue	Male	289	M50	16		00:42:08	306
307	808	Ryan	Stevens	Male	290	MO	209		00:42:21	335
308	586	Stewart	Curson	Male	291	M40	35		00:42:13	318
309	288	Archie	Buck	Male	292	MO	210		00:42:23	337
310	285	Philip	Pearson	Male	293	MO	211	Great Yarmouth Road Runners	00:42:07	304
311	372	Grace	Leavy	Female	18	FO	12	Norfolk Gazelles AC	00:42:17	324
312	826	Connor	Laskey	Male	294	MO	212		00:41:42	262
313	1475	Jonathan	Chester	Male	295	MO	213		00:41:55	295
314	424	Cy	Culpin	Male	296	M45	25		00:41:54	291
315	691	Claire	Stroud	Female	19	F45	3		00:42:29	346

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
316	387	Lewis	Flatt	Male	297	M40	36		00:42:20	333
317	439	Harry	Crowe	Male	298	MO	214		00:41:53	288
318	580	Nathan	Warren	Male	299	MO	215	Wymondham AC	00:42:08	305
319	278	Matt	Smith	Male	300	MO	216	Diss and District AC	00:42:31	347
320	283	Charlie	Jones	Male	301	MO	217		00:40:54	214
321	313	Terry	Collins	Male	302	M45	26	Coltishall Jaguars RC	00:42:25	340
322	662	Steven	Young	Male	303	M55	3		00:41:36	256
323	289	David	Stevens	Male	304	M40	37		00:42:11	313
324	611	Jack	Smith	Male	305	MO	218		00:42:22	336
325	553	Keeley	Papworth	Female	20	FO	13		00:42:17	327
326	386	Charles	Carter	Male	306	MO	219		00:42:18	328
327	364	Edward	Atkins	Male	307	M40	38	City Of Norwich AC	00:42:26	341
328	273	Gary	Penn	Male	308	M45	27	City Of Norwich AC	00:42:36	356
329	502	Lee	Glacken	Male	309	MO	220		00:42:47	377
330	297	Ben	Davies	Male	310	MO	221		00:42:27	343
331	1162	Jordan	Creed	Male	311	MO	222		00:42:35	350
332	508	Daniel	Guest	Male	312	MO	223		00:41:54	292
333	254	Lee	Forder	Male	313	M45	28		00:42:03	301
334	466	Aden	Brooks	Male	314	MO	224		00:42:42	363
335	467	Clare	Slorach	Female	21	FO	14		00:42:14	319
336	549	Matt	Nelson	Male	315	MO	225		00:42:27	345
337	255	Connor	Rouse	Male	316	MO	226	Lonely Goat RC	00:42:54	387
338	292	Ryan	Halloway-churchill	Male	317	MO	227	Norfolk Gazelles AC	00:42:44	368
339	211	Simon	Wright	Male	318	M45	29	Norfolk Gazelles AC	00:42:47	376
340	398	Mark	Potter	Male	319	M50	17		00:42:43	365
341	606	Dan	Seagrove	Male	320	MO	228		00:42:35	352
342	1460	Martin	Lehane	Male	321	M45	30		00:42:20	332
343	532	Oliver	Patrick	Male	322	MO	229		00:42:13	317
344	326	Dominic	Smith	Male	323	MO	230		00:42:36	354
345	1165	Milo	Debbage	Male	324	MO	231	North Norfolk Harriers Athletics Club	00:42:42	364
346	1650	Jordan	Carroll	Male	325	MO	232		00:42:44	373
347	595	Andrew	Jackson	Male	326	M40	39		00:42:55	393
348	910	William	Blake	Male	327	MO	233		00:42:26	342
349	305	Summer	Simmons	Female	22	FO	15		00:42:44	371
350	252	Jamie	Forshaw	Male	328	MO	234		00:42:52	384
351	520	Mark	Aldridge	Male	329	MO	235		00:42:21	334
352	565	Tom	Fry	Male	330	MO	236		00:42:37	358
353	740	Frazer	Heasman	Male	331	MO	237		00:42:45	374
354	1118	Marley	Chamberlain	Male	332	MO	238		00:42:27	344
355	772	Matt	Richardson	Male	333	MO	239		00:42:17	326
356	454	Mark	Garrett	Male	334	M60	5	Norwich Road Runners	00:42:53	386
357	519	Danny	Knights	Male	335	M40	40		00:42:08	307
358	987	Carl	Hammond	Male	336	M40	41		00:42:44	372
359	350	Simon	Brighten	Male	337	M40	42		00:42:51	381
360	1636	Emma	Turley	Female	23	FO	16		00:42:19	331
361	108	Perry	Payne	Male	338	MO	240		00:42:24	339
362	809	Roni	Sheppard	Male	339	MO	241		00:42:54	389
363	408	Edward	Mann	Male	340	MO	242		00:41:49	275
364	597	Chris	Haycox	Male	341	MO	243		00:42:54	392
365	155	Richard	Mead	Male	342	MO	244	Norwich Road Runners	00:42:36	353
366	7828	John	Fagan	Male	343	M50	18	North Norfolk Beach Runners	00:42:51	382
367	381	Abi	Hill	Female	24	FO	17	Norwich Road Runners	00:42:46	375

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
368	684	Jason	Lazare Gill	Male	344	MO	245		00:42:51	383
369	281	Tom	Read	Male	345	MO	246		00:43:04	407
370	1381	Sam	Woods	Male	346	MO	247		00:43:08	416
371	951	Darren	Littleboy	Male	347	M55	4	Runnymede Runners	00:43:05	410
372	993	Jason	Mclean	Male	348	MO	248		00:42:34	349
373	79	Christopher	Mickleburgh	Male	349	MO	249	Aylsham Runners	00:43:02	404
374	766	Matt	Carey	Male	350	MO	250		00:42:38	359
375	462	Sam	Evans	Male	351	M45	31		00:42:41	361
376	511	Mark	Robinson	Male	352	M50	19	Lonely Goat RC	00:42:43	367
377	246	Christian	Ellis	Male	353	MO	251	Great Yarmouth Road Runners	00:42:31	348
378	384	Peter	Clarke	Male	354	M60	6	Diss and District AC	00:42:51	380
379	464	Matt	Fretwell	Male	355	MO	252		00:42:24	338
380	627	William	Tew	Male	356	MO	253		00:43:00	399
381	1655	Matt	Daniels	Male	357	MO	254		00:42:59	398
382	617	Percy	Brown	Male	358	MO	255		00:43:22	437
383	763	Christopher	Carter	Male	359	M50	20	Norfolk Gazelles AC	00:43:05	408
384	802	Mark	Moore	Male	360	M60	7	Burnham Joggers	00:43:08	414
385	257	Remi	Bullent	Male	361	MO	256		00:42:44	369
386	735	Scip	Lowson	Male	362	MO	257		00:42:19	330
387	446	Anthony	Howard	Male	363	M45	32	Aylsham Runners	00:42:56	395
388	1531	James	Jennings	Male	364	MO	258		00:43:12	421
389	4525	Lewis	Buck	Male	365	MO	259		00:43:31	452
390	648	Andrew	Broadley	Male	366	MO	260		00:43:08	413
391	852	Paul	Spooner	Male	367	MO	261		00:43:27	445
392	585	Gregory	Ayre	Male	368	M40	43		00:43:01	402
393	161	Wiktor	Puk	Male	369	MO	262		00:43:11	419
394	354	Samuel	Wilcock	Male	370	M45	33	Kent AC	00:42:39	360
395	492	Chris	Fraser	Male	371	MO	263		00:43:01	401
396	287	Dominic	Barnard	Male	372	M40	44		00:43:25	442
397	623	Matt	Samson	Male	373	MO	264		00:42:41	362
398	359	Robert	Alger	Male	374	MO	265		00:42:59	397
399	992	Neil	Weston-stokes	Male	375	M45	34		00:43:29	450
400	1035	Andrew	Douglas	Male	376	MO	266		00:43:08	417
401	812	Anthony	Kendrick	Male	377	MO	267		00:43:10	418
402	719	Chris	Wells	Male	378	M45	35		00:43:19	432
403	453	Jack	Crosthwaite	Male	379	MO	268		00:42:35	351
404	867	Lydia	Pouncey	Female	25	FO	18	City Of Norwich AC	00:43:08	415
405	414	Cameron	Stringer	Male	380	MO	269		00:42:36	355
406	450	Lewis	Williams	Male	381	MO	270		00:42:48	378
407	1040	Christine	Faulkner	Female	26	F45	4		00:42:57	396
408	1224	Charlie	Potter	Male	382	MO	271		00:43:40	467
409	303	Charli	Smith	Female	27	FO	19		00:43:34	459
410	1091	Nick	Randall	Male	383	M50	21	Norwich Road Runners	00:43:24	440
411	681	Edmond	Hapchina	Male	384	MO	272	City Of Norwich AC	00:43:12	425
412	441	Louise	Juby	Female	28	F45	5	Orion Harriers	00:43:13	427
413	1038	Alex	Fage	Male	385	MO	273		00:43:02	405
414	796	Grant	Bradfield	Male	386	MO	274		00:43:17	430
415	388	Chris	Ellis	Male	387	MO	275	Great Yarmouth Road Runners	00:43:01	403
416	373	Billy	Dunthorne	Male	388	MO	276		00:43:28	448
417	308	Ross	Lenton	Male	389	M40	45		00:42:54	391
418	598	Pete	Brooks	Male	390	M40	46	Norwich Road Runners	00:43:24	438
419	444	Tommy	Chambers	Male	391	MO	277		00:43:06	411
420	988	Timothy	Levitt	Male	392	MO	278		00:43:12	423

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
421	945	Nick	Cleaver	Male	393	M40	47		00:42:50	379
422	348	William	Robb	Male	394	MO	279		00:43:11	420
423	206	Adam	Smith	Male	395	MO	280		00:42:54	390
424	461	Zoe	Stiby	Female	29	FO	20		00:43:30	451
425	545	Michael	Fisher	Male	396	MO	281		00:43:05	409
426	596	Abi	Cossey	Female	30	FO	21		00:43:18	431
427	1071	Nathan	Gardiner	Male	397	MO	282		00:42:37	357
428	90	Jake	Hart	Male	398	MO	283		00:43:06	412
429	358	Will	Alexander	Male	399	MO	284		00:43:03	406
430	801	Ollie	Charlish	Male	400	MO	285		00:43:17	429
431	322	William	Kitchener	Male	401	M40	48	Norwich Road Runners	00:42:54	388
432	525	Lee	Richardson	Male	402	M40	49	West Norfolk AC	00:43:37	461
433	401	Andrew	Johns	Male	403	M40	50	Aylsham Runners	00:43:22	436
434	241	Tony	Witmond	Male	404	M55	5	North Norfolk Beach Runners	00:43:42	468
435	507	Richard	Broughton	Male	405	M40	51		00:43:32	454
436	5767	Matthew	Sanders	Male	406	M55	6		00:43:17	428
437	1171	Jonathan	Weavers	Male	407	M50	22		00:43:51	480
438	929	Warren	Tutt	Male	408	MO	286		00:43:58	494
439	848	Joshua	Kirby	Male	409	MO	287		00:43:44	472
440	86	Thomas	Abbs	Male	410	MO	288	Bure Valley Harriers	00:43:00	400
441	245	Reuben	Houghton	Male	411	MO	289		00:43:53	481
442	1405	Sinead	Taylor	Female	31	FO	22		00:43:24	439
443	677	Marty	Wilson	Male	412	M45	36		00:43:57	492
444	2516	Annelies	Dixie	Female	32	FO	23		00:43:59	495
445	540	Jonathan	Abbs	Male	413	MO	290		00:43:47	474
446	1197	Martin	Merryweather	Male	414	MO	291		00:43:25	443
447	174	Jason	Elrick	Male	415	M55	7	Thetford AC	00:43:37	462
448	563	Stephen	Ambrose	Male	416	MO	292		00:43:49	477
449	659	Martijn	Muntingh	Male	417	M45	37	City Of Norwich AC	00:43:27	444
450	1452	George	Weeden	Male	418	MO	293		00:43:12	426
451	879	Jason	Scott	Male	419	MO	294		00:43:32	455
452	256	Adam	Brown	Male	420	MO	295	Lowestoft Road Runners	00:44:02	505
453	592	Ryan	Mcnally	Male	421	MO	296		00:43:55	488
454	216	Alexander	Saint-ablett	Male	422	MO	297		00:44:05	510
455	1992	Calum	Burke	Male	423	MO	298		00:41:00	220
456	1362	Ben	Sinar	Male	424	MO	299		00:42:44	370
457	304	Matthew	Cheung	Male	425	MO	300	Norwich Road Runners	00:44:07	516
458	376	Oliver	Wilkins	Male	426	M45	38		00:43:40	466
459	523	Paul	Knights	Male	427	M50	23	City Of Norwich AC	00:44:05	512
460	184	Daniel	Read	Male	428	MO	301	Aylsham Runners	00:43:49	478
461	496	Andrew	Battle	Male	429	M40	52	Bungay Black Dog RC	00:43:54	484
462	715	Andrew	Cornish	Male	430	M55	8	Holland Sports AC	00:44:14	529
463	960	Craig	Davies	Male	431	MO	302		00:44:17	539
464	81	Rowan	Van Tromp	Male	432	MO	303		00:44:03	507
465	813	Peter	Gostelow	Male	433	M45	39		00:43:29	449
466	360	James	Robertson	Male	434	MO	304		00:44:10	520
467	465	Ben	Player	Male	435	M40	53		00:44:03	506
468	976	James	Boagey	Male	436	MO	305		00:43:44	470
469	1048	Rowena	Conway	Female	33	FO	24	Spa Striders	00:43:12	424
470	552	Lee	Bartlett	Male	437	MO	306		00:43:54	485
471	469	Tim	Connell	Male	438	MO	307		00:43:39	464
472	296	Paul	Cossey	Male	439	MO	308		00:43:21	434

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
473	1513	Sehajdev Singh	Bhatia	Male	440	MO	309		00:44:11	523
474	687	Conall	Woolstenholmes	Male	441	MO	310		00:44:02	501
475	1429	Alex	Walton	Male	442	M50	24		00:43:43	469
476	1005	Mike	Hawkes	Male	443	MO	311		00:44:10	519
477	505	Ciaran	Strike	Male	444	MO	312		00:44:21	546
478	340	Ross	Ashton	Male	445	M45	40	City Of Norwich AC	00:44:05	511
479	1133	Harry	Atkins	Male	446	MO	313		00:43:34	457
480	1228	Jason	Peck	Male	447	M45	41	Norfolk Gazelles AC	00:44:06	513
481	954	Tom	Harvey	Male	448	MO	314		00:43:57	493
482	1428	David	Vass	Male	449	MO	315		00:43:37	463
483	1496	William	Stewart	Male	450	MO	316		00:43:12	422
484	682	Sam	Mackinnon	Male	451	MO	317		00:44:08	517
485	706	Richard	Lovett	Male	452	M40	54		00:44:02	504
486	1097	Reuben	Bartley	Male	453	MO	318		00:44:10	521
487	391	Matthew	Adams	Male	454	M45	42	Wymondham AC	00:44:13	528
488	710	Frank	Vandenbergh	Male	455	M50	25		00:43:34	458
489	380	Chris	Peck	Male	456	MO	319	Waveney Valley AC	00:43:47	476
490	765	Matthew	Coe	Male	457	MO	320		00:44:24	554
491	330	Alexandra	Ely	Female	34	F50	2	Wymondham AC	00:44:01	500
492	280	Harley	Peek	Male	458	MO	321		00:44:12	525
493	1582	Emma	Town	Female	35	F40	4		00:44:21	545
494	1371	Marcus	Paterson	Male	459	MO	322		00:43:28	447
495	337	Stephen	Jessop	Male	460	MO	323		00:44:04	509
496	338	Richard	Hancock	Male	461	M45	43		00:44:16	538
497	1215	Steve	Woolston	Male	462	MO	324		00:44:22	549
498	286	Daniel	Bodimeade	Male	463	MO	325		00:43:53	482
499	1190	David	Roe	Male	464	MO	326		00:44:15	534
500	1421	Harry	Liversedge	Male	465	MO	327		00:43:20	433
501	1090	Robert	Groves	Male	466	MO	328	Reepham Runners	00:44:20	543
502	927	Freddie	Henley-hunter	Male	467	MO	329		00:43:59	496
503	998	Toby	Blyth	Male	468	MO	330		00:43:55	487
504	477	Gary	Grand	Male	469	M60	8		00:44:25	558
505	1506	Olly	Huggett	Male	470	MO	331		00:44:23	553
506	312	Zac	Sowter	Male	471	MO	332	Wymondham AC	00:43:47	475
507	1806	Alastair	Drew	Male	472	M40	55		00:44:39	584
508	142	Jack	Fussey	Male	473	MO	333	Southampton University Athletics & Cross Country Club	00:44:48	604
509	1115	Jack	Jillings	Male	474	MO	334		00:42:55	394
510	602	Joanne	Watkins	Female	36	F40	5	Bure Valley Harriers	00:44:40	591
511	980	Daryl	Aldous	Male	475	M40	56		00:43:55	490
512	1093	Darren	Moore	Male	476	M50	26		00:44:06	514
513	703	Brendan	Edwards	Male	477	MO	335		00:44:22	552
514	315	Rob	Riley	Male	478	MO	336	Defra AC	00:44:15	531
515	1674	Matthew	Cozens	Male	479	M40	57		00:43:45	473
516	370	Karl	Coulson	Male	480	M55	9	Great Yarmouth Road Runners	00:44:16	536
517	619	Stuart	Clark	Male	481	MO	337		00:44:29	570
518	831	Richard	Palmer	Male	482	M40	58		00:44:19	542
519	1637	Dan	Deag	Male	483	MO	338		00:44:27	563
520	1111	Tom	Allenby	Male	484	MO	339	Norfolk Gazelles AC	00:44:01	499
521	806	Matthew	Pask	Male	485	M55	10		00:44:25	557
522	526	Lewis	Wilkins	Male	486	MO	340	Wymondham AC	00:44:27	564
523	1200	Michael	Brouse	Male	487	M40	59	Zoom Tri Club Bournemouth	00:44:21	548
524	1367	Neil	Dobson	Male	488	M40	60		00:44:32	573

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
525	1078	Matt	Smith	Male	489	MO	341		00:43:37	460
526	1036	Keane	Pye	Male	490	MO	342		00:44:16	535
527	690	Sarah	Crockett	Female	37	FO	25	Fulham Running Club	00:44:00	498
528	686	Nick	Richards	Male	491	M50	27		00:44:41	593
529	1425	Peter	Graveling	Male	492	MO	343		00:43:25	441
530	888	Gregory	Stevenson	Male	493	M50	28		00:44:34	576
531	1541	Matthew	Moore	Male	494	M40	61		00:43:44	471
532	656	Liam	Frost	Male	495	MO	344	Great Yarmouth Road Runners	00:44:36	580
533	550	James	Watson	Male	496	M45	44		00:44:44	599
534	351	Matt	Goode	Male	497	MO	345	Wymondham AC	00:44:45	600
535	898	Chris	Woodcock	Male	498	M40	62	Lowestoft Road Runners	00:44:50	612
536	1183	Mark	Bloomfield	Male	499	M55	11		00:44:41	594
537	579	Tom	Dutton	Male	500	M40	63	Bungay Black Dog RC	00:44:27	565
538	1537	Ben	Houchen	Male	501	M40	64		00:43:21	435
539	963	Gav	Smith	Male	502	M45	45	Norfolk Gazelles AC	00:44:09	518
540	862	Jamie	Davey	Male	503	MO	346		00:44:40	590
541	624	Steve	Newman	Male	504	M55	12	Bungay Black Dog RC	00:44:10	522
542	298	Danny	Sweatman	Male	505	M40	65		00:44:50	614
543	2909	Ben	Hopkins-lefevre	Male	506	M45	46		00:41:52	282
544	493	Elliot	Rose	Male	507	MO	347		00:44:12	527
545	438	Jason	Hurst	Male	508	M50	29	Wymondham AC	00:44:30	571
546	555	Paul	Thorpe	Male	509	M45	47	Hamwic Harriers Running Club	00:44:54	628
547	978	Oscar	Bond	Male	510	MO	348		00:44:34	577
548	884	Christopher	Reeve	Male	511	MO	349		00:44:20	544
549	630	Joshua	Landles	Male	512	MO	350		00:44:06	515
550	815	Lydia	Randles	Female	38	FO	26		00:43:40	465
551	1107	Ben	Cliffe	Male	513	MO	351		00:43:53	483
552	419	Richard	Nobes	Male	514	M40	66		00:44:52	621
553	172	Richard	Turner	Male	515	M40	67		00:44:12	526
554	780	Kierran	Haynes	Male	516	MO	352		00:44:22	550
555	786	Jacob	Last	Male	517	MO	353	Dereham Runners AC	00:44:51	618
556	457	Vashti	Macdonald-clink	Female	39	F45	6	Cambridge & Coleridge AC	00:44:49	607
557	797	Harly	Moon	Female	40	FO	27	Bure Valley Harriers	00:44:29	568
558	1275	Jonathan	Gale	Male	518	MO	354	Aylsham Runners	00:45:20	685
559	774	Tom	Askew	Male	519	M40	68		00:44:19	541
560	784	Heidi	Bacon	Female	41	F40	6	Tri-Anglia Triathlon Club	00:44:50	615
561	310	Ian	Callaghan	Male	520	M50	30		00:44:26	562
562	346	Shane	Hall	Male	521	MO	355		00:44:49	609
563	178	Cormac	O'driscoll	Male	522	MO	356		00:44:40	587
564	635	Nathan	West	Male	523	MO	357		00:45:01	641
565	1199	Toby	Elsom	Male	524	MO	358		00:44:15	532
566	1198	Alastair	Elsom	Male	525	MO	359		00:44:15	533
567	1140	Lewis	Batch	Male	526	MO	360		00:44:25	555
568	994	David	Asker	Male	527	M40	69	Norwich Road Runners	00:44:26	561
569	152	David	Tayler	Male	528	MO	361		00:44:56	631
570	1087	Adam	Bevington	Male	529	M40	70	Norfolk Gazelles AC	00:44:28	567
571	1268	Paul	Wheeler	Male	530	M40	71	Norwich Road Runners	00:45:04	645
572	470	Jack	Blandy	Male	531	MO	362		00:44:42	596
573	164	Wayne	Ramsbottom	Male	532	M55	13	Dereham Runners AC	00:44:49	611
574	1196	Shane	West	Male	533	MO	363	Norwich Road Runners	00:45:05	649
575	1015	David	Wright	Male	534	M40	72		00:44:49	610
576	799	Carl	Fairbrother	Male	535	MO	364	Mansfield Harriers	00:44:02	503
577	723	Dean	Howard	Male	536	M50	31	North Norfolk Beach Runners	00:44:49	608

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
578	657	Stanley	Hodds	Male	537	MO	365		00:45:01	638
579	702	Graham	O'hara	Male	538	M50	32		00:45:13	670
580	1205	Nathan	Shoesmith	Male	539	MO	366	Manchester Road Runners	00:45:24	692
581	739	Paul	Guille	Male	540	MO	367	Norwich Road Runners	00:45:02	643
582	1025	Alex	Snow	Male	541	MO	368		00:45:03	644
583	1316	Jake	Stagg	Male	542	MO	369	Dereham Runners AC	00:44:25	556
584	783	Ben	Moore	Male	543	MO	370		00:45:06	654
585	1372	Stephen	Aspery	Male	544	MO	371		00:43:50	479
586	1437	Conor	Saunders	Male	545	MO	372		00:44:03	508
587	1186	Mark	Appleton	Male	546	MO	373	Zoom Tri Club Bournemouth	00:44:40	588
588	599	Sam	Webb	Male	547	MO	374		00:45:07	658
589	368	Liam	Quadling	Male	548	MO	375		00:45:07	657
590	1039	Oliver	Forkes	Male	549	MO	376		00:44:48	605
591	1652	Olly	Farrow	Male	550	M40	73	Norfolk Harriers RC	00:45:01	639
592	1094	Rob	Mcvicar	Male	551	M45	48		00:45:00	636
593	1850	Jon	Rowden	Male	552	M55	14	Tri-Anglia Triathlon Club	00:44:00	497
594	513	Sebastian	Polomski	Male	553	M40	74		00:44:46	601
595	1821	James	Byrne	Male	554	MO	377		00:44:11	524
596	1013	James	Boulton	Male	555	MO	378		00:44:53	624
597	160	Max	Fisher	Male	556	MO	379	Norfolk Harriers RC	00:45:09	660
598	683	Adam	Brown	Male	557	MO	380		00:44:47	602
599	904	Josh	Bloyce	Male	558	MO	381		00:45:10	664
600	798	Thomas	Galer	Male	559	MO	382		00:43:56	491
601	1423	Timothy	Bishop	Male	560	M55	15		00:45:05	650
602	646	George	Crane	Male	561	MO	383		00:44:52	622
603	609	Will	Johnson	Male	562	M45	49		00:44:41	592
604	894	Graham	Horne	Male	563	M40	75		00:45:04	647
605	402	Dan	Goodwin	Male	564	M45	50		00:45:08	659
606	1364	Brandon	Woodhouse	Male	565	MO	384		00:44:53	625
607	1539	Jack	Bye	Male	566	MO	385		00:44:54	627
608	607	Christopher	Noller	Male	567	M50	33	Tri-Anglia Triathlon Club	00:45:12	667
609	480	Will	Waddingham	Male	568	MO	386		00:44:33	574
610	365	Charlie	Huggett	Male	569	MO	387		00:44:16	537
611	734	Rebecca	Main	Female	42	F40	7		00:44:38	583
612	863	Jake	Kerr	Male	570	MO	388		00:45:02	642
613	873	Adam	Wright	Male	571	MO	389		00:45:13	672
614	1507	Simon	Elliott	Male	572	MO	390		00:45:28	699
615	781	Jack	Dring	Male	573	MO	391		00:44:02	502
616	842	Alex	Day	Male	574	MO	392		00:44:39	585
617	1084	Jacob	Calvo Penfold	Male	575	MO	393		00:44:31	572
618	931	Luke	Fish	Male	576	MO	394		00:44:59	635
619	159	Ben	Nockolds	Male	577	MO	395		00:45:18	680
620	1059	Will	Moy	Male	578	MO	396		00:44:52	620
621	112	Michael	Wilce	Male	579	MO	397		00:44:48	603
622	914	Shannon	Brown	Female	43	FO	28		00:45:09	661
623	1494	Ella	Woodcock	Female	44	FO	29	Wymondham AC	00:45:16	677
624	1385	Ben	Miller	Male	580	MO	398	Norwich Road Runners	00:44:35	579
625	1596	Harry	Cowper Johnson	Male	581	MO	399		00:45:01	640
626	1203	Ewan	Gallagher	Male	582	MO	400		00:44:33	575
627	1359	Ian	Brown	Male	583	M55	16		00:45:38	732
628	1150	Matthew	Parkes	Male	584	MO	401		00:45:37	728
629	318	Zlatin	Milanov	Male	585	MO	402		00:45:09	662
630	499	Daniel	Stocks	Male	586	MO	403	Saint Edmund Pacers	00:44:35	578

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
631	334	James	Smith	Male	587	MO	404		00:44:25	559
632	475	Annie	Draper	Female	45	FO	30		00:45:47	745
633	832	Jack	Webb	Male	588	MO	405		00:44:42	595
634	897	Stacey Daniele	Mockford	Female	46	F40	8	Saint Edmund Pacers	00:45:25	693
635	833	George	Smy	Male	589	MO	406		00:44:21	547
636	974	Chloe	Ward	Female	47	FO	31	Norwich Road Runners	00:44:26	560
637	1659	Clive	Parkerson	Male	590	M50	34		00:45:18	682
638	968	Brett	Colclough	Male	591	MO	407		00:45:38	733
639	463	Alan	Kyle	Male	592	M40	76		00:44:58	633
640	1213	Milly	Chalcraft	Female	48	FO	32		00:45:05	652
641	1092	Neil	Park	Male	593	M45	51	Norwich Road Runners	00:44:29	569
642	583	Liam	Killington	Male	594	MO	408		00:44:56	630
643	551	Becky	Willett	Female	49	FO	33	Norwich Road Runners	00:45:33	720
644	528	Steve	Ely	Male	595	M50	35	City Of Norwich AC	00:45:16	678
645	892	Chris	Ashling	Male	596	M45	52		00:45:34	722
646	804	Andrew	Buck	Male	597	M45	53		00:44:54	626
647	699	James	Vaughan	Male	598	MO	409		00:45:14	675
648	440	Joshua	Brett	Male	599	MO	410		00:45:14	676
649	1503	Bryn	Harrison	Male	600	MO	411		00:44:43	597
650	1308	Dean	Fiske	Male	601	M40	77		00:45:26	694
651	692	Jack	Keeble	Male	602	MO	412		00:45:37	727
652	1373	Matthew	Boulter	Male	603	MO	413		00:44:18	540
653	1226	Scott	Bemment	Male	604	M50	36	Clapham Chasers	00:45:28	698
654	518	James	Bowman	Male	605	MO	414		00:45:12	668
655	594	Vickie	Hallam	Female	50	F45	7		00:45:34	723
656	928	Aj	Johnson	Male	606	MO	415		00:45:13	669
657	1129	Matthew	Wardle	Male	607	MO	416		00:45:27	696
658	881	Aidan	Overton	Male	608	MO	417		00:45:41	737
659	143	Joe	Prendergast	Male	609	MO	418		00:44:58	634
660	1553	Joe	Palmer	Male	610	M45	54		00:45:20	686
661	1178	Mark	Robbins	Male	611	M40	78	Kenilworth Runners	00:45:33	715
662	1433	Declan	Nicol	Male	612	MO	419		00:45:18	681
663	1164	Samuel	Sadd	Male	613	MO	420		00:44:50	613
664	921	Alex	Curl	Male	614	MO	421		00:45:33	716
665	2870	Jason	Reynolds	Male	615	MO	422		00:42:52	385
666	1325	Ian	Carrell	Male	616	M55	17		00:45:42	740
667	925	Patrick	Dickinson	Male	617	MO	423		00:44:55	629
668	422	Tom	Walters	Male	618	MO	424		00:45:39	735
669	604	Mark	Ogden	Male	619	M50	37		00:44:53	623
670	509	David	Grealy	Male	620	MO	425	Hyde Park Harriers	00:45:32	714
671	1194	Michael	Fleckney	Male	621	MO	426		00:45:22	687
672	564	George	Chesney	Male	622	MO	427		00:45:29	703
673	1471	Richard	Huggins	Male	623	M45	55		00:44:57	632
674	1746	Georgie	Paganini	Female	51	FO	34		00:45:14	674
675	1561	Nick	Moore	Male	624	MO	428		00:45:27	697
676	767	Thomas	Payne	Male	625	MO	429		00:45:56	775
677	541	Chris	Drake	Male	626	MO	430		00:45:19	684
678	679	Daniel	Gardiner	Male	627	M55	18	Bungay Black Dog RC	00:45:52	760
679	1668	Tom	Hall	Male	628	MO	431		00:45:06	655
680	1066	Charlotte	Harris Cook	Female	52	F40	9	Bure Valley Harriers	00:45:30	708
681	1003	Henry	Doe	Male	629	MO	432		00:45:43	741
682	720	Shaun	Hurr	Male	630	M45	56	Bure Valley Harriers	00:45:31	711

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
683	1420	Craig	Mccann	Male	631	M40	79		00:45:10	663
684	673	Evan	Simpson	Male	632	MO	433		00:45:11	665
685	621	Carlene	Johnson	Female	53	FO	35		00:45:19	683
686	962	Stacy	Tovell	Male	633	M50	38		00:45:56	774
687	1642	Will	Bryan	Male	634	MO	434		00:45:13	671
688	1017	Brendan	Scott	Male	635	MO	435		00:45:37	729
689	794	Alan	Diaper	Male	636	M50	39	Great Yarmouth Road Runners	00:45:38	731
690	1613	Daniel	De Boltz	Male	637	MO	436		00:45:50	749
691	1160	Mark	Judd	Male	638	M55	19		00:45:52	761
692	349	Matthew	Wigg	Male	639	M40	80	Norfolk Gazelles AC	00:45:51	752
693	1403	Christopher	Wigg	Male	640	M50	40		00:45:51	753
694	655	Mark	Langdale	Male	641	M55	20		00:46:02	782
695	539	Dudley	Garner	Male	642	M40	81	City Of Norwich AC	00:45:54	766
696	1044	Lee	Johnson	Male	643	M40	82	Ryston Runners	00:45:22	688
697	749	Clare	Sandall	Female	54	F45	8	Norwich Road Runners	00:46:07	801
698	680	Jason	Brunt	Male	644	M50	41	Norfolk Gazelles AC	00:46:04	789
699	1237	Chris	Johnson	Male	645	M40	83	Reepham Runners	00:45:14	673
700	1617	Josh	Goddard	Male	646	MO	437		00:45:53	764
701	1103	Julia	Parsley	Female	55	F40	10		00:45:58	780
702	1632	Ian	Beggs	Male	647	M55	21	Wymondham AC	00:45:58	777
703	940	Craig	Rush	Male	648	MO	438		00:45:53	763
704	1095	Marek	Zdan	Male	649	M40	84		00:45:52	755
705	1079	Tom	Nichols	Male	650	M40	85		00:46:06	800
706	1305	Catherine	Henery	Female	56	F60	1	City Of Norwich AC	00:45:51	754
707	905	Ben	Edwards	Male	651	MO	439		00:45:31	710
708	725	Matthew	Trollope	Male	652	M45	57	Lonely Goat RC	00:46:03	785
709	590	Luke	Bailey	Male	653	MO	440		00:45:41	738
710	883	Richard	Strange	Male	654	MO	441		00:45:29	704
711	411	Laura	George	Female	57	FO	36	Aylsham Runners	00:46:20	836
712	307	Tom	West	Male	655	MO	442		00:45:33	717
713	405	Sam	Ireland	Male	656	MO	443		00:45:52	762
714	1266	Helen	Harper-lambert	Female	58	FO	37		00:45:58	778
715	829	Robyn	Macrae	Female	59	FO	38		00:46:10	812
716	4325	Amelia	Balding	Female	60	FO	39		00:39:19	123
717	1021	Stuart	Thompson	Male	657	M50	42		00:45:49	747
718	194	Lee	Wilson	Male	658	M50	43		00:46:17	829
719	1067	Jack	Lovick	Male	659	MO	444		00:46:25	847
720	830	Richard	Stanley	Male	660	M40	86		00:46:15	827
721	7040	Ian	Stubbs	Male	661	M50	44		00:45:46	744
722	429	Paul	Williams	Male	662	M55	22		00:46:25	845
723	1684	Lawrence	Cooke	Male	663	M40	87	Harleston Running Club	00:46:37	874
724	616	Harry	Ward	Male	664	MO	445		00:45:56	773
725	769	Glenn	Orford	Male	665	M55	23	Bungay Black Dog RC	00:46:10	813
726	228	Kareana	Symonds	Female	61	F40	11		00:46:07	804
727	600	Marcus	Westgate	Male	666	M50	45	Great Yarmouth Road Runners	00:45:42	739
728	874	Declan	Smith Howell	Male	667	MO	446		00:45:50	750
729	847	Andrew	Cheshire	Male	668	MO	447		00:46:24	844
730	672	Nicola	Hill	Female	62	F50	3	Norwich Road Runners	00:46:21	837
731	675	Jessica	Smith	Female	63	F40	12		00:45:22	689
732	1022	Simon	Farrow	Male	669	M50	46		00:45:05	653
733	1004	Lee	Johnson	Male	670	MO	448		00:44:51	617
734	866	Leon	Edwards	Male	671	M40	88		00:45:32	713
735	854	Neil	Boyce	Male	672	M50	47	Norwich Road Runners	00:46:08	805

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
736	669	Dillon	Alexander	Male	673	MO	449		00:45:11	666
737	1331	Dave	Eaves	Male	674	MO	450		00:45:52	758
738	971	Joshua	Taylor	Male	675	MO	451		00:46:12	817
739	668	Lianne	Hunter	Female	64	FO	40		00:46:36	872
740	1544	George	Webster	Male	676	MO	452		00:45:55	770
741	1155	Andrew	Howes	Male	677	MO	453	7 Hills Harriers	00:46:41	887
742	1174	Luke	Horgan	Male	678	MO	454		00:45:17	679
743	1020	Nicolas	Navarro	Male	679	MO	455		00:46:05	792
744	1211	Ethan	Hutchings	Male	680	MO	456	26.2 Road Runners Club	00:45:30	706
745	514	Ali	Bridges	Male	681	M40	89		00:46:09	806
746	1104	Leo	Dudley	Male	682	M40	90	Norwich Road Runners	00:46:14	823
747	853	Olivia	Butler	Female	65	FO	41		00:45:29	705
748	943	Joe	Morel	Male	683	MO	457		00:45:38	730
749	676	Charlie	Moss	Male	684	MO	458		00:46:10	810
750	952	Lee	West	Male	685	MO	459	North Norfolk Beach Runners	00:45:38	734
751	302	Freddie	Mowforth	Male	686	MO	460		00:45:56	776
752	959	Lily	Churchyard	Female	66	FO	42		00:46:50	905
753	1341	Dion	Nangle	Male	687	MO	461		00:46:13	822
754	1158	Tom	Faulkner	Male	688	MO	462		00:45:45	742
755	890	Alex	Piper	Male	689	MO	463		00:45:04	648
756	795	Tommy	Salmon	Male	690	MO	464		00:45:23	691
757	651	Nathan	Mason	Male	691	MO	465		00:45:36	726
758	610	Katy	Dickinson	Female	67	FO	43		00:46:36	871
759	1110	Tom	Griffiths	Male	692	MO	466		00:45:29	700
760	1465	Simon	Hawken	Male	693	M45	58		00:45:52	757
761	1347	Mark	Lear	Male	694	M45	59		00:46:05	794
762	1408	Jonathan	Lines	Male	695	M40	91		00:46:36	869
763	901	Benjamin	Smither	Male	696	M45	60		00:46:04	788
764	837	Adam	Northcut	Male	697	M40	92		00:46:21	840
765	1026	Ollie	Wales	Male	698	MO	467		00:45:54	767
766	426	Neil	Walpole	Male	699	M55	24	City Of Norwich AC	00:46:27	855
767	1225	Karl	Steward	Male	700	M50	48		00:46:29	858
768	490	Maciej	Zielinski	Male	701	MO	468	Waveney Valley AC	00:45:54	768
769	982	Tara	Adams	Female	68	F50	4	City Of Norwich AC	00:46:28	856
770	1535	Kelly	Burchett	Female	69	FO	44		00:46:23	842
771	1339	Nathaniel	Laker	Male	702	MO	469		00:46:38	879
772	1366	Harry	March	Male	703	MO	470		00:45:58	779
773	1257	Rachel	Jackson	Female	70	F45	9		00:46:37	873
774	2661	Ashley	Grote	Male	704	M40	93		00:43:31	453
775	1845	Matthew	Kirkum	Male	705	MO	471		00:46:53	914
776	4481	Shaun	Dack	Male	706	M50	49		00:43:55	489
777	2714	Sam	Dack	Male	707	MO	472		00:43:55	486
778	855	Ben	Burgess	Male	708	M40	94		00:46:40	885
779	1430	John	Lee	Male	709	MO	473	Norwich Road Runners	00:45:49	748
780	141	Vincent	Willard	Male	710	MO	474		00:45:35	724
781	425	Christopher	Cann	Male	711	MO	475	Ryston Runners	00:46:19	832
782	1143	Georgia	Dale	Female	71	FO	45		00:46:34	868
783	1148	Simon	Smith	Male	712	M50	50	North Norfolk Beach Runners	00:46:25	846
784	1638	Aaron	Roberts	Male	713	MO	476		00:46:40	884
785	1400	Jamie	Tidswell	Male	714	MO	477	Norfolk Gazelles AC	00:45:30	709
786	1180	Paul	Parker	Male	715	M60	9		00:46:24	843
787	1345	Sam	Paterson	Male	716	MO	478		00:45:33	719
788	840	James	Rhodes	Male	717	MO	479		00:46:13	821

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
789	1031	Stuart	Plummer	Male	718	M45	61		00:46:04	791
790	1074	Jack	Davies	Male	719	MO	480		00:46:31	864
791	1542	Steve	Costello	Male	720	M55	25		00:45:31	712
792	593	Callum	Boulter	Male	721	MO	481		00:46:05	796
793	1619	Tomasz	Pendleton	Male	722	MO	482		00:46:14	824
794	1229	Lilibet	Taylor	Female	72	FO	46		00:46:51	907
795	917	Nick	Ross	Male	723	M55	26	Norfolk Gazelles AC	00:46:09	808
796	1238	James	Bygrave	Male	724	MO	483		00:46:43	888
797	1125	Tom	Durrell	Male	725	MO	484		00:46:15	826
798	1014	Justin	Pearce	Male	726	M50	51		00:46:30	862
799	1807	Harry	Livermore	Male	727	MO	485		00:45:47	746
800	1159	Bethany	Jackson	Female	73	FO	47		00:45:29	701
801	1438	Mobolaji	Adekunle	Male	728	MO	486		00:45:40	736
802	1528	Adrian	Sutton	Male	729	M40	95		00:45:55	771
803	576	Alan	Bullock	Male	730	M45	62		00:46:27	853
804	907	James	Chaplin	Male	731	MO	487		00:46:20	834
805	844	Andrew	Woods	Male	732	M45	63		00:46:30	861
806	822	Daniel	Easton	Male	733	M45	64	Springfield Striders RC	00:47:14	983
807	1029	Joey	Millar	Male	734	MO	488		00:46:27	852
808	1629	Josh	Youngs	Male	735	MO	489		00:46:12	818
809	1296	Louise	Griffin	Female	74	F40	13		00:46:45	895
810	536	Stephen	Belderbos	Male	736	M45	65		00:46:48	903
811	1518	Jacob	Malone	Male	737	M45	66		00:46:52	909
812	1840	Neil	Ashley	Male	738	M50	52		00:46:53	915
813	1096	Kieron	Hetherington	Male	739	MO	490		00:46:27	851
814	1179	Jim	Lowe	Male	740	M45	67	Lindley Running Club	00:46:26	850
815	1193	Sam	Percy	Male	741	MO	491		00:46:03	786
816	1139	Isaac	Hacon	Male	742	MO	492		00:46:29	857
817	1669	Minnie	Andrews	Female	75	FO	48	City Of Norwich AC	00:47:11	971
818	361	Bob	Lightowler	Male	743	MO	493		00:46:45	892
819	1361	David	Keely	Male	744	MO	494		00:46:17	830
820	2426	William	Smithson	Male	745	MO	495		00:44:15	530
821	534	Dan	Gould	Male	746	MO	496		00:46:56	927
822	1724	Marc	Huggins	Male	747	M55	27		00:46:44	891
823	317	Mark	Willeard	Male	748	M55	28		00:47:09	968
824	1338	Andy	Halls	Male	749	MO	497		00:47:01	940
825	1839	Jacob	Wardrop	Male	750	MO	498		00:46:19	831
826	1295	Ashley	Dease-vincent	Male	751	M40	96		00:47:08	960
827	332	Hannah	Colby	Female	76	FO	49	City Of Norwich AC	00:47:14	985
828	1056	Scott	Wreford	Male	752	MO	499		00:46:48	902
829	1011	Lisa	Greengrass	Female	77	F45	10	Wymondham AC	00:46:54	923
830	755	Ben	Howes	Male	753	MO	500	Norfolk Gazelles AC	00:46:12	819
831	1472	Daniel	Green	Male	754	MO	501		00:46:02	783
832	1455	Bradley	Stansbury	Male	755	MO	502		00:46:06	797
833	1251	Christopher	Downs	Male	756	M40	97		00:47:14	980
834	1285	Thomas	Lacey	Male	757	M40	98		00:46:16	828
835	1281	Lee	Duneclift	Male	758	M40	99		00:46:58	930
836	1590	Steven	Mills	Male	759	M40	100		00:46:53	916
837	1241	Alex	Peek	Male	760	MO	503		00:46:10	811
838	474	Will	Coulson	Male	761	MO	504		00:47:35	1037
839	1764	Jordan	Smith	Male	762	MO	505		00:46:46	899
840	770	Daryl	London	Male	763	M45	68	North Norfolk Beach Runners	00:47:01	939
841	958	Matt	Wickham	Male	764	M40	101		00:47:05	953

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
842	1646	Angela	Ransome	Female	78	F60	2		00:47:08	964
843	1192	Frankie	Evans	Male	765	MO	506		00:47:08	962
844	896	Tom	Larby	Male	766	MO	507		00:46:45	894
845	997	Callum	Davenport	Male	767	MO	508	Norfolk Gazelles AC	00:46:58	931
846	1053	Andrew	Millis	Male	768	MO	509	Vegan Runners UK	00:47:04	947
847	452	Paul	Smith	Male	769	M50	53	Norwich Road Runners	00:47:03	944
848	1641	Edward	Povey	Male	770	MO	510	Zoom Tri Club Bournemouth	00:46:21	839
849	341	Louis	Moore	Male	771	MO	511		00:47:14	981
850	1055	Jack	Cheung	Male	772	M50	54		00:46:54	917
851	343	Eamon	Balaam	Male	773	MO	512		00:46:07	802
852	1032	Dick	Cheung	Male	774	M50	55		00:46:54	920
853	1458	Kane	Moore	Male	775	MO	513		00:46:10	814
854	568	Nathan	Edwards	Male	776	MO	514		00:46:14	825
855	1847	Joseph	Meades	Male	777	MO	515		00:46:20	835
856	353	Tom	Spurgeon	Male	778	MO	516		00:46:39	882
857	768	Archie	Fiddy	Male	779	MO	517		00:46:54	918
858	1034	Lucinda	Bullimore	Female	79	F40	14	Great Yarmouth & District AC	00:47:05	949
859	1487	Johnathan	Lincoln	Male	780	M50	56	Lowestoft Road Runners	00:47:31	1026
860	731	Amy	Balaam	Female	80	F40	15	Bure Valley Harriers	00:46:59	932
861	935	Gavin	Small	Male	781	M45	69	Tri-Anglia Triathlon Club	00:46:36	870
862	1352	James	Trim	Male	782	MO	518	Ryston Runners	00:46:54	919
863	437	William	Parker	Male	783	MO	519	Wymondham AC	00:47:23	1009
864	1243	Isabelle	Temple	Female	81	FO	50		00:47:07	959
865	547	Rory	Hill	Male	784	MO	520	Norfolk Gazelles AC	00:47:02	941
866	605	Joe	Jackson	Male	785	MO	521		00:47:08	963
867	957	Sarah	Stubbs	Female	82	F50	5	City Of Norwich AC	00:47:10	970
868	694	George	Crowe	Male	786	MO	522		00:47:08	965
869	747	Matt	Fox	Male	787	M45	70		00:46:11	815
870	1077	John	Bishop	Male	788	M55	29		00:47:16	992
871	1255	James	Clarkson	Male	789	M40	102		00:47:00	936
872	1654	Matthew	Woodrow	Male	790	MO	523		00:47:36	1040
873	851	Nora	Ostergaard	Female	83	FO	51		00:46:54	921
874	661	Luke	Morfitt	Male	791	M40	103		00:46:29	859
875	546	Mia	Keogh	Female	84	FO	52		00:47:37	1044
876	1505	Tristan	Green	Male	792	MO	524		00:46:37	875
877	1661	Marcus	Wilkinson	Male	793	MO	525		00:46:06	798
878	632	Shaun	Conway	Male	794	M60	10		00:47:42	1060
879	3488	Joe	Peek	Male	795	MO	526		00:44:40	589
880	3201	Ruby	Hutchins	Female	85	F40	16	Norfolk Gazelles AC	00:44:28	566
881	942	Mark	Ollett	Male	796	M55	30		00:46:39	881
882	1706	Mark	Adams	Male	797	M50	57		00:46:47	901
883	1336	Danny	Loftus	Male	798	MO	527		00:46:57	929
884	1468	Sacha	Hill	Female	86	F40	17		00:47:23	1007
885	895	Matthew	Rowe	Male	799	M40	104		00:47:23	1008
886	1688	Robert	Stevens	Male	800	M50	58		00:46:59	934
887	1282	Tom	Holmes	Male	801	MO	528		00:47:12	974
888	1380	Alexander	Mcclelland	Male	802	MO	529		00:46:51	906
889	1694	Andrew	Charge	Male	803	M50	59	Great Yarmouth Road Runners	00:47:15	988
890	1810	Christopher	Hamlin	Male	804	M45	71	Tri-Anglia Triathlon Club	00:46:46	897
891	561	Robbie	Starling	Male	805	M55	31	Wymondham AC	00:47:44	1064
892	845	Philip	Caley	Male	806	M45	72	Norfolk Gazelles AC	00:46:51	908
893	1510	Tony	Demetriou	Male	807	M45	73		00:46:32	865
894	828	Thomas	English	Male	808	M40	105		00:47:03	945

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
895	1006	Andy	Clitheroe	Male	809	M40	106		00:46:29	860
896	666	Joseph	Moore	Male	810	MO	530	Norfolk Gazelles AC	00:47:08	966
897	893	Kevin	Garrod	Male	811	MO	531		00:47:35	1033
898	1182	Thomas	Townshend	Male	812	M45	74		00:47:13	978
899	1547	Adam	Mcphee	Male	813	M40	107		00:47:14	984
900	1355	Neil	Batchelor	Male	814	M45	75		00:47:09	969
901	1768	Lyndon	Ward	Male	815	MO	532		00:46:57	928
902	1332	Louise	Hudson	Female	87	F45	11	Dereham Runners AC	00:47:01	938
903	1291	Corbin	Griffen	Male	816	MO	533		00:47:24	1010
904	2079	Rebecca	Willis	Female	88	FO	53		00:46:34	867
905	494	James	Warren	Male	817	MO	534		00:47:42	1058
906	320	Connor	Woodhouse	Male	818	MO	535		00:47:05	952
907	299	Andrew	Anthony	Male	819	M50	60		00:48:04	1124
908	1123	Darrell	Oldman	Male	820	M60	11	Bungay Black Dog RC	00:47:50	1082
909	1836	Finlay	Page	Male	821	MO	536		00:48:17	1160
910	969	Tom	Hepburn	Male	822	MO	537		00:47:05	951
911	2176	Nathaniel	Tolmie	Male	823	MO	538		00:44:51	619
912	1419	Leo	Blyth	Male	824	M45	76		00:47:21	1001
913	1393	Fraser	Steggles	Male	825	MO	539		00:47:05	954
914	955	Marc	Gridley	Male	826	M45	77		00:47:13	977
915	1132	Frances	Cooke	Female	89	F40	18	Bure Valley Harriers	00:47:20	999
916	1726	Luke	Townshend	Male	827	M45	78		00:47:35	1034
917	404	George	Brockhouse	Male	828	MO	540		00:46:46	900
918	1600	Chris	Ramshaw	Male	829	MO	541		00:47:04	948
919	771	Joey	Clements	Male	830	M40	108		00:47:13	979
920	1665	Lashaun	Naurayan	Male	831	MO	542		00:48:20	1169
921	1426	James	Bates	Male	832	M40	109		00:47:15	989
922	674	Paul	Price	Male	833	M60	12	City Of Norwich AC	00:47:35	1035
923	1732	Michael	Webster	Male	834	M60	13		00:47:41	1055
924	1307	Matt	Frary	Male	835	M55	32		00:47:01	937
925	1831	Jack	Riggall	Male	836	MO	543		00:48:03	1123
926	1601	Kieran	Macdonald	Male	837	MO	544		00:47:53	1092
927	1080	Olivia	Smith	Female	90	FO	54		00:47:54	1098
928	1770	Ben	Steed	Male	838	M40	110		00:47:59	1108
929	1181	Owen	Rhodes	Male	839	MO	545		00:47:26	1016
930	1404	Charlie	Blandy	Male	840	MO	546		00:47:42	1059
931	757	Stephen	Ramm	Male	841	M45	79	Tri-Anglia Triathlon Club	00:47:40	1051
932	653	Andy	Palmer	Male	842	M60	14	Norwich Road Runners	00:47:17	994
933	613	Claire	Brown	Female	91	F60	3	Wymondham AC	00:47:45	1065
934	652	Stacey	Harper	Female	92	F45	12	Norwich Road Runners	00:47:18	995
935	1283	Richard	Moore	Male	843	M40	111	Norwich Road Runners	00:47:41	1054
936	1351	Duncan	Smith	Male	844	M65	2	Reepham Runners	00:48:20	1171
937	1533	Ian	Minns	Male	845	M45	80		00:47:07	958
938	1049	Paul	Freestone	Male	846	M50	61		00:46:56	926
939	1204	Rob	O'leary	Male	847	MO	547	1ZER01 Athletes	00:46:52	911
940	1231	Cat	Wardell	Female	93	F50	6		00:47:46	1068
941	761	Jonny	Ray	Male	848	M40	112		00:47:53	1090
942	871	Georgia	Gittins	Female	94	FO	55		00:46:45	893
943	1374	Oliver	Gardiner	Male	849	MO	548		00:46:46	898
944	670	Ceri	Theobald	Male	850	M50	62	Norfolk Gazelles AC	00:48:08	1133
945	1083	Brian	Bannon	Male	851	MO	549		00:48:17	1162
946	1775	Craig	Edwards	Male	852	M40	113		00:46:52	912
947	1569	Eve	Dewsnap	Female	95	F45	13	Tri-Anglia Triathlon Club	00:47:29	1023

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
948	1169	Edward	Brisley	Male	853	MO	550		00:47:37	1043
949	827	Laura	Parry	Female	96	FO	56	City Of Norwich AC	00:47:46	1070
950	1112	Chris	Chorley	Male	854	M60	15	Bungay Black Dog RC	00:47:40	1052
951	578	Philip	Brockington	Male	855	M50	63		00:47:06	955
952	399	Eva	Eccles	Female	97	FO	57	Bure Valley Harriers	00:48:25	1183
953	911	Dominic	Jarvis	Male	856	MO	551		00:47:38	1048
954	1933	Clark	Hindle	Male	857	MO	552		00:47:49	1080
955	1489	Ruth	Chadwick	Female	98	F55	1	Ryston Runners	00:48:18	1165
956	582	Tilly	Meyrick	Female	99	FO	58		00:48:20	1172
957	900	Jonathan	Dingle	Male	858	M40	114		00:47:15	987
958	906	Jake	Gorrod	Male	859	MO	553		00:47:33	1028
959	1725	Lloyd	Cossey	Male	860	MO	554		00:47:54	1097
960	1817	James	Ames	Male	861	MO	555		00:48:00	1111
961	243	Leon	Neeve	Male	862	M45	81	Waveney Valley AC	00:48:11	1138
962	701	Maud	Bissey	Female	100	FO	59		00:47:20	1000
963	760	Sarah	Raynsford	Female	101	F45	14	Waveney Valley AC	00:48:12	1142
964	1439	Dean	Johnson	Male	863	MO	556		00:47:51	1085
965	1047	Richard	Crewe	Male	864	M50	64	Thetford AC	00:48:04	1125
966	1501	Matthew	Taylor	Male	865	M40	115		00:48:00	1110
967	1611	Kirsty	Wheeler	Female	102	FO	60	Lowestoft Road Runners	00:48:16	1159
968	1527	Joseph	Gilman	Male	866	M40	116		00:47:24	1011
969	1640	Josh	Bothe	Male	867	MO	557		00:47:13	976
970	1645	Dave	Robinson	Male	868	M50	65		00:47:19	998
971	639	Callum	Mcveigh	Male	869	MO	558		00:47:53	1095
972	1250	Ian	Chapman	Male	870	M50	66		00:47:12	975
973	817	Warren	Bryant	Male	871	MO	559		00:48:34	1200
974	3191	Jefferson	Creed	Male	872	M55	33		00:44:48	606
975	1651	Megan	Wright	Female	103	FO	61		00:47:36	1039
976	1838	Mike	Mead	Male	873	MO	560		00:47:51	1084
977	985	Lewis	Kelly	Male	874	MO	561		00:47:35	1032
978	865	Kieron	Wardrope	Male	875	MO	562		00:47:00	935
979	1191	Matthew	Rogers	Male	876	MO	563		00:47:53	1093
980	705	Jonathan	Hawes	Male	877	M50	67		00:47:34	1031
981	1246	Lewis	Gray	Male	878	MO	564		00:47:22	1005
982	1680	Nikki	Watson	Female	104	FO	62		00:47:57	1106
983	864	Grant	King	Male	879	M45	82	Dereham Runners AC	00:47:37	1046
984	557	James	Cooper	Male	880	M40	117		00:48:16	1156
985	188	Ross	Orrick	Male	881	MO	565		00:48:06	1130
986	1799	Freddy	Lowe	Male	882	MO	566		00:47:21	1002
987	949	James	Burnett	Male	883	MO	567		00:47:08	961
988	741	Martin	Herrmann	Male	884	M45	83		00:47:15	990
989	3078	Reuben	Noller	Male	885	MO	568		00:47:05	950
990	501	James	Barnes	Male	886	MO	569		00:47:49	1081
991	620	Tom	Messenger	Male	887	MO	570		00:47:07	957
992	1695	James	Hall	Male	888	MO	571		00:47:28	1019
993	1245	Edward	Wales	Male	889	M40	118		00:47:52	1088
994	1349	Simon	Willis	Male	890	MO	572		00:47:26	1015
995	1935	Thomas	Butler	Male	891	MO	573		00:44:22	551
996	2227	Andrew	Hubbard	Male	892	M40	119		00:45:36	725
997	1052	Marcus	Pead	Male	893	M40	120		00:47:57	1105
998	836	Ross	Browne	Male	894	MO	574		00:48:16	1157
999	979	Sam	Thorpe	Male	895	MO	575		00:47:11	972
1000	179	Spencer	Gray	Male	896	MO	576		00:47:47	1073

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1001	1327	Lewis	Webster	Male	897	MO	577		00:47:48	1076
1002	1280	Antony	Bellingall	Male	898	M45	84		00:47:38	1049
1003	716	Hayley	Hawes	Female	105	F40	19		00:47:47	1072
1004	718	Liam	Mason	Male	899	MO	578		00:47:33	1029
1005	1411	Dan	Paris	Male	900	MO	579		00:47:14	982
1006	1500	George	Wadsley	Male	901	MO	580		00:47:51	1087
1007	849	Sophie	Redgrave	Female	106	FO	63		00:48:45	1232
1008	1543	Sean	Reeve	Male	902	M55	34	Harleston Running Club	00:48:50	1246
1009	1635	Joshua	Woolnough	Male	903	M40	121		00:47:45	1067
1010	903	Kirk	Wright	Male	904	MO	581		00:47:42	1056
1011	1444	Ted	Morgan	Male	905	MO	582		00:47:42	1057
1012	1597	Rebecca	Thorby	Female	107	F45	15		00:48:15	1152
1013	1441	Adele	Edwards	Female	108	F40	20	Dereham Runners AC	00:47:29	1020
1014	250	Chalank	Nasim	Male	906	MO	583		00:48:58	1280
1015	1314	Chris	Fisher	Male	907	MO	584		00:47:30	1025
1016	2872	Owen	Fox	Male	908	MO	585		00:44:37	582
1017	2559	Miles	Dhawan-foster	Male	909	MO	586		00:45:52	756
1018	2136	Oliver	Copling	Male	910	M40	122		00:45:00	637
1019	2052	Samuel	Ely	Male	911	MO	587		00:44:51	616
1020	1477	Ronan	Carter	Male	912	MO	588		00:47:48	1074
1021	1558	Scott	Allen	Male	913	M40	123		00:48:58	1276
1022	671	William	Muter	Male	914	MO	589	City Of Norwich AC	00:47:55	1101
1023	1145	Mark	Thorby	Male	915	M45	85		00:48:24	1179
1024	857	Daniel	Dowe	Male	916	MO	590		00:48:32	1194
1025	1105	Luke	Channell	Male	917	MO	591		00:47:48	1075
1026	1486	Adam	Kobylecki	Male	918	MO	592		00:48:14	1148
1027	1526	Stokely	Howard	Male	919	MO	593		00:47:45	1066
1028	995	Keith	Blake	Male	920	M65	3		00:48:59	1281
1029	835	Matthew	Stocks	Male	921	MO	594		00:48:01	1117
1030	1666	Lewis	Thurston	Male	922	MO	595		00:47:59	1109
1031	498	Kieren	Davies	Male	923	M45	86		00:48:06	1127
1032	1592	Oliver	Whitehouse	Male	924	MO	596		00:47:37	1045
1033	1060	Jay	Vos	Male	925	MO	597		00:47:29	1024
1034	3654	Luke	Johnson	Male	926	M40	124		00:45:46	743
1035	2255	Mark	Penson	Male	927	M40	125		00:46:02	784
1036	926	John	Osborne	Male	928	M45	87		00:49:00	1289
1037	1736	Thomas	Ramsay	Male	929	MO	598		00:48:21	1174
1038	1591	Ellena	White	Female	109	FO	64	Reepham Runners	00:48:48	1239
1039	1007	Amy	Wright	Female	110	FO	65	Norfolk Gazelles AC	00:48:48	1237
1040	1772	Liam	Payne	Male	930	M40	126		00:49:00	1287
1041	2315	Michael	Burris	Male	931	MO	599	Thetford AC	00:45:33	718
1042	1028	Matt	Cox	Male	932	MO	600		00:48:25	1182
1043	601	Joshua	Cadwallader	Male	933	MO	601		00:47:49	1079
1044	1214	Richard	Brown	Male	934	MO	602		00:46:05	795
1045	2736	Ian	Burnaby-parsons	Male	935	M40	127		00:45:29	702
1046	1369	Connor	Pells	Male	936	MO	603		00:48:12	1139
1047	1457	Ivan	Cuturello	Male	937	MO	604		00:48:23	1176
1048	2172	Jake	Goldstraw	Male	938	MO	605		00:45:34	721
1049	1298	Kalina	Mcneilly	Female	111	FO	66		00:48:00	1113
1050	1242	Eden	Simmonds	Female	112	FO	67		00:49:08	1314
1051	1122	Peter	Aldred	Male	939	M50	68		00:49:12	1333
1052	1172	Rachel	Lambert	Female	113	FO	68	Dunblane Runners	00:48:59	1282
1053	1357	Martin	Scothern	Male	940	M60	16	Dereham Runners AC	00:47:51	1083

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1054	1085	Jimmy	Seymour	Male	941	MO	606		00:48:18	1164
1055	1166	Phil	Beecher	Male	942	MO	607	Tri-Anglia Triathlon Club	00:45:50	751
1056	1469	Paula	Carr	Female	114	F60	4	Great Yarmouth Road Runners	00:48:44	1227
1057	843	Dale	Hurren	Male	943	M65	4		00:48:49	1243
1058	1434	Ryan	Sadler	Male	944	MO	608		00:47:54	1099
1059	1759	George	Couzens	Male	945	MO	609		00:48:03	1121
1060	1707	Sam	Loaker	Male	946	MO	610		00:48:16	1155
1061	1177	David	Gough	Male	947	M50	69		00:48:18	1166
1062	244	Elin	Anderson	Female	115	FO	69	City Of Norwich AC	00:48:13	1147
1063	746	Archie	Campbell	Male	948	M40	128		00:48:55	1267
1064	1102	Greg	Ward	Male	949	M55	35	Norwich Road Runners	00:48:39	1213
1065	1124	Brian	Jack	Male	950	M60	17	Dub Running Club	00:48:42	1224
1066	433	Sundee	Denton-chandler	Female	116	FO	70		00:49:19	1355
1067	396	Terry	Hubbard	Male	951	M50	70	Great Yarmouth Road Runners	00:45:26	695
1068	1700	Matthew	Webb	Male	952	MO	611	City Of Norwich AC	00:48:10	1135
1069	1310	Rebecca	Bond	Female	117	FO	71		00:48:47	1235
1070	1913	Matthew	Quick	Male	953	MO	612		00:45:30	707
1071	1220	Emily	Chatten	Female	118	FO	72		00:48:14	1150
1072	1672	Tom	Hutt	Male	954	MO	613		00:48:57	1275
1073	1302	Michael	Turner	Male	955	MO	614		00:48:20	1170
1074	754	Lee	Cook	Male	956	M40	129		00:48:12	1143
1075	1605	Iain	Hill	Male	957	M45	88		00:46:19	833
1076	1119	Shane	Kelly	Male	958	M45	89		00:47:53	1091
1077	1667	Daniel	Halifax	Male	959	M40	130	Norwich Road Runners	00:48:57	1271
1078	2413	Oliver	Baxter	Male	960	MO	615	Norwich Road Runners	00:46:21	838
1079	1073	Simon	Wardale	Male	961	M60	18		00:48:01	1116
1080	1391	Steven	Newson	Male	962	M50	71	Norfolk Gazelles AC	00:48:30	1190
1081	1147	William	Stoner	Male	963	MO	616		00:49:08	1315
1082	1631	Oliver	Smith	Male	964	MO	617	Norwich Road Runners	00:49:19	1356
1083	1054	Richard	Manington	Male	965	MO	618		00:49:00	1290
1084	1959	Tommy	Router	Male	966	MO	619		00:46:00	781
1085	1042	Stuart	Harper	Male	967	M45	90		00:49:09	1320
1086	1633	Sean	Cockrell	Male	968	M55	36		00:48:50	1252
1087	1346	Melissa	Goodall	Female	119	FO	73	Norwich Road Runners	00:48:17	1163
1088	986	Toby	Wellard	Male	969	MO	620		00:48:37	1207
1089	548	Tyrone	Young	Male	970	M40	131		00:48:33	1198
1090	294	James	Crickmore	Male	971	MO	621		00:49:17	1349
1091	3024	David	Thomas	Male	972	M40	132		00:45:53	765
1092	1116	Sean	Lambert	Male	973	MO	622		00:49:06	1304
1093	930	Paul	Tripp	Male	974	M50	72		00:48:44	1230
1094	1731	Justin	Fox	Male	975	M45	91		00:48:12	1141
1095	724	Tristan	Langley	Male	976	MO	623	Ryston Runners	00:49:03	1295
1096	736	Corin	Thoday	Male	977	M50	73	Reepham Runners	00:48:16	1154
1097	1267	Samuel	Lambert	Male	978	MO	624		00:48:55	1266
1098	625	Jason	Cole	Male	979	M40	133		00:48:14	1151
1099	1576	Andrew	Piff	Male	980	MO	625		00:48:00	1115
1100	1763	Victoria	Lynskey	Female	120	FO	74		00:48:55	1265
1101	645	Matthew	Smith	Male	981	MO	626		00:48:50	1247
1102	644	Barry	Smith	Male	982	M55	37	Bungay Black Dog RC	00:48:50	1253
1103	1184	Chris	Lambert	Male	983	MO	627		00:48:08	1132
1104	1262	Bronwen	Brown	Female	121	FO	75		00:48:44	1231
1105	1534	Tomasz	Kwiatkowski	Male	984	M45	92		00:47:56	1103
1106	1826	Ross	Lomax	Male	985	MO	628		00:48:49	1241

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1107	977	Ben	Watson	Male	986	MO	629		00:48:16	1158
1108	654	Angela	Cole	Female	122	F45	16		00:49:20	1360
1109	3170	Andy	Elvin	Male	987	MO	630		00:46:06	799
1110	1289	Fred	Withers	Male	988	MO	631		00:48:55	1268
1111	1276	Mark	Hilton	Male	989	M55	38		00:49:09	1321
1112	584	Shahan	Toheed	Male	990	MO	632		00:48:00	1114
1113	2578	Tom	Denby	Male	991	MO	633		00:46:05	793
1114	1320	Sam	Warren	Male	992	MO	634		00:49:02	1293
1115	1519	Emily	King	Female	123	FO	76	City Of Norwich AC	00:48:29	1185
1116	880	Hannah	Seago	Female	124	FO	77	Norfolk Gazelles AC	00:48:44	1226
1117	8280	Laura	Gonzalez	Female	125	FO	78		00:48:00	1112
1118	1603	Charlie	Austin	Male	993	MO	635		00:48:01	1118
1119	712	Ashley	Ufot-williams	Male	994	MO	636		00:48:24	1180
1120	1744	Bethany	Gaskin	Female	126	FO	79	Aylsham Runners	00:48:48	1240
1121	2150	Matthew	Fairhead	Male	995	MO	637		00:46:09	809
1122	1453	Joe	Sampson	Male	996	MO	638		00:48:24	1178
1123	2660	Poppy	Thorpe	Female	127	FO	80		00:46:37	876
1124	1585	Ben	Bussens	Male	997	MO	639		00:48:31	1193
1125	3230	Bradley	Brown	Male	998	MO	640		00:46:26	848
1126	1530	Jim	Fitch	Male	999	M55	39		00:48:39	1217
1127	1445	Sarah	Johnson	Female	128	F40	21	Three Counties Running Club	00:48:49	1245
1128	2796	Luke	Burchett	Male	1000	MO	641		00:46:40	883
1129	1924	Patrick	Ogilvie	Male	1001	MO	642		00:46:37	878
1130	1261	Edward	Seaman	Male	1002	MO	643		00:48:49	1244
1131	859	Matthew	Levesley	Male	1003	MO	644		00:49:36	1416
1132	1575	Neil	Hunting	Male	1004	M45	93		00:49:33	1408
1133	5350	Zoe	Plane	Female	129	FO	81		00:42:43	366
1134	575	James	Karanicolas	Male	1005	MO	645		00:48:56	1270
1135	689	Jack	Edwards	Male	1006	MO	646		00:48:40	1220
1136	1106	Emily-rose	Thompson	Female	130	FO	82		00:49:32	1402
1137	1329	Nigel	Whiteley	Male	1007	M60	19		00:49:16	1340
1138	1721	Mark	Harper	Male	1008	MO	647		00:48:23	1177
1139	1413	George	Trett	Male	1009	MO	648		00:48:14	1149
1140	1464	Neil	Dennis	Male	1010	M40	134	Stowmarket Striders RC	00:49:11	1331
1141	436	Nick	Hubbard	Male	1011	M50	74		00:48:58	1279
1142	1401	Ami	Reynolds	Female	131	FO	83		00:48:37	1206
1143	1796	Stuart	Sadler	Male	1012	MO	649		00:49:28	1388
1144	1390	Sam	Hancock	Male	1013	M40	135		00:48:38	1210
1145	920	Jack	Machin	Male	1014	MO	650		00:49:19	1352
1146	1698	Manon	Paillier	Female	132	FO	84		00:49:45	1452
1147	1114	Harry	Green	Male	1015	MO	651		00:49:25	1378
1148	1082	Amelia	Whiting	Female	133	F45	17	Norfolk Gazelles AC	00:48:38	1212
1149	1797	Adam	Higgs	Male	1016	MO	652		00:49:20	1361
1150	2715	Jack	Alfaraj-carter	Male	1017	MO	653		00:46:27	854
1151	1304	Oliver	Whitham	Male	1018	MO	654		00:48:57	1272
1152	615	Natasha	Blyth	Female	134	FO	85		00:49:23	1372
1153	1758	Peter	Brewster	Male	1019	M45	94		00:48:46	1233
1154	1781	Rebecca	Gedge	Female	135	FO	86		00:48:48	1236
1155	2061	Hayden	Marjoram	Male	1020	MO	655		00:46:45	896
1156	1563	Louis	Tylka-simms	Male	1021	MO	656		00:48:33	1197
1157	824	Trae	Lloyd	Male	1022	MO	657		00:49:50	1476
1158	1657	Martyn	Riches	Male	1023	MO	658		00:48:52	1255
1159	1711	Jon	Goodson	Male	1024	M45	95		00:49:16	1341

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1160	1478	Ellie	Glover	Female	136	FO	87		00:48:50	1248
1161	1260	Tim	Key	Male	1025	MO	659		00:49:06	1308
1162	1402	Joe	Forshaw	Male	1026	MO	660		00:48:53	1261
1163	1249	Tim	Renshaw	Male	1027	MO	661		00:48:42	1223
1164	970	Sarah	Maclennan	Female	137	FO	88		00:48:40	1219
1165	1436	Edward	Kettle	Male	1028	MO	662		00:48:44	1229
1166	899	Aaron	Leverett	Male	1029	M40	136		00:48:41	1221
1167	1536	Christopher	Rickman	Male	1030	MO	663		00:49:29	1391
1168	790	Riley	Weston	Male	1031	MO	664		00:49:03	1296
1169	1522	Jonathan	Sapsford	Male	1032	M40	137		00:49:08	1313
1170	1217	Gemma	Johnson	Female	138	FO	89		00:48:52	1259
1171	3321	Tom	Leeder	Male	1033	MO	665		00:46:12	820
1172	1099	David	Ince	Male	1034	M50	75		00:49:16	1342
1173	1278	Brian	Wilson	Male	1035	MO	666		00:48:53	1260
1174	1828	Arran	Frost	Male	1036	MO	667		00:49:23	1371
1175	2451	Jacob	Golden	Male	1037	MO	668		00:46:31	863
1176	989	Chris	Parke	Male	1038	M55	40		00:49:29	1393
1177	932	Lewis	Garner	Male	1039	M45	96		00:50:07	1550
1178	1968	Craig	Osben	Male	1040	MO	669		00:46:56	925
1179	1773	Gareth	Davies	Male	1041	M40	138		00:49:11	1329
1180	2163	Jack	Northwood	Male	1042	MO	670		00:47:02	943
1181	1524	Kai	Gibbon	Male	1043	M50	76	Bungay Black Dog RC	00:49:08	1316
1182	825	Ben	Williamson	Male	1044	MO	671		00:49:26	1383
1183	1383	Craig	David	Male	1045	MO	672		00:49:38	1423
1184	1384	Gary	Ridgeon	Male	1046	M55	41		00:48:57	1273
1185	647	Andy	Pridmore	Male	1047	M55	42		00:49:04	1300
1186	1375	Liam	Hastings	Male	1048	MO	673		00:48:51	1254
1187	1234	Christopher	Parsons	Female	139	F40	22		00:49:07	1310
1188	819	Louis	Pauling	Male	1049	MO	674		00:49:30	1394
1189	573	Robbie	Breach	Male	1050	MO	675		00:49:56	1505
1190	2018	Damon	Claxton	Male	1051	MO	676		00:47:07	956
1191	1330	Adam	Wigley	Male	1052	M45	97		00:49:14	1338
1192	1548	Peter	Stillings	Male	1053	M40	139		00:49:30	1397
1193	1473	Kieran	Mellet	Male	1054	MO	677		00:49:04	1297
1194	2097	Gavin	Rawlings	Male	1055	MO	678		00:46:26	849
1195	1244	Beth	Gammage	Female	140	FO	90		00:50:10	1564
1196	1615	Tommy	Butler	Male	1056	MO	679	Abbey Running Club	00:49:58	1514
1197	1618	Trevor	Griffin	Male	1057	M40	140		00:49:07	1309
1198	1379	Brett	Cornish	Male	1058	M50	77		00:49:30	1399
1199	1342	Andrew	Owen	Male	1059	M55	43		00:49:50	1474
1200	990	Ian	Simpson	Male	1060	M50	78		00:49:10	1324
1201	709	Paul	Seabrook	Male	1061	MO	680	Leighton Buzzard Athletic Club	00:48:59	1285
1202	1252	Marc	Grady	Male	1062	MO	681	Norwich Road Runners	00:49:47	1463
1203	1774	Elliot	Hurren	Male	1063	MO	682		00:49:43	1444
1204	1363	Chris	Hill	Male	1064	M50	79		00:48:59	1284
1205	3236	Kahlan	Sannerude	Male	1065	MO	683		00:47:26	1014
1206	618	Kerry	Robertson	Female	141	FO	91		00:49:39	1426
1207	162	Blake	Hall	Male	1066	MO	684		00:49:20	1358
1208	1485	Richard	Calver	Male	1067	MO	685		00:50:18	1595
1209	2153	Richard	Miller	Male	1068	MO	686		00:46:56	924
1210	1950	Katie	Allan	Female	142	FO	92		00:47:23	1006
1211	1683	Seb	Butcher	Male	1069	M40	141		00:49:25	1379
1212	2140	Mark	Smith	Male	1070	M50	80		00:46:40	886

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1213	591	Neil	Bunnage	Male	1071	M55	44	Norwich Road Runners	00:49:41	1438
1214	3777	Robert	Dixon	Male	1072	M40	142		00:43:27	446
1215	1594	Rebecca	Hall	Female	143	F40	23		00:50:05	1540
1216	1272	Skye	Birch	Male	1073	MO	687		00:49:50	1477
1217	1673	Ryan	Wilkins	Male	1074	M40	143		00:49:28	1389
1218	2877	Eric	Caasi	Male	1075	MO	688		00:46:44	890
1219	1849	Levi	De Belgeonne	Male	1076	MO	689		00:46:37	877
1220	1223	Jacob	Desborough	Male	1077	M40	144		00:49:07	1311
1221	2743	Ryan	Hills	Male	1078	MO	690		00:46:39	880
1222	1509	Emma	Sturma	Female	144	FO	93		00:49:19	1357
1223	1549	Mike	Burton	Male	1079	M50	81	Attleborough Athletics Academy	00:49:21	1363
1224	1499	Emma	Davids	Female	145	FO	94	Vegan Runners UK	00:49:26	1384
1225	2883	Lucie	Herwin	Female	146	FO	95	Dereham Runners AC	00:47:11	973
1226	2549	Catriona Sian	Bowen	Female	147	FO	96		00:47:22	1003
1227	1624	Matthew	Wright	Male	1080	MO	691		00:49:32	1407
1228	3207	Zak	Hawkes	Male	1081	MO	692		00:46:12	816
1229	1921	Jack	Roberts	Male	1082	MO	693		00:46:32	866
1230	2444	Jamie	Childs	Male	1083	MO	694		00:46:48	904
1231	1326	Charlotte	Pye	Female	148	FO	97		00:50:02	1531
1232	1819	Thakeni	Marston	Female	149	FO	98		00:49:17	1345
1233	908	David	Bradbeer	Male	1084	M40	145	Norfolk Gazelles AC	00:49:46	1459
1234	1256	Megan	Greenacre	Female	150	FO	99		00:49:17	1346
1235	1649	Prakash	Pakanati	Male	1085	M40	146		00:49:04	1299
1236	975	Steven	Tuttle	Male	1086	M65	5		00:48:54	1263
1237	2591	Alaine	Fielding	Female	151	FO	100		00:47:09	967
1238	818	Matthew	Powell	Male	1087	MO	695		00:50:15	1584
1239	841	Will	Abbs	Male	1088	MO	696		00:49:38	1425
1240	1648	Tom	Bezance	Male	1089	M40	147		00:50:41	1686
1241	1634	Matthew	Codling	Male	1090	MO	697		00:49:24	1377
1242	1566	Lucy	Brooks	Female	152	FO	101		00:49:24	1376
1243	2077	Rowland	Holmes	Male	1091	M55	45		00:47:16	991
1244	1671	Mary	Pinching	Female	153	FO	102		00:50:25	1621
1245	2157	James	Yeandle	Male	1092	M40	148		00:46:04	790
1246	1170	Adrian	Rogalski	Male	1093	MO	698		00:49:13	1336
1247	966	Ben	Liddiard	Male	1094	MO	699		00:49:11	1330
1248	1909	Vanessa	Miller	Female	154	FO	103		00:47:39	1050
1249	1733	Ben	Tungate	Male	1095	MO	700		00:49:06	1306
1250	1386	John	Miller	Male	1096	M60	20	Norwich Road Runners	00:49:44	1448
1251	1722	Oliver	Smith	Male	1097	M40	149		00:50:02	1532
1252	1716	Michael	Austin	Male	1098	M55	46		00:49:10	1328
1253	2477	Callum	Cameron	Male	1099	MO	701		00:45:22	690
1254	1573	Neil	Bullen	Male	1100	M45	98		00:50:12	1572
1255	1696	Oliver	Harman-howes	Male	1101	MO	702		00:49:13	1335
1256	1776	Lindsay	Black	Female	155	F45	18	Harleston Running Club	00:50:20	1604
1257	2141	Oliver	Durrant	Male	1102	MO	703		00:46:59	933
1258	2455	Luke	Millar	Male	1103	MO	704		00:47:26	1018
1259	2554	Alan	Dawson	Male	1104	M45	99		00:47:47	1071
1260	1529	Adrian	Leddy	Male	1105	M45	100		00:49:45	1454
1261	3161	Chloe	Webster	Female	156	FO	104	Norwich Road Runners	00:47:44	1062
1262	3967	Harrison	Mcleod	Male	1106	MO	705		00:43:33	456
1263	1019	Nelson	Navarro	Male	1107	M50	82		00:50:18	1596
1264	1803	Adam	Anderson	Male	1108	MO	706		00:49:40	1430
1265	1263	Carly	Grimmer	Female	157	FO	105		00:49:41	1437

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1266	574	Samuel	Grimmer	Male	1109	MO	707		00:49:41	1435
1267	698	Dean	Palmer	Male	1110	MO	708		00:49:36	1414
1268	1944	Matthew	Perkins	Male	1111	MO	709		00:46:09	807
1269	2494	Libby	West	Female	158	FO	106		00:47:36	1041
1270	163	Daniel	Critoph	Male	1112	MO	710	Waveney Valley AC	00:50:10	1561
1271	722	Michael	Cole	Male	1113	MO	711		00:50:31	1641
1272	1185	Daniel	Goldsworthy	Male	1114	M55	47		00:50:18	1594
1273	1415	Steve	Bird	Male	1115	M55	48		00:50:08	1554
1274	1755	Alex	Cook	Male	1116	MO	712		00:50:21	1607
1275	933	James	Francis	Male	1117	M45	101		00:49:14	1339
1276	1454	Claire	Bailey	Female	159	FO	107		00:49:45	1451
1277	432	Lucy	Bradbury	Female	160	FO	108		00:50:00	1523
1278	375	Stuart	Ringwood	Male	1118	MO	713		00:49:40	1433
1279	1072	Joel	Parkinson	Male	1119	MO	714		00:49:25	1380
1280	1163	Harry	Phillippo	Male	1120	MO	715		00:50:12	1570
1281	1794	Christopher	Stones	Male	1121	MO	716		00:49:53	1490
1282	2678	Wayne	Cutting	Male	1122	M40	150		00:47:26	1017
1283	1152	Samuel	Osborne	Male	1123	M50	83		00:51:08	1792
1284	1735	Erin	Jennis	Female	161	FO	109		00:50:11	1567
1285	2051	Tom	Knight	Male	1124	MO	717		00:47:35	1036
1286	1000	John	Cole	Male	1125	M50	84		00:50:46	1699
1287	2551	Beth	Boucher	Female	162	FO	110		00:46:52	910
1288	792	Ashley	Cooper	Female	163	FO	111		00:50:11	1568
1289	1589	Adrian	Sweeney	Male	1126	M40	151		00:49:35	1412
1290	729	Daniel	Gentle	Male	1127	MO	718		00:46:53	913
1291	1848	Michael	Annakin	Male	1128	M40	152		00:49:41	1439
1292	1288	Beth	Van Melsen	Female	164	FO	112		00:49:51	1479
1293	936	Emily	Goodey	Female	165	FO	113		00:50:17	1591
1294	1476	Matthew	Dyke	Male	1129	M40	153	Coltishall Jaguars RC	00:50:27	1630
1295	2099	Liam	Scorer	Male	1130	MO	719	Thetford AC	00:47:14	986
1296	2128	Ben	Dring	Male	1131	MO	720		00:49:38	1424
1297	1532	James	Brady	Male	1132	MO	721		00:50:11	1569
1298	1041	Graham	Tracy	Male	1133	M40	154		00:50:02	1529
1299	1739	Lewis	Grimes	Male	1134	MO	722	Wymondham AC	00:49:32	1406
1300	1693	Chris	Measures	Male	1135	M50	85	Thetford AC	00:50:18	1593
1301	1212	William	Jex	Male	1136	MO	723		00:49:38	1419
1302	944	Jason	Sparkes	Male	1137	M40	155	Lonely Goat RC	00:49:51	1480
1303	1782	Alexander	Philpott	Male	1138	MO	724		00:49:59	1517
1304	2189	Mark	Yaxley	Male	1139	MO	725		00:47:54	1096
1305	2347	Richard	Squires	Male	1140	M45	102		00:46:54	922
1306	964	Natasha	Moore	Female	166	FO	114		00:50:37	1664
1307	478	Jack	Donoghue	Male	1141	MO	726		00:50:20	1603
1308	965	Tom	Betts	Male	1142	MO	727		00:49:38	1420
1309	1153	Christopher	Doggett	Male	1143	M65	6	Norfolk Gazelles AC	00:50:08	1552
1310	909	Morgan	Bowsher-kent	Male	1144	MO	728		00:49:55	1500
1311	1317	Sam	Fleet	Male	1145	MO	729		00:50:00	1520
1312	2712	Alex	Coburn	Male	1146	M50	86		00:47:55	1102
1313	558	Sam	Pearcy	Male	1147	MO	730		00:50:00	1521
1314	460	Catherine	Lee	Female	167	FO	115	Waveney Valley AC	00:50:45	1696
1315	1354	Ben	Carver	Male	1148	MO	731		00:50:54	1735
1316	838	James	Halls	Male	1149	MO	732		00:51:14	1827
1317	3435	Tim	Scales	Male	1150	MO	733		00:48:15	1153
1318	1824	Chris	Gill	Male	1151	MO	734		00:47:46	1069

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1319	371	Tim	Seville	Male	1152	M65	7	Wymondham AC	00:49:44	1450
1320	2302	James	Ebelewicz	Male	1153	MO	735		00:47:58	1107
1321	2133	Charlie	Woodcock	Male	1154	MO	736		00:47:16	993
1322	1788	John	Cashen	Male	1155	M55	49		00:50:34	1648
1323	984	Patrick	Youngs	Male	1156	MO	737		00:50:02	1530
1324	1660	Alistair	King	Male	1157	MO	738		00:50:52	1722
1325	887	Dane	Boyle-smith	Male	1158	MO	739		00:50:48	1712
1326	1300	James Edward	Cox	Male	1159	M40	156		00:50:36	1658
1327	1101	Ben	Applegate	Male	1160	MO	740		00:50:26	1625
1328	1270	Karl	Harper	Male	1161	M50	87		00:50:27	1632
1329	1540	Laura	Ward	Female	168	F40	24	Harleston Running Club	00:50:55	1738
1330	1100	Freddie	Ince	Male	1162	MO	741		00:50:33	1645
1331	1692	Heather	Briggs	Female	169	FO	116		00:50:55	1742
1332	2893	Ashley	Gray	Male	1163	MO	742		00:48:17	1161
1333	1448	Paul	Redbarnes	Male	1164	M40	157		00:50:19	1599
1334	2369	Victoria	Robinson	Female	170	F45	19		00:47:38	1047
1335	2132	Jonathan	Mawer	Male	1165	M45	103		00:46:43	889
1336	2070	Thomas	Canning	Male	1166	MO	743		00:48:12	1140
1337	1606	Ryan	Bale	Male	1167	MO	744		00:51:07	1784
1338	1063	Dios	Fernandez	Male	1168	M55	50	North Norfolk Beach Runners	00:50:08	1555
1339	2685	Lucy	Callaby	Female	171	FO	117	Dereham Runners AC	00:48:06	1129
1340	236	Sam	Barker	Male	1169	MO	745	Wymondham AC	00:51:33	1887
1341	1248	Olivia	Button	Female	172	FO	118		00:50:13	1577
1342	875	Simon	Bransby	Male	1170	M55	51	Norwich Road Runners	00:50:39	1674
1343	2057	Gary	Cuthbert	Male	1171	M50	88		00:48:23	1175
1344	1293	Julian	Smith	Male	1172	M55	52		00:51:05	1778
1345	5983	James	Dickerson	Male	1173	M45	104		00:50:28	1634
1346	1748	Gary	Carruthers	Male	1174	M50	89		00:50:29	1636
1347	1442	Sam	Hodgson	Male	1175	M40	158		00:50:14	1580
1348	3400	Scott	Prentice	Male	1176	MO	746		00:48:31	1191
1349	834	Carl	Sitch	Male	1177	MO	747		00:48:34	1199
1350	3003	William	Durrant	Male	1178	M40	159		00:48:32	1195
1351	1581	Scott	Belmonte	Male	1179	M50	90	Norfolk Gazelles AC	00:50:54	1731
1352	1484	Gemma	Tracy	Female	173	F40	25	Norwich Road Runners	00:50:35	1651
1353	4244	Michael	Stolworthy	Male	1180	MO	748		00:44:39	586
1354	2047	Carlos	Nodar	Male	1181	M45	105		00:48:12	1145
1355	1269	Keith	Andrews	Male	1182	M45	106	Kesgrave Cruisers	00:50:41	1687
1356	850	Luke	Callaghan	Male	1183	MO	749		00:50:41	1684
1357	1311	Heather	Bush	Female	174	F50	7		00:50:58	1751
1358	2365	Tom	Lloyd	Male	1184	MO	750		00:48:39	1214
1359	3238	Toby	Booth	Male	1185	MO	751		00:48:20	1173
1360	1043	Kenny	Reeves	Male	1186	MO	752		00:50:46	1701
1361	1676	Ben	Clark	Male	1187	MO	753		00:50:20	1605
1362	3247	Danielle	Rackham	Female	175	F40	26		00:48:12	1146
1363	1016	James	Knibb	Male	1188	MO	754		00:51:02	1763
1364	1120	Garri	Davies	Male	1189	MO	755		00:51:03	1767
1365	728	James	Sidwell	Male	1190	M40	160	Lowestoft Road Runners	00:50:57	1747
1366	1315	Charlie	Vogwill	Male	1191	MO	756		00:48:40	1218
1367	1284	Jack	Taylor	Male	1192	MO	757		00:51:10	1804
1368	1765	Leo	Osborne	Male	1193	MO	758		00:50:40	1681
1369	1686	Ben	Huish	Male	1194	MO	759		00:50:34	1649
1370	2875	Eva	Ellis	Female	176	FO	119	Great Yarmouth & District AC	00:47:44	1063

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1371	1704	Ruth	Elsworth	Female	177	FO	120	Norwich Road Runners	00:51:07	1780
1372	1814	Mike	Hardiman	Male	1195	M40	161		00:51:40	1911
1373	1578	Brine	Laura	Female	178	F40	27	Leighton Buzzard Athletic Club	00:48:30	1189
1374	2469	Lisa	Brine	Female	179	F40	28		00:48:31	1192
1375	2118	Matt	Stokes	Male	1196	MO	760		00:47:36	1038
1376	1504	Blake	Robinson	Male	1197	MO	761		00:50:41	1683
1377	2620	Joseph	Bird	Male	1198	MO	762		00:47:34	1030
1378	1466	Barry	Halkyard	Male	1199	M55	53	Coltishall Jaguars RC	00:50:23	1615
1379	2757	Scott	Williams	Male	1200	MO	763		00:48:52	1258
1380	1903	Vicky	Tovell	Female	180	F50	8	Coltishall Jaguars RC	00:48:50	1250
1381	2434	Joshua	Bird	Male	1201	MO	764		00:47:29	1021
1382	571	James	Ashworth	Male	1202	MO	765		00:51:22	1849
1383	1301	James	Applegate	Male	1203	MO	766		00:51:03	1770
1384	1577	Simon	Miller	Male	1204	M55	54	Colchester Harriers AC	00:51:12	1814
1385	1767	James	Nash	Male	1205	MO	767		00:50:47	1705
1386	2121	Mark	Taylor	Male	1206	M50	91		00:47:56	1104
1387	1051	Paul	Pitcher	Male	1207	M55	55	Waveney Valley AC	00:51:02	1762
1388	1662	Ron	Bloomfield	Male	1208	M50	92		00:51:10	1803
1389	3177	Carl	Barron	Male	1209	MO	768		00:47:54	1100
1390	435	Kate	Gooding	Female	181	F40	29	Wymondham AC	00:50:36	1657
1391	1761	Christina	Sharpe	Female	182	F45	20	Wymondham AC	00:51:10	1800
1392	1730	Kimberley	Powles	Female	183	F45	21	Wymondham AC	00:50:36	1655
1393	778	Dan	Brocklehurst	Male	1210	M40	162	Wymondham AC	00:50:37	1665
1394	1516	Danielle	Gilbert	Female	184	FO	121	Wymondham AC	00:50:37	1663
1395	521	David	Powles	Male	1211	M45	107	Wymondham AC	00:50:37	1667
1396	1399	Gary	Turner	Male	1212	M55	56		00:51:04	1776
1397	542	Dean	Burrage	Male	1213	MO	769	City Of Norwich AC	00:51:04	1772
1398	1830	Sam	Durrant	Male	1214	MO	770		00:51:03	1768
1399	2007	Nicholas	Parry	Male	1215	MO	771		00:47:48	1077
1400	2777	Jordan	Sayer	Male	1216	MO	772		00:48:30	1188
1401	1627	Mark	Stone	Male	1217	M50	93	Great Yarmouth Road Runners	00:51:33	1886
1402	1551	Chris	Burton	Male	1218	M45	108		00:50:30	1637
1403	2346	Gemma	Lincoln	Female	185	FO	122		00:48:49	1242
1404	1324	Ryan	Britcher	Male	1219	MO	773		00:50:56	1744
1405	2112	Joshua	Mickelburgh	Male	1220	MO	774		00:48:29	1186
1406	5006	Jonathan	Blagrove	Male	1221	M45	109		00:45:05	651
1407	1450	Isobel	Dunning	Female	186	FO	123	City Of Norwich AC	00:51:48	1940
1408	1928	Matt	Stevens	Male	1222	M55	57	Norwich Road Runners	00:47:29	1022
1409	1920	Calvin	Smith	Male	1223	MO	775		00:48:02	1120
1410	2013	Richard	Astle	Male	1224	MO	776		00:48:54	1262
1411	1273	Matt	Fisher	Male	1225	MO	777		00:50:51	1720
1412	1795	Thomas	Feary	Male	1226	MO	778		00:51:01	1760
1413	4305	Christopher	Musk	Male	1227	M45	110		00:45:07	656
1414	1677	Ross	Gill	Male	1228	MO	779		00:50:31	1638
1415	2308	Charlie	Church	Male	1229	MO	780		00:47:51	1086
1416	1467	James	Stinton	Male	1230	MO	781		00:50:55	1737
1417	2122	Robert	Greeves	Male	1231	MO	782	Reepham Runners	00:48:58	1277
1418	1670	Steven	Keegan	Male	1232	M40	163		00:50:35	1654
1419	1462	Matthew	Calver	Male	1233	MO	783		00:51:15	1830
1420	1309	Melissa	Sampson	Female	187	F50	9	Lonely Goat RC	00:52:00	1986
1421	714	Marc	Brett	Male	1234	MO	784		00:51:33	1882
1422	622	Mark	Johnson	Male	1235	M40	164		00:51:24	1854
1423	3025	Sophie	Sidgwick	Female	188	FO	124		00:47:53	1089

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1424	1771	Lucy	Mcnarry	Female	189	FO	125		00:51:01	1758
1425	2758	Sarah	Meehan	Female	190	F40	30	Norfolk Gazelles AC	00:48:35	1203
1426	2716	Phil	Robinson	Male	1236	M40	165		00:49:14	1337
1427	2131	Ceara	Irvine	Female	191	FO	126		00:47:40	1053
1428	3192	Bernd	Rechel	Male	1237	M55	58		00:48:07	1131
1429	2540	Chloe	Stuteley	Female	192	FO	127		00:49:12	1332
1430	789	Mark	Moffat	Male	1238	M45	111		00:49:17	1344
1431	3342	James	Tinsey	Male	1239	MO	785		00:49:01	1292
1432	2556	Tom	Wadlow	Male	1240	MO	786		00:48:38	1209
1433	2046	Gary	Collins	Male	1241	M45	112		00:47:25	1013
1434	2101	John	Woodrow	Male	1242	MO	787		00:48:12	1144
1435	2832	David	Dickens	Male	1243	MO	788		00:48:39	1216
1436	839	Nick	Overy	Male	1244	M55	59		00:51:11	1808
1437	2009	Ella	Harold	Female	193	FO	128		00:48:11	1137
1438	2463	Ryan	Gould	Male	1245	MO	789		00:48:30	1187
1439	3459	Alex	Martin	Male	1246	M40	166		00:49:19	1354
1440	2065	Chau Lui	Lam	Male	1247	M45	113		00:49:09	1322
1441	2160	Ross	Ward	Male	1248	M40	167		00:49:22	1367
1442	2087	Andrew	Drake	Male	1249	M55	60		00:47:49	1078
1443	1210	Wayne	Halam	Male	1250	M45	114	FORDY RUNS Running Club	00:51:39	1908
1444	3235	Josh	Appleton	Male	1251	MO	790		00:48:57	1274
1445	2405	Jake	Elliott	Male	1252	MO	791		00:49:24	1375
1446	2084	Tom	Miller	Male	1253	MO	792		00:48:19	1168
1447	1292	Nathan	Oldman	Male	1254	MO	793		00:51:33	1889
1448	2753	Ali	Smith	Male	1255	MO	794		00:49:22	1370
1449	1931	Sophie	Virtue	Female	194	FO	129		00:49:21	1364
1450	1340	Sacha	Downs	Female	195	FO	130		00:51:13	1820
1451	3522	Lewis	George	Male	1256	MO	795		00:49:05	1302
1452	1625	Benjamin	Knights	Male	1257	MO	796		00:51:06	1779
1453	1705	Matthew	Townsend	Male	1258	M45	115		00:49:32	1403
1454	2138	James	Gladden	Male	1259	MO	797		00:49:31	1401
1455	2482	David	Brailey	Male	1260	M50	94		00:49:06	1305
1456	2747	Christopher	Curtis	Male	1261	MO	798		00:47:53	1094
1457	2148	Andrew	Biss	Male	1262	M50	95		00:48:44	1228
1458	2020	Philip	Semmence	Male	1263	M45	116		00:49:06	1303
1459	2391	Caroline	Chapman	Female	196	F40	31		00:49:10	1327
1460	2767	Joe	Dixon	Male	1264	MO	799		00:49:20	1359
1461	1490	Megan	Nunn	Female	197	FO	131		00:51:12	1813
1462	2656	James	Hamment	Male	1265	MO	800		00:49:36	1415
1463	2677	Mark	Bunn	Male	1266	M45	117		00:49:06	1307
1464	1911	Mike	Dewbery	Male	1267	MO	801		00:49:22	1369
1465	2739	Hayley	Watson	Female	198	FO	132		00:49:37	1417
1466	878	Colin	Fish	Male	1268	M60	21	Norfolk Gazelles AC	00:51:22	1850
1467	876	George	Farr	Male	1269	MO	802		00:51:29	1872
1468	1664	Tess	Andrews	Female	199	FO	133	Bungay Black Dog RC	00:52:00	1981
1469	2730	Rhys	Howard	Male	1270	MO	803		00:49:08	1318
1470	3968	Sean	Rose	Male	1271	MO	804		00:51:14	1828
1471	2291	Ben	Gowing	Male	1272	MO	805		00:49:40	1432
1472	2353	Tom	Ablett	Male	1273	M40	168	Waveney Valley AC	00:48:42	1222
1473	3265	Ritchie	Philo	Male	1274	M40	169		00:48:43	1225
1474	2327	Liam	Clews	Male	1275	MO	806		00:48:11	1136
1475	915	David	Hunt	Male	1276	M40	170		00:51:48	1937
1476	1294	Simon	Chilvers	Male	1277	M40	171	Lonely Goat RC	00:51:21	1847

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1477	2816	Tony	Beales	Male	1278	M55	61		00:49:29	1392
1478	1681	Ben	Appleby	Male	1279	MO	807		00:49:40	1431
1479	1785	Simon	Parker	Male	1280	M50	96		00:49:34	1411
1480	3200	Stephanie	Brown	Female	200	FO	134		00:48:05	1126
1481	870	Danny	Burton	Male	1281	MO	808		00:51:26	1862
1482	2274	Scarlett	Dell-cronin	Female	201	FO	135		00:49:23	1373
1483	2239	Kevin	Waterman	Male	1282	MO	809		00:48:03	1122
1484	1975	Ilona	Utting	Female	202	FO	136		00:49:38	1422
1485	2675	Rachael	Hustler	Female	203	FO	137		00:49:22	1368
1486	707	David	Thomson	Male	1283	MO	810		00:49:49	1469
1487	2732	Sarah	Russell	Female	204	FO	138	Norwich Road Runners	00:49:44	1449
1488	1564	Genya	Edwards	Female	205	F50	10		00:51:43	1920
1489	2701	Patrick	Chaves	Male	1284	MO	811		00:48:24	1181
1490	2338	Sarah	Lowery	Female	206	F40	32		00:49:50	1473
1491	1943	Paul	Baisley	Male	1285	M50	97	Lonely Goat RC	00:48:39	1215
1492	1780	David	Biggins	Male	1286	MO	812		00:52:00	1980
1493	1108	Matt	Isherwood	Male	1287	M45	118		00:51:36	1896
1494	650	Andrew	Hart	Male	1288	MO	813		00:52:39	2132
1495	4301	George	Daniels	Male	1289	MO	814		00:45:52	759
1496	1377	Joe	Trafankowski	Male	1290	MO	815		00:49:26	1386
1497	2171	Steven	Shipley	Male	1291	M45	119		00:49:04	1301
1498	2759	Dylan	Powley	Male	1292	MO	816		00:49:51	1481
1499	2355	Alex	Jarvis	Male	1293	MO	817		00:49:48	1466
1500	1783	Stephen	Crowe	Male	1294	MO	818		00:51:59	1975
1501	934	Chloe	Webb	Female	207	FO	139		00:51:44	1927
1502	2814	Christopher	Burt	Male	1295	MO	819		00:49:54	1498
1503	1343	Oliver	Owen	Male	1296	MO	820		00:52:27	2077
1504	2684	Ruth	Gaunt	Female	208	F55	2	Norwich Road Runners	00:48:50	1251
1505	3254	Agne	Sellers	Female	209	F40	33		00:49:54	1497
1506	1431	Harry	Cook	Male	1297	MO	821		00:51:39	1907
1507	1926	Chris	Page	Male	1298	MO	822		00:49:30	1396
1508	1382	Ness	Dent	Female	210	F45	22	North Norfolk Beach Runners	00:51:50	1948
1509	1639	Stuart	Monk	Male	1299	M40	172		00:52:03	2003
1510	1981	Carly	Jermy	Female	211	F45	23		00:49:32	1404
1511	631	Sophia	Smith	Female	212	FO	140	City Of Norwich AC	00:52:43	2149
1512	973	Matthew	Skazick	Male	1300	MO	823		00:49:02	1294
1513	2001	Beth	Brigham	Female	213	FO	141		00:49:32	1405
1514	2059	Alison	Stewart	Female	214	F65	1	Norwich Road Runners	00:49:52	1484
1515	924	Ruth	Steele	Female	215	F55	3	FORDY RUNS Running Club	00:51:25	1860
1516	1987	Joe	Faulkner	Male	1301	M40	173		00:48:50	1249
1517	1568	David	Neeve	Male	1302	M40	174	Harleston Running Club	00:51:54	1962
1518	2158	Ryan	Bullock	Male	1303	MO	824		00:49:34	1410
1519	1598	Alice	Bamber	Female	216	FO	142		00:51:59	1976
1520	109	Kate	Bryson	Female	217	F60	5	Beccles Triathlon Club	00:51:26	1863
1521	3268	Andrew	Charnock	Male	1304	MO	825		00:49:21	1362
1522	1356	Helen	Scothern	Female	218	F55	4	Dereham Runners AC	00:51:41	1917
1523	1738	Dan	Savage	Male	1305	M45	120		00:52:14	2036
1524	68	William	Abbott	Male	1306	MO	826	Norwich Road Runners	00:49:53	1491
1525	2639	Richard	Cornelius	Male	1307	M50	98		00:47:25	1012
1526	3641	Tim	Knowlden	Male	1308	MO	827		00:49:21	1365
1527	1233	Martin	Law	Male	1309	M55	62	Reepham Runners	00:49:53	1492
1528	2072	Kate	King	Female	219	FO	143	Reepham Runners	00:49:53	1493
1529	3560	Jamie	Carpenter	Male	1310	MO	828		00:49:38	1421

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1530	2587	Joe	Shailes	Male	1311	M40	175		00:49:53	1487
1531	1713	Sam	Smith	Male	1312	M45	121	Bure Valley Harriers	00:52:25	2068
1532	1081	William	Bennet	Male	1313	MO	829	Ealing Eagles Running Club	00:52:11	2028
1533	2325	Stephen	Hutchinson	Male	1314	M55	63		00:50:01	1527
1534	2191	Elliot	Fox	Male	1315	MO	830		00:48:54	1264
1535	2573	David	Christian	Male	1316	M40	176		00:48:33	1196
1536	1587	Stuart	Anderson	Male	1317	M45	122		00:51:53	1959
1537	641	Phillip	Bray	Male	1318	M40	177		00:51:40	1913
1538	2999	Sarah	Lenton	Female	220	FO	144		00:50:06	1546
1539	1318	Joanne	Cox	Female	221	F50	11	Bungay Black Dog RC	00:52:03	2000
1540	2841	Rob	Borrett	Male	1319	M40	178		00:49:08	1317
1541	2110	Antony	Fairclough	Male	1320	M40	179		00:49:00	1291
1542	2219	Alistair	Laidlaw	Male	1321	M40	180		00:49:46	1458
1543	569	Reece	Prentice	Male	1322	MO	831	City Of Norwich AC	00:52:04	2006
1544	2329	Oliver	Stone	Male	1323	MO	832		00:49:52	1482
1545	2740	Matthew	Snell	Male	1324	MO	833		00:49:46	1462
1546	1525	Barry	Wharf	Male	1325	M50	99		00:52:00	1983
1547	1823	Paul	Hunt	Male	1326	M55	64		00:52:31	2100
1548	636	Nathan	Burnsnell	Male	1327	MO	834		00:52:22	2061
1549	2705	Sam	Harbrow	Male	1328	M40	181		00:49:17	1347
1550	2083	Usmaan	Bahadur	Male	1329	MO	835		00:48:27	1184
1551	3673	Richard	Moulson	Male	1330	M55	65		00:49:28	1390
1552	1156	Iain	Hill	Male	1331	M40	182		00:51:44	1926
1553	9139	Emily	Hardesty	Female	222	FO	145		00:46:03	787
1554	1908	Rob	Stevens	Male	1332	M55	66		00:49:04	1298
1555	1046	George	Davies	Male	1333	MO	836		00:52:02	1995
1556	2765	Ashley	Neave	Male	1334	MO	837		00:50:12	1573
1557	2167	Oliver	Wright	Male	1335	MO	838		00:48:48	1238
1558	2323	Wenqi	Zhang	Female	223	FO	146		00:50:11	1565
1559	1910	Nicola	Korn	Female	224	F45	24		00:49:49	1470
1560	451	Maryanne	Peters	Female	225	F45	25	Harling Athletic Club	00:49:58	1513
1561	119	Louis	Payne	Male	1336	MO	839	North Norfolk Beach Runners	00:51:49	1942
1562	3526	Paul	Storey	Male	1337	M50	100		00:50:00	1524
1563	2159	Jack	Mills	Male	1338	MO	840		00:50:14	1582
1564	2582	Toby	Eccleshall	Male	1339	MO	841	Fairlands Valley Spartans	00:48:56	1269
1565	1064	James	Auton-warby	Male	1340	MO	842		00:52:16	2044
1566	2149	Stanley	Dunn	Male	1341	MO	843		00:50:09	1560
1567	1787	Jessica	Hood	Female	226	FO	147		00:52:18	2047
1568	2711	Robert	Knights	Male	1342	M50	101		00:49:30	1395
1569	2102	Emily	Smith	Female	227	F40	34		00:50:20	1602
1570	717	Matt	Watts	Male	1343	MO	844		00:52:01	1993
1571	1175	James	Stock	Male	1344	MO	845		00:52:40	2133
1572	2676	Stuart	Odell	Male	1345	M50	102		00:49:59	1518
1573	2569	Michael	Balls	Male	1346	M40	183	Horley Harriers Running Club	00:49:49	1468
1574	1394	Craig	Wright	Male	1347	MO	846		00:52:44	2156
1575	2694	Alexander	Read	Male	1348	M40	184		00:49:30	1398
1576	2064	Josh	Turner	Male	1349	MO	847		00:49:58	1512
1577	1313	Harry	Cresswell	Male	1350	MO	848		00:50:03	1534
1578	2115	Joe	Cassidy	Male	1351	MO	849		00:48:02	1119
1579	2465	David	Hender	Male	1352	M45	123		00:49:51	1478
1580	3485	Matthew	Blanch	Male	1353	MO	850		00:50:13	1575
1581	2437	Imogen	Crossland	Female	228	FO	148		00:48:58	1278
1582	2264	Adam	Beckett	Male	1354	M55	67	Lonely Goat RC	00:50:01	1528

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1583	5475	Courtney	Curl	Female	229	FO	149		00:46:22	841
1584	2360	Andre	Bolster	Male	1355	M40	185		00:50:11	1566
1585	3256	Naomi	Cooper	Female	230	FO	150		00:49:16	1343
1586	1996	Julian	Blake	Male	1356	M65	8	Harling Athletic Club	00:50:05	1541
1587	77	Joel	Metcalf	Male	1357	MO	851		00:50:23	1611
1588	3103	Ignacio	Correas	Male	1358	MO	852		00:49:48	1467
1589	2425	Nick	Loades	Male	1359	M55	68	Runners-Next-the-Sea	00:50:26	1623
1590	1949	Kat	Todd	Female	231	FO	151	City Of Norwich AC	00:49:52	1485
1591	2655	Will	Dye	Male	1360	MO	853		00:49:09	1323
1592	234	Mathew	Green	Male	1361	M45	124	Vegan Runners UK	00:52:12	2033
1593	151	Thomas	Plane	Male	1362	MO	854		00:53:03	2226
1594	2646	Ben	Wall	Male	1363	MO	855		00:50:06	1544
1595	823	Jude	Mtonga	Male	1364	MO	856		00:52:27	2080
1596	2005	Danny	Edwards	Male	1365	MO	857		00:50:25	1620
1597	1995	Gill	Wigley	Female	232	F45	26		00:49:46	1457
1598	2801	Sophie	Crowe	Female	233	FO	152		00:50:19	1600
1599	2230	Toby	Gilks	Male	1366	MO	858		00:49:47	1465
1600	1714	Lisa	Stoner	Female	234	F40	35		00:52:27	2079
1601	2197	Oliver	White	Male	1367	MO	859		00:49:45	1456
1602	2198	Sam	White	Male	1368	MO	860		00:49:46	1460
1603	1586	Daniel	Smith	Male	1369	MO	861		00:52:24	2067
1604	2512	Colin	Foreman	Male	1370	M55	69	Waveney Valley AC	00:49:56	1502
1605	2424	Nick	Saunders	Male	1371	M40	186		00:50:13	1579
1606	2281	Ben	Phelps	Male	1372	MO	862		00:48:52	1256
1607	3123	Brett	Melling	Male	1373	M45	125		00:49:18	1350
1608	3431	Gary	Linder	Male	1374	M70	1	North Norfolk Beach Runners	00:50:10	1562
1609	3241	Josh	Duthie	Male	1375	MO	863	Unknown Runner	00:50:19	1597
1610	1333	Trent	Terry	Male	1376	MO	864	Wymondham AC	00:52:58	2210
1611	2996	Harry	Jones	Male	1377	MO	865		00:49:19	1353
1612	2514	Jordan	Voss	Male	1378	MO	866		00:49:26	1382
1613	1559	Paul	Harris	Male	1379	M45	126		00:52:00	1982
1614	2510	Jacob	Conner	Male	1380	MO	867		00:49:54	1495
1615	3055	Matt	Johnson	Male	1381	M50	103		00:50:26	1627
1616	1750	Freya	Mccurdy-kenny	Female	235	FO	153		00:52:26	2075
1617	2146	Ethan	Pope	Male	1382	MO	868		00:50:36	1656
1618	1988	Kraig	Cole	Male	1383	MO	869		00:50:38	1672
1619	2317	Brett	Steggles	Male	1384	MO	870		00:50:12	1571
1620	2670	Tom	Bart	Male	1385	MO	871		00:49:46	1461
1621	1709	Jovin	Mulloor	Male	1386	M40	187		00:52:16	2043
1622	3193	Jake	Edwards	Male	1387	MO	872		00:50:13	1576
1623	1392	Steve	Barkey	Male	1388	M60	22	Norwich Road Runners	00:52:50	2176
1624	2342	Louise	Rout	Female	236	FO	154		00:49:31	1400
1625	2427	Simon	Pini	Male	1389	M45	127		00:49:25	1381
1626	2162	Alex	Field	Male	1390	M40	188		00:49:52	1486
1627	3649	Stuart	Cutting	Male	1391	M45	128		00:48:37	1205
1628	2222	Lisa	Williamson	Female	237	FO	155		00:50:31	1642
1629	2773	Jay	Hurren	Male	1392	MO	873		00:50:04	1539
1630	2352	Freya	Penn	Female	238	FO	156		00:50:38	1673
1631	3076	Toby	Hadlow	Male	1393	MO	874		00:50:19	1598
1632	3294	Becky	Edge	Female	239	FO	157		00:49:40	1428
1633	2746	Jonathan	Cole	Male	1394	M40	189	Wymondham AC	00:50:23	1613
1634	1778	Andrew	Griffiths	Male	1395	M55	70		00:52:24	2066
1635	1572	Sam	Leslie	Male	1396	MO	875		00:52:41	2138

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1636	1126	Tom	Duthie-carr	Male	1397	MO	876		00:52:48	2169
1637	1912	Matthew	Seaman	Male	1398	M55	71		00:50:37	1668
1638	3047	Connor	Marrison	Male	1399	MO	877		00:50:48	1711
1639	2067	Steven	Marshall	Male	1400	M60	23		00:49:42	1442
1640	1546	Charlie	Hitch	Male	1401	MO	878		00:50:37	1662
1641	3147	Ben	Grose	Male	1402	MO	879		00:50:40	1680
1642	3690	Joelle	Wilton	Female	240	FO	158		00:50:36	1659
1643	1790	Haydn	Orford	Male	1403	M55	72	FORDY RUNS Running Club	00:52:31	2103
1644	1989	Wayne	Clough	Male	1404	M40	190		00:49:12	1334
1645	638	James	Brown	Male	1405	M40	191		00:53:11	2246
1646	2116	Michael	Barker	Male	1406	MO	880		00:50:37	1661
1647	1708	Tanya	Holloway	Female	241	F40	36		00:52:56	2205
1648	3266	Tim	Smith	Male	1407	MO	881		00:50:15	1586
1649	1756	William	Foster	Male	1408	MO	882		00:52:54	2195
1650	2282	James	Steer	Male	1409	MO	883		00:50:45	1693
1651	1075	James	Larnder	Male	1410	M45	129		00:52:32	2107
1652	2533	Paul	Nice	Male	1411	M55	73		00:49:59	1519
1653	2419	Emma	Bolderstone	Female	242	FO	159		00:50:52	1723
1654	2297	Coner	Murphy	Male	1412	MO	884		00:50:06	1548
1655	1793	Spencer	Ellis	Male	1413	MO	885		00:52:43	2148
1656	1422	Lloyd	Davis	Male	1414	MO	886		00:52:54	2197
1657	1070	Heidi	Hobday	Female	243	F45	27	Reepham Runners	00:52:29	2093
1658	324	Ellie	Willis	Female	244	FO	160		00:53:33	2346
1659	1960	Kay	Midlane	Female	245	FO	161		00:50:31	1640
1660	3626	Patrick	Oldman	Male	1415	MO	887		00:49:41	1434
1661	2210	James	Kinnersly	Male	1416	MO	888		00:50:03	1536
1662	3184	Jonathan	Ward	Male	1417	MO	889		00:50:43	1688
1663	32	Charlie	Stringer	Male	1418	M40	192	Wymondham AC	00:50:26	1624
1664	2472	Lottie	Stringer	Female	246	FO	162		00:50:27	1629
1665	2563	Karl	Hayward	Male	1419	M40	193		00:50:15	1585
1666	3126	Thomas	Grimshaw	Male	1420	MO	890		00:49:41	1436
1667	983	Ian	Stokes	Male	1421	M45	130		00:53:22	2297
1668	2386	Tracy	Williamson	Female	247	F50	12		00:51:00	1757
1669	3137	Dan	Jarvis	Male	1422	MO	891		00:50:13	1578
1670	1930	Ben	Virtue	Male	1423	MO	892		00:51:00	1756
1671	2208	Ella	Rowe	Female	248	FO	163		00:50:10	1563
1672	2400	Daniel	Crowder	Male	1424	M40	194		00:50:05	1543
1673	2366	Josh	Francis	Male	1425	MO	893		00:50:06	1545
1674	2273	Beth	Ward	Female	249	FO	164		00:50:50	1719
1675	912	Mark	Townsend	Male	1426	M55	74	Norwich Road Runners	00:51:08	1787
1676	856	Stuart	Coe	Male	1427	M45	131		00:52:51	2184
1677	2928	Bob	Whelan	Male	1428	M60	24		00:50:16	1587
1678	1368	Fiona	Laskey	Female	250	F60	6		00:50:53	1729
1679	1033	Armin	Palmer	Male	1429	M60	25	East Cornwall Harriers	00:52:53	2193
1680	1495	Jamie	Saunders	Male	1430	M40	195	Norwich Road Runners	00:51:02	1761
1681	2852	Madeleine	Newton	Female	251	FO	165		00:50:45	1695
1682	2754	Helen	Thacker	Female	252	F50	13		00:50:19	1601
1683	2383	Noel	Hinton	Male	1431	M45	132		00:49:19	1351
1684	3700	Keith	Cottrell	Male	1432	MO	894		00:51:07	1785
1685	3556	Michael	Watts	Male	1433	MO	895		00:49:57	1511
1686	3215	Kayley	Boreham	Female	253	FO	166	Norwich Road Runners	00:50:13	1574
1687	1927	Tom	Brooks	Male	1434	MO	896		00:51:14	1826
1688	2706	David	Lane	Male	1435	MO	897		00:49:45	1455

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1689	1762	Pete	Sharpe	Male	1436	M50	104	Wymondham AC	00:53:31	2335
1690	2214	Lewis	Rodgers	Male	1437	MO	898		00:51:03	1766
1691	2078	Olly	Willis	Male	1438	MO	899		00:50:55	1743
1692	2616	Jacek	Staworzynski	Male	1439	M45	133		00:50:35	1653
1693	3497	Jake	Amies	Male	1440	MO	900		00:51:20	1842
1694	2590	Julian	Bishop	Male	1441	M45	134		00:49:24	1374
1695	1980	Christopher	Dent	Male	1442	M60	26		00:50:26	1626
1696	2125	George	Gook	Male	1443	MO	901		00:49:35	1413
1697	1443	Gareth	Thompson	Male	1444	M40	196		00:53:32	2341
1698	4089	Roger	Barber	Male	1445	M45	135		00:47:19	997
1699	4009	Thomas	Veira	Male	1446	MO	902		00:47:22	1004
1700	2668	Daniel	Jackman	Male	1447	M45	136	Lonely Goat RC	00:50:00	1526
1701	1844	Charlie	Ladyman	Female	254	F40	37	Norfolk Gazelles AC	00:50:50	1716
1702	2546	Dominik	Drzymala	Male	1448	M45	137	Norwich Road Runners	00:51:24	1855
1703	3493	Sam	Head	Male	1449	MO	903		00:50:25	1622
1704	1456	Henry	Hook	Male	1450	MO	904		00:54:31	2571
1705	2378	Gary	Cheesman	Male	1451	M40	197		00:50:57	1748
1706	2173	Matthew	Penson	Male	1452	M45	138		00:49:58	1515
1707	1940	Nicky	Savage	Female	255	F45	28		00:50:46	1700
1708	2615	Chris	Goreham	Male	1453	M40	198		00:50:07	1551
1709	2266	James	Roberts	Male	1454	M45	139		00:51:26	1861
1710	2768	Sarah	Hulme	Female	256	FO	167		00:50:00	1522
1711	1760	Stephen	Reed	Male	1455	M45	140		00:53:47	2389
1712	3397	Chris	Ward	Male	1456	MO	905		00:51:13	1822
1713	2330	Robert	Hardman	Male	1457	M45	141		00:50:47	1708
1714	1297	Karen	Evans	Female	257	F45	29	Lowestoft Road Runners	00:51:15	1831
1715	2348	Liam	Dougal	Male	1458	MO	906		00:49:53	1494
1716	2967	Terry	Hunter	Male	1459	M40	199		00:49:47	1464
1717	3377	Paul	Quadling	Male	1460	M50	105		00:50:04	1538
1718	3829	Mark	Sargeant	Male	1461	MO	907		00:47:32	1027
1719	1682	Nathan	Parkinson	Male	1462	MO	908		00:50:21	1608
1720	1939	Kevin	Raisborough	Male	1463	M55	75		00:50:49	1714
1721	2560	Jason	Chiumiento	Male	1464	MO	909		00:50:50	1715
1722	2579	Robin	Jones	Male	1465	M65	9	Waveney Valley AC	00:51:13	1825
1723	1962	Barry	Stocks	Male	1466	M55	76		00:50:49	1713
1724	3616	Daniel	Webster	Male	1467	M45	142		00:51:09	1797
1725	1360	Isabella	Williams	Female	258	FO	168	City Of Norwich AC	00:54:33	2578
1726	2388	Nathan	Roberts	Male	1468	M45	143	Great Yarmouth Road Runners	00:48:52	1257
1727	1207	Joel	Brierley	Male	1469	MO	910		00:53:54	2425
1728	1208	Simon	Brierley	Male	1470	M45	144		00:53:55	2431
1729	1521	Dominic	Tyler	Male	1471	MO	911		00:53:11	2247
1730	3116	Joe	Tomato	Male	1472	M55	77		00:50:08	1556
1731	1727	Sam	Larnder	Male	1473	MO	912		00:50:23	1612
1732	939	Edward	Lawrence	Male	1474	MO	913		00:53:22	2298
1733	2481	Hope	Paganini	Female	259	FO	169		00:50:55	1739
1734	2748	Jennifer	Bettinson	Female	260	F45	30		00:51:08	1789
1735	4779	Walter	Dzvairo	Male	1475	MO	914		00:45:55	769
1736	2568	Sam	Sharples	Male	1476	M40	200		00:50:35	1652
1737	3412	Giles	Hart	Male	1477	M55	78		00:51:16	1833
1738	2542	Stephanie	Ellis	Female	261	F55	5	Bure Valley Harriers	00:50:47	1706
1739	1825	Richard	Underhill	Male	1478	M45	145		00:49:41	1440
1740	2380	James	Pegg	Male	1479	MO	915		00:51:08	1791
1741	4170	Barnaby	Macdonald	Male	1480	MO	916		00:47:03	946

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1742	2262	Richard	Edwards	Male	1481	M45	146		00:51:10	1802
1743	2089	Solomon	Blazer	Male	1482	MO	917		00:51:11	1812
1744	1690	Peter	Mccarthy	Male	1483	MO	918		00:53:15	2264
1745	2012	Darren	Tame	Male	1484	M40	201		00:50:52	1724
1746	3010	Matt	Williamson	Male	1485	MO	919		00:51:29	1871
1747	3378	Alain	Elsley Medina	Male	1486	MO	920		00:49:57	1510
1748	4586	Michael	Woods	Male	1487	M40	202		00:47:02	942
1749	1951	Oliver	Wray-shaw	Male	1488	MO	921		00:50:03	1533
1750	3269	Vincent	Ho	Male	1489	M45	147		00:51:35	1891
1751	2241	Michael	Punt	Male	1490	M40	203		00:50:15	1583
1752	3038	Rachel	Nelson	Female	262	FO	170		00:50:57	1749
1753	5235	Tom	Bloomfield	Male	1491	MO	922		00:47:43	1061
1754	3041	Gavin	Pauling	Male	1492	M50	106		00:51:13	1824
1755	3056	Lauren	Harris	Female	263	FO	171	Wymondham AC	00:50:21	1606
1756	2184	Liam	Burlingham	Male	1493	MO	923		00:51:13	1819
1757	3420	Daniel	Hawking	Male	1494	M45	148	Dereham Runners AC	00:51:24	1858
1758	2944	Gary	Durrant	Male	1495	M55	79		00:51:35	1893
1759	3144	Hannah	Howard	Female	264	FO	172		00:50:58	1750
1760	2532	Maria	Garavand	Female	265	FO	173		00:50:28	1635
1761	1628	Max	Harrison	Male	1496	MO	924		00:53:26	2311
1762	2249	Matthew	Chedgy	Male	1497	M55	80		00:51:23	1852
1763	3627	Harvey	Slade	Male	1498	MO	925		00:49:49	1471
1764	1571	Frank	Carey	Male	1499	M45	149		00:53:22	2296
1765	2800	Lewis	Markwell	Male	1500	MO	926		00:49:40	1429
1766	2461	Ollie	Palmer	Male	1501	MO	927		00:51:51	1954
1767	1699	Flora	Dell	Female	266	FO	174		00:53:51	2408
1768	2090	Andy	Sparrow	Male	1502	M45	150		00:50:22	1610
1769	2387	Chris	Balding	Male	1503	M40	204		00:51:02	1764
1770	3544	Finbar	Conway	Male	1504	MO	928		00:50:09	1559
1771	2486	Andrew	Smith	Male	1505	M55	81	Thetford AC	00:50:50	1718
1772	2480	Matthew	Tungate	Male	1506	MO	929		00:50:09	1558
1773	1459	Stephen	Faragher	Male	1507	M40	205	City Of Norwich AC	00:53:36	2360
1774	2649	Christian	Harding	Male	1508	MO	930		00:49:53	1489
1775	2032	Stephen	Frost	Male	1509	M40	206		00:51:40	1914
1776	721	Karl	Arnold	Male	1510	MO	931		00:51:28	1868
1777	1337	Alexander	Ambridge	Male	1511	MO	932		00:50:37	1670
1778	1904	Symon	Sims	Male	1512	M55	82	Norwich Road Runners	00:51:08	1786
1779	4314	Adam	Timothy	Male	1513	MO	933		00:49:42	1443
1780	3545	Florrie	Harvey	Female	267	FO	175		00:51:47	1935
1781	1396	Ollie	Adams	Male	1514	MO	934		00:54:50	2655
1782	2324	Richard	Eldridge	Male	1515	MO	935		00:51:43	1921
1783	2903	Amis	Clifford	Male	1516	MO	936		00:50:53	1726
1784	2406	Andrew	Hardy	Male	1517	M70	2		00:51:39	1906
1785	2980	James	Moss	Male	1518	MO	937		00:49:52	1483
1786	2468	Nick	Dowell	Male	1519	M50	107		00:51:10	1799
1787	2023	Holly	Hudson	Female	268	FO	176		00:50:28	1633
1788	2268	Aidan	Reilly	Male	1520	MO	938	Thetford AC	00:51:10	1806
1789	2517	Jack	Wright	Male	1521	MO	939		00:51:33	1884
1790	3011	James	Smith	Male	1522	M45	151		00:50:23	1614
1791	1389	Kate	Hodds	Female	269	F45	31		00:54:52	2659
1792	2593	Carl	Eastick	Male	1523	M50	108		00:51:21	1848
1793	708	Howard	Preston-bloom	Male	1524	MO	940		00:50:54	1733
1794	1461	Matthew	Spillman	Male	1525	M55	83	Tri-Anglia Triathlon Club	00:54:58	2689

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1795	2433	Alex	Ware	Male	1526	MO	941		00:51:21	1846
1796	3090	James	Brighton	Male	1527	MO	942		00:51:55	1964
1797	3270	Augustin	Camphuis	Male	1528	MO	943		00:49:41	1441
1798	2896	Scott	Yallop	Male	1529	MO	944		00:50:14	1581
1799	2186	Jane	Clarke	Female	270	F65	2	City Of Norwich AC	00:51:51	1953
1800	1753	James	Kent	Male	1530	M40	207		00:52:03	1998
1801	2492	Julian	Hanton	Male	1531	M50	109	Wymondham AC	00:50:56	1745
1802	2597	Peter	Charman	Male	1532	M50	110		00:50:21	1609
1803	1593	Harry	Waye-barker	Female	271	FO	177		00:52:03	2001
1804	3651	George	Gorrod	Male	1533	MO	945		00:51:05	1777
1805	3495	Finn	Wright	Male	1534	MO	946		00:51:07	1782
1806	3054	Luke	Johnson	Male	1535	MO	947		00:50:35	1650
1807	3178	Eric	Payne	Male	1536	M40	208		00:51:50	1947
1808	2543	Ben	Warrent	Male	1537	MO	948		00:51:53	1960
1809	1905	Faye	Nottage	Female	272	FO	178		00:49:26	1385
1810	4196	Gary	Randall	Male	1538	M50	111		00:48:06	1128
1811	2337	Timothy	Foo	Male	1539	MO	949		00:49:43	1446
1812	3281	Robert	Reeve	Male	1540	MO	950		00:50:59	1753
1813	1216	Laurence	Hinton	Male	1541	MO	951	Norwich Road Runners	00:54:36	2592
1814	2269	Joni	Lambert	Female	273	F40	38		00:52:09	2022
1815	1718	James	Richardson	Male	1542	MO	952		00:55:10	2741
1816	3229	Steve	Williams	Male	1543	M40	209		00:52:08	2021
1817	2924	Matthew	Roberts	Male	1544	MO	953		00:52:01	1992
1818	2511	Emma	Smith	Female	274	FO	179		00:51:26	1864
1819	2856	Amy	Roberts	Female	275	FO	180		00:52:01	1994
1820	1488	Chris	Chadwick	Male	1545	M50	112	Ryston Runners	00:55:13	2753
1821	2028	Dean	Cook	Male	1546	M40	210		00:50:55	1736
1822	2561	Simon	Beales	Male	1547	M50	113		00:50:33	1644
1823	1751	Lewis	Hart	Male	1548	MO	954		00:49:55	1501
1824	2454	Robert	Flack	Male	1549	MO	955		00:50:23	1616
1825	3094	Spencer	Ward	Male	1550	M45	152		00:50:53	1725
1826	2404	Lloyd	Douglas	Male	1551	MO	956		00:52:11	2029
1827	743	Ben	Arthurton-howell	Male	1552	MO	957		00:55:25	2796
1828	4680	Leah	Utting	Female	276	FO	181		00:49:57	1506
1829	2648	Gavin	Kerrison	Male	1553	M45	153		00:50:38	1671
1830	3689	Robin	Clarke	Male	1554	MO	958		00:50:33	1647
1831	2725	Shaun	Brinded	Male	1555	M55	84		00:51:58	1970
1832	2303	Sonya	Cooper	Female	277	F50	14		00:51:41	1918
1833	3105	Chris	Howard	Male	1556	M45	154		00:51:20	1841
1834	3579	Louise	Gardiner	Female	278	F50	15		00:50:46	1698
1835	2467	Laura Eve	Shepperson	Female	279	FO	182		00:51:37	1899
1836	2502	Zak	Page	Male	1557	MO	959		00:50:39	1677
1837	3341	Howard	Hannah	Male	1558	M50	114		00:51:59	1978
1838	1976	Melissa	Bartram	Female	280	FO	183		00:51:48	1938
1839	2181	Lewis	Renaldy	Male	1559	M40	211		00:51:50	1951
1840	3172	Hannah	Everett	Female	281	FO	184		00:51:36	1897
1841	2010	Charlotte	Mcgarrrell	Female	282	FO	185		00:51:03	1769
1842	3594	Felicity	Dugdale	Female	283	FO	186		00:50:40	1679
1843	1538	Mark	Harmer	Male	1560	M50	115		00:54:22	2541
1844	1922	Ashley	Judd	Male	1561	M60	27		00:52:24	2063
1845	3183	Joshua	Knights	Male	1562	MO	960		00:51:35	1892
1846	1098	Sam	Watkinson	Male	1563	MO	961		00:53:53	2418
1847	1427	Chrissy	Bulling	Female	284	F40	39		00:50:00	1525

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1848	2966	Simon	Daniels	Male	1564	MO	962		00:51:46	1930
1849	1946	Stuart	Roberts	Male	1565	M60	28	Thetford AC	00:52:25	2069
1850	860	Shane	Loftus	Male	1566	MO	963		00:53:47	2388
1851	1984	Elysa	Lovett	Female	285	FO	187	Norfolk Gazelles AC	00:51:20	1844
1852	3102	Richard	Looney	Male	1567	M50	116		00:51:21	1845
1853	3109	Ian	Woolston	Male	1568	MO	964		00:50:37	1666
1854	1740	Jessica	Hall	Female	286	FO	188		00:54:03	2468
1855	660	Lucian	Iftimie Hau	Male	1569	M45	155		00:54:27	2552
1856	1482	Sophie	Sheppard	Female	287	FO	189		00:55:07	2721
1857	3180	Max	Rumsey	Male	1570	MO	965		00:50:54	1734
1858	2812	Tom	Rockingham	Male	1571	MO	966		00:51:08	1793
1859	2473	Alan	Bradley	Male	1572	M60	29	Norwich Road Runners	00:51:48	1939
1860	1983	David	Tilsley	Male	1573	MO	967		00:51:09	1796
1861	1720	David	Lefevre	Male	1574	M45	156		00:54:02	2463
1862	1923	James	Rayner	Male	1575	M40	212	Norwich Road Runners	00:50:27	1631
1863	2039	Sharon	Chatfield	Female	288	FO	190		00:52:00	1989
1864	2169	Antonia	Nash	Female	289	FO	191		00:50:54	1732
1865	2704	Libby	Masters	Female	290	FO	192		00:51:08	1790
1866	2246	Nicola	Fuller	Female	291	F45	32	Norfolk Harriers RC	00:51:50	1950
1867	1953	Peter	Laddiman	Male	1576	M65	10	Norfolk Harriers RC	00:51:49	1944
1868	3224	Mark	Willis	Male	1577	M50	117	Lonely Goat RC	00:51:10	1801
1869	2693	Benjamin	Reed	Male	1578	MO	968		00:52:08	2019
1870	1560	Sarah	Harris	Female	292	F45	33		00:53:53	2419
1871	2925	Daniel	Keenan	Male	1579	MO	969		00:52:21	2056
1872	2247	Matt	North	Male	1580	MO	970		00:52:21	2054
1873	2447	Jack	O'malley	Male	1581	MO	971		00:52:04	2004
1874	409	Luke	Coyte Mckenzie	Male	1582	MO	972		00:51:13	1818
1875	3129	Thomas	Price	Male	1583	M40	213		00:50:52	1721
1876	2134	Emily	Woodfield	Female	293	F45	34		00:51:07	1783
1877	3260	Ben	Allison	Male	1584	MO	973		00:50:44	1691
1878	3444	Scott	Richardson	Male	1585	M45	157		00:51:58	1973
1879	2515	Jonathan	Neill	Male	1586	MO	974		00:52:19	2049
1880	2106	Luke	Heredia	Male	1587	MO	975		00:50:46	1702
1881	2292	Jonathan	Hatton	Male	1588	MO	976		00:52:22	2060
1882	3120	William	Long	Male	1589	MO	977		00:51:33	1885
1883	2862	Christian	Lingley	Male	1590	M45	158		00:51:04	1774
1884	1956	Neil	Dent	Male	1591	MO	978		00:51:44	1925
1885	3216	Charlotte	Waters	Female	294	FO	193		00:51:24	1857
1886	1130	Darren	Abbott-wells	Male	1592	MO	979		00:54:29	2558
1887	2036	Laura	Seago	Female	295	FO	194		00:51:29	1874
1888	1784	Xanthe	Dunthorne	Female	296	F40	40		00:54:39	2597
1889	1715	Amy	Fulcher	Female	297	F40	41	Coltishall Jaguars RC	00:52:29	2094
1890	4294	Peter	Cole	Male	1593	M40	214		00:48:38	1211
1891	2795	Jack	Garner	Male	1594	MO	980		00:51:07	1781
1892	2322	Chris	Shearing	Male	1595	M40	215		00:52:28	2090
1893	3221	Sam	Gooderham	Male	1596	M45	159		00:52:35	2120
1894	1747	Phil	Henry	Male	1597	M60	30		00:52:00	1984
1895	2402	Dale	Cooper	Male	1598	M65	11		00:51:33	1881
1896	2237	Oliver	Shorthose	Male	1599	MO	981		00:51:42	1919
1897	2865	Amy	Webb	Female	298	F40	42		00:51:08	1794
1898	3099	Richard	Beck	Male	1600	M45	160		00:51:26	1865
1899	2457	Jake	Hanson	Male	1601	M45	161		00:52:32	2105
1900	1008	Andy	Fleet	Male	1602	M50	118	Thetford AC	00:54:58	2685

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1901	2491	Philip	Howard	Male	1603	M55	85		00:52:35	2122
1902	1974	Ella	Wakeley	Female	299	FO	195	BRJ Run and Tri	00:51:43	1923
1903	2466	Hannah Elizabeth	Shepperson	Female	300	FO	196		00:52:02	1997
1904	2786	Graham	Jackson	Male	1604	M50	119		00:50:09	1557
1905	3117	Ian	Howes	Male	1605	M40	216		00:51:49	1945
1906	2699	Glenn	Clark	Male	1606	MO	982		00:51:39	1909
1907	2836	Charlotte	Flint	Female	301	FO	197		00:51:23	1853
1908	3476	Kerry	Bridgford	Female	302	FO	198		00:52:11	2031
1909	2727	Thomas	Oakes	Male	1607	M40	217		00:51:13	1816
1910	4168	Louis	Fulcher	Male	1608	MO	983		00:48:35	1202
1911	3477	Hannah	Hickling	Female	303	FO	199		00:52:36	2125
1912	2420	Jamie	Schweigart	Male	1609	MO	984		00:52:44	2153
1913	2957	Andrew	Bush	Male	1610	M40	218		00:52:41	2137
1914	531	Ben	Moore	Male	1611	MO	985		00:55:32	2822
1915	1907	Lucy	Mcdowie	Female	304	F45	35	Ryston Runners	00:51:39	1902
1916	3467	Alex	Vasey	Male	1612	MO	986		00:52:21	2051
1917	2229	David	Stubley	Male	1613	MO	987		00:52:16	2042
1918	1068	Dan	Sparkes	Male	1614	MO	988		00:55:19	2773
1919	1679	Naomi	Bowditch	Female	305	F45	36		00:54:39	2598
1920	2498	Gavin	Critchell	Male	1615	M50	120		00:49:50	1475
1921	2161	Richard	Rance	Male	1616	M50	121		00:51:04	1775
1922	1994	Kieran	Murphy	Male	1617	MO	989		00:51:43	1924
1923	2441	David	Bartram	Male	1618	M45	162		00:51:24	1859
1924	2760	Harry	Gowers	Male	1619	MO	990		00:51:16	1832
1925	2902	Stephen	Jones	Male	1620	M45	163		00:50:25	1618
1926	2853	Georgie	Bramble	Female	306	FO	200		00:52:47	2168
1927	948	Jonathan	Beck	Male	1621	MO	991		00:54:21	2535
1928	2544	Alina	Iftimiciuc	Female	307	F40	43		00:52:22	2059
1929	2881	Matthew	Beck	Male	1622	MO	992		00:52:35	2118
1930	3605	Andrew	Steed	Male	1623	M55	86	Norwich Road Runners	00:52:28	2088
1931	2751	Barry	Smith	Male	1624	M60	31	Thetford AC	00:51:45	1929
1932	2686	Nathan	Austin	Male	1625	MO	993		00:51:27	1867
1933	3262	Melvyn	Gilmour	Male	1626	MO	994		00:51:23	1851
1934	2988	Liam	Hobdell	Male	1627	MO	995		00:52:35	2117
1935	3127	Patrick	Kassaga	Male	1628	MO	996		00:52:36	2124
1936	2170	Claire	Hatton	Female	308	F40	44	Lowestoft Road Runners	00:51:49	1946
1937	1258	Dan	North	Male	1629	MO	997		00:51:54	1961
1938	1937	Alastair	Simpson	Male	1630	MO	998		00:51:39	1904
1939	1131	Louis	Tillett	Male	1631	MO	999		00:54:53	2668
1940	2008	Luke	Peachman	Male	1632	MO	1000		00:51:16	1835
1941	2603	Jacob	Sinkins	Male	1633	MO	1001		00:51:33	1883
1942	3141	James	Greenwood	Male	1634	MO	1002		00:52:09	2023
1943	3043	Owen	Rudd	Male	1635	MO	1003		00:51:12	1815
1944	1791	Carla	Da Silva	Female	309	F40	45		00:55:33	2827
1945	148	Adam	Smith	Male	1636	M45	164		00:55:56	2934
1946	577	Paul	Young	Male	1637	M45	165		00:55:29	2811
1947	3108	Bryony	Satchell	Female	310	FO	201		00:52:45	2162
1948	1610	Katie	Smalley	Female	311	FO	202		00:51:04	1773
1949	2430	James	Wilkins	Male	1638	MO	1004		00:52:06	2013
1950	1954	Liam	Mullen	Male	1639	MO	1005		00:53:02	2223
1951	2370	Matthew	Wicks	Male	1640	MO	1006		00:52:45	2159
1952	2476	Gregory	Quinn	Male	1641	M60	32	Reepham Runners	00:51:24	1856

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
1953	4443	Seb	Adams-orme	Male	1642	MO	1007		00:48:36	1204
1954	2376	Neil	Green	Male	1643	MO	1008		00:52:03	2002
1955	3128	Jamie	Palmer	Male	1644	M45	166		00:50:58	1752
1956	2891	Becca	Testa	Female	312	FO	203		00:51:52	1955
1957	2260	Jak	Hume	Male	1645	MO	1009		00:52:08	2018
1958	2889	Tom	Berry	Male	1646	MO	1010		00:51:18	1839
1959	1737	Hannah	Daniel	Female	313	FO	204		00:52:42	2145
1960	2518	James	Whitmore	Male	1647	MO	1011		00:52:52	2190
1961	1958	Nicholas	Caley	Male	1648	M45	167		00:52:42	2143
1962	2936	Darryl	Westley	Male	1649	M40	219		00:52:28	2086
1963	3179	Nora	Rechel	Female	314	FO	205		00:52:01	1991
1964	2994	Olivia	Nicholas	Female	315	FO	206		00:51:13	1817
1965	3640	Katie	Knowlden	Female	316	FO	207		00:52:25	2070
1966	3458	George	Harrison	Male	1650	MO	1012		00:51:10	1807
1967	2854	Jamie	Peacock	Male	1651	MO	1013		00:52:54	2196
1968	4396	Tom	Battison	Male	1652	MO	1014		00:49:09	1319
1969	1135	Richard	Wade	Male	1653	M40	220		00:52:52	2185
1970	1769	Daniel	Craske	Male	1654	MO	1015		00:53:04	2227
1971	1978	Lisa	Hall	Female	317	F45	37	Norwich Road Runners	00:52:27	2082
1972	3780	James	Lucas	Male	1655	M50	122		00:49:00	1286
1973	3040	Grant	Johnson	Male	1656	MO	1016		00:52:54	2199
1974	3434	Ian	Scales	Male	1657	M60	33		00:52:47	2166
1975	1089	Nathan	Guttridge	Male	1658	MO	1017		00:49:00	1288
1976	2113	Mal	Hant	Male	1659	M45	168		00:51:30	1876
1977	3271	Neil	Linford Hazell	Male	1660	M45	169		00:52:56	2204
1978	3320	Dianne	Bird	Female	318	F60	7	Aylsham Runners	00:52:36	2123
1979	2756	Samuel	Atkins	Male	1661	MO	1018		00:52:00	1988
1980	1717	Michael	Mccormick	Male	1662	MO	1019		00:54:44	2628
1981	2445	Adam	Waters	Male	1663	MO	1020		00:52:07	2014
1982	1723	James	Wright	Male	1664	M50	123	Norfolk Gazelles AC	00:55:21	2784
1983	2630	Steven	Rix	Male	1665	M40	221	Dereham Runners AC	00:53:04	2228
1984	1999	Lucy	Clark	Female	319	FO	208		00:52:30	2099
1985	2178	Ashley	Black	Male	1666	M40	222		00:51:18	1840
1986	3234	Simon	Howard	Male	1667	M45	170		00:52:45	2163
1987	2164	Riasa	Douglas-collow	Female	320	FO	209	Bungay Black Dog RC	00:52:10	2027
1988	1967	William	Pinch	Male	1668	MO	1021	Tri-Anglia Triathlon Club	00:52:33	2110
1989	3472	Andrew	Clark	Male	1669	M60	34		00:52:32	2106
1990	3429	Jamie	Nottage	Male	1670	M45	171		00:50:36	1660
1991	1154	Jurgen	Long	Male	1671	M40	223		00:55:38	2852
1992	2708	Kirsty	Winter	Female	321	F50	16		00:51:40	1915
1993	3283	Hannah	Rawsthorne	Female	322	FO	210		00:53:05	2230
1994	1702	Luke	Anderson	Male	1672	MO	1022		00:55:06	2713
1995	2228	Matthew	Smith-howell	Male	1673	MO	1023		00:51:48	1936
1996	3615	Maddy	Nutile	Female	323	FO	211	GoodGym Race Team	00:52:21	2055
1997	1620	Jason	Tillett	Male	1674	M55	87	Lowestoft Road Runners	00:55:16	2762
1998	3558	Kevin	Evans	Male	1675	M50	124		00:52:50	2177
1999	2674	Laura	Hammerton	Female	324	FO	212		00:52:44	2154
2000	2672	Howard	Clarke	Male	1676	M50	125		00:52:25	2072
2001	1906	Lucy	Thompson	Female	325	FO	213		00:52:28	2084
2002	1675	Matthew	Tremayne	Male	1677	MO	1024		00:55:47	2896
2003	805	Mark	Thompson	Male	1678	M50	126	Great Yarmouth & District AC	00:52:28	2087
2004	2368	Nathan	Saunders	Male	1679	MO	1025		00:51:49	1943
2005	2293	Konnar	Smith	Male	1680	MO	1026		00:52:34	2115

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2006	2060	Emily	Goodrich	Female	326	FO	214		00:53:21	2295
2007	3681	George	Hemstock	Male	1681	M40	224		00:53:16	2267
2008	3405	Paul	Rogers	Male	1682	MO	1027		00:53:24	2306
2009	3000	Alex	George	Male	1683	M40	225		00:52:24	2064
2010	3584	Luke	Davis	Male	1684	MO	1028		00:51:58	1971
2011	1265	Ben	Aylmer	Male	1685	MO	1029	Wymondham AC	00:55:43	2882
2012	2680	Mark	Bond	Male	1686	M40	226		00:53:20	2290
2013	4508	Charles	Barry	Male	1687	MO	1030		00:49:21	1366
2014	5205	Henry	Warder	Male	1688	MO	1031		00:48:46	1234
2015	2878	Connor	Johnson	Male	1689	MO	1032		00:53:14	2259
2016	3520	Thomas	Newton	Male	1690	MO	1033		00:52:11	2030
2017	2493	Steve	Nichols	Male	1691	M55	88	Norwich Road Runners	00:52:36	2127
2018	4427	Julianne	Oakley	Female	327	FO	215		00:49:17	1348
2019	2095	Daniel	Rix	Male	1692	M45	172		00:51:09	1798
2020	3527	Andrew	Fish	Male	1693	M45	173		00:52:07	2015
2021	2596	James	Mitchell	Male	1694	MO	1034		00:52:33	2111
2022	2011	David	Hatfield	Male	1695	M45	174		00:51:53	1958
2023	4266	Nic	Gordon	Male	1696	MO	1035		00:48:18	1167
2024	4444	Owen	Strowger	Male	1697	MO	1036		00:49:07	1312
2025	2362	Ian	Jarvis	Male	1698	M55	89	Lonely Goat RC	00:52:26	2074
2026	3169	Craig	Walker	Male	1699	MO	1037		00:51:41	1916
2027	3016	Alice	Wakeley	Female	328	FO	216		00:52:59	2212
2028	3847	Jake	Hammond	Male	1700	MO	1038		00:49:10	1325
2029	2839	Cathy	Tyrrell	Female	329	F45	38	Diss and District AC	00:52:33	2112
2030	2623	Anthony	Hughes	Male	1701	MO	1039		00:52:44	2152
2031	1966	Edward	Pinch	Male	1702	M55	90		00:52:51	2182
2032	2799	Christie	Williamson	Female	330	FO	217	Norwich Road Runners	00:52:50	2180
2033	2644	Tyler	Phillips	Male	1703	MO	1040		00:53:32	2344
2034	2108	Leo	Stead	Male	1704	M45	175		00:52:50	2179
2035	2336	Michael	Beane	Male	1705	MO	1041		00:51:13	1821
2036	2734	George	Featherstone	Male	1706	MO	1042		00:53:01	2218
2037	2054	Hannah	Halsey	Female	331	F40	46		00:52:06	2012
2038	2555	Jack	Perry	Male	1707	MO	1043		00:52:39	2131
2039	3619	Megan	Norry	Female	332	FO	218		00:52:27	2081
2040	3122	Michael	Townsend	Male	1708	M40	227		00:53:28	2322
2041	2866	Anne	Ellen	Female	333	F70	1	Norfolk Gazelles AC	00:53:03	2225
2042	3644	John	Shippey	Male	1709	M70	3		00:53:05	2232
2043	3289	James	Pallant	Male	1710	M45	176	Lonely Goat RC	00:53:23	2303
2044	2697	Fiona	Williams	Female	334	F50	17	Great Yarmouth Road Runners	00:52:28	2083
2045	1286	Philippa	Stebbing	Female	335	FO	219		00:55:41	2863
2046	3029	George	Briscoe	Male	1711	MO	1044		00:52:53	2191
2047	1287	Ashley	Whitehair	Male	1712	MO	1045		00:55:41	2865
2048	323	Frazer	Moorecroft	Male	1713	MO	1046		00:56:11	2993
2049	3275	Benjamin	Rollinson	Male	1714	MO	1047		00:51:47	1934
2050	2565	Chanice	Jasinski	Female	336	FO	220		00:52:28	2085
2051	1414	Chris	Swanston	Male	1715	MO	1048		00:53:27	2319
2052	2837	Ross	Barrett	Male	1716	MO	1049		00:52:37	2130
2053	2479	Lok Hin	Lo	Male	1717	MO	1050		00:53:29	2324
2054	2363	Lloyd	Johnson	Male	1718	M40	228		00:52:30	2097
2055	2137	Paul	Durrant	Male	1719	M50	127	Norfolk Gazelles AC	00:52:59	2213
2056	2385	Danielle	King	Female	337	FO	221		00:52:32	2108
2057	2252	James	Hill	Male	1720	M40	229		00:51:48	1941
2058	1808	Tom	Livermore	Male	1721	MO	1051		00:52:42	2144

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2059	4527	Emily	Savage	Female	338	F40	47		00:49:45	1453
2060	2709	Thomas	Rackham	Male	1722	MO	1052		00:53:00	2215
2061	3696	Daniel	Carter	Male	1723	MO	1053		00:52:05	2008
2062	2075	Richard	Beevor	Male	1724	M60	35	Great Yarmouth Road Runners	00:53:24	2305
2063	2074	Jo	Anverali	Female	339	F55	6	Great Yarmouth Road Runners	00:53:24	2307
2064	556	Maisie	Chadwick	Female	340	FO	222		00:53:45	2379
2065	2636	Moises	Soares	Male	1725	MO	1054		00:53:18	2279
2066	2577	Harrison	Reeve	Male	1726	MO	1055		00:52:08	2020
2067	3195	Eddie	Lamb	Male	1727	MO	1056		00:53:46	2384
2068	1607	Alexander	Baldwin	Male	1728	MO	1057		00:51:40	1912
2069	2761	Andrew	Allen	Male	1729	M50	128		00:52:46	2164
2070	2301	David	James	Male	1730	MO	1058		00:52:27	2078
2071	6932	F	Sampson	Male	1731	MO	1059		00:44:37	581
2072	2863	Camilla	Stanton	Female	341	FO	223		00:52:14	2037
2073	2508	James	Burrows	Male	1732	M45	177		00:52:05	2009
2074	3462	Sarah	Proudfoot	Female	342	F40	48		00:53:49	2397
2075	1409	Andy	Rowles	Male	1733	M60	36	Dereham Runners AC	00:57:01	3194
2076	950	Phin	Robinson	Male	1734	M45	178		00:51:52	1956
2077	2489	Andrew	Wicks	Male	1735	M50	129	Coltishall Jaguars RC	00:52:32	2104
2078	3839	Joel	Hann	Male	1736	M40	230		00:49:44	1447
2079	3633	John	Crowley	Male	1737	M50	130	Ryston Runners	00:52:55	2202
2080	1963	Jack	Bartle	Male	1738	MO	1060		00:51:56	1967
2081	3911	Sam	Chadwick	Male	1739	MO	1061		00:49:55	1499
2082	2991	Andrea Carolina	Olave Achury	Female	343	FO	224		00:51:31	1879
2083	2403	Harry	Cunningham	Male	1740	MO	1062		00:53:27	2317
2084	2371	Dan	Gill	Male	1741	M40	231		00:53:00	2216
2085	2652	Lee	Hannant	Male	1742	M50	131		00:53:05	2229
2086	1334	Lewis	Bird	Male	1743	M45	179		00:53:31	2338
2087	3190	Gemma	Edwards	Female	344	FO	225		00:52:36	2128
2088	2014	Oliver	Medler	Male	1744	MO	1063		00:51:45	1928
2089	2926	Mark	Carter	Male	1745	M55	91		00:53:26	2314
2090	2681	Gareth	Nicholls	Male	1746	M45	180		00:52:49	2173
2091	3231	Annie	Green	Female	345	FO	226		00:53:26	2313
2092	3614	Lauren	Smith	Female	346	FO	227	City Of Norwich AC	00:53:54	2426
2093	2294	Natasha	Eagle	Female	347	FO	228	Wymondham AC	00:53:43	2376
2094	2475	Stuart	Baldry	Male	1747	M45	181		00:53:15	2260
2095	2397	Carl	Boardman	Male	1748	M40	232		00:53:55	2430
2096	2622	Adam	Kimberley	Male	1749	M40	233		00:54:00	2458
2097	2177	Goy	Roper	Male	1750	M60	37		00:49:56	1503
2098	3761	Airon	Curl-roper	Male	1751	MO	1064		00:49:56	1504
2099	3196	Stuart	Clarke	Male	1752	MO	1065	Lonely Goat RC	00:53:50	2401
2100	2653	Warren	Newell	Male	1753	M60	38	Lonely Goat RC	00:52:44	2157
2101	4635	Dean	Jacobs	Male	1754	M45	182		00:53:55	2434
2102	882	Darren	Orves	Male	1755	M50	132	Diss and District AC	00:55:36	2846
2103	2223	Theresa	Dooley	Female	348	F55	7	Norfolk Gazelles AC	00:53:10	2244
2104	3131	Raymond	Dunne	Male	1756	M45	183		00:53:59	2451
2105	1798	Mo	Bah	Male	1757	MO	1066		00:54:04	2471
2106	3421	Joe	Liddament	Male	1758	M60	39	Great Yarmouth Road Runners	00:53:20	2289
2107	4156	Mossie	Abeysekera	Male	1759	MO	1067		00:48:59	1283
2108	4712	Calvin	Beales	Male	1760	MO	1068		00:49:57	1507
2109	2310	Marian	Costello	Female	349	F60	8	Coltishall Jaguars RC	00:54:00	2457
2110	1964	Edward	Jacobs	Male	1761	MO	1069		00:52:15	2040

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2111	2770	Lucy	Temple	Female	350	FO	229		00:54:10	2495
2112	2288	Ollie	Burton	Male	1762	MO	1070		00:52:56	2207
2113	4588	Toby	Bardwell	Male	1763	MO	1071		00:49:53	1488
2114	1997	Stephen	Dye	Male	1764	M50	133	Defra AC	00:51:53	1957
2115	2968	Laura	Southcott	Female	351	FO	230		00:52:28	2089
2116	1779	Oliver	Thompson	Male	1765	M40	234		00:56:59	3189
2117	3306	Adam	Thompson	Male	1766	MO	1072		00:53:19	2287
2118	1259	Luke	Church	Male	1767	MO	1073		00:54:09	2494
2119	2453	Ashley	Cutting	Male	1768	M40	235		00:53:18	2277
2120	2168	Sam	Allen	Male	1769	MO	1074		00:52:45	2158
2121	3145	Richard	Cator	Male	1770	M65	12		00:53:09	2241
2122	4206	Lucinda	Robinson	Female	352	FO	231		00:49:39	1427
2123	2224	Phil	Wright	Male	1771	M45	184		00:53:22	2299
2124	2647	Will	Calton	Male	1772	MO	1075		00:53:52	2414
2125	2217	Pierce	Badger	Male	1773	MO	1076		00:53:43	2375
2126	1656	James	Page	Male	1774	M45	185		00:53:34	2354
2127	1834	Simon	Snell	Male	1775	M55	92	Bure Valley Harriers	00:53:48	2393
2128	3324	Ian	Pope-gardner	Male	1776	MO	1077		00:53:48	2394
2129	1306	Jason	Buckley	Male	1777	M40	236		00:56:13	3004
2130	2066	Paul	Slack	Male	1778	M50	134		00:52:30	2095
2131	2930	Steve	Genders	Male	1779	M60	40		00:53:01	2219
2132	3441	Laura	Littlewood	Female	353	FO	232		00:53:09	2240
2133	3799	Glen	Squire	Male	1780	M45	186		00:49:43	1445
2134	3538	Vince	Keen	Male	1781	M50	135		00:53:00	2217
2135	2850	Fay	Wheeler	Female	354	F50	18	Tri-Anglia Triathlon Club	00:52:53	2194
2136	84	Steven	Garland	Male	1782	M40	237		00:54:21	2534
2137	4346	Luke	Smith	Male	1783	MO	1078		00:50:17	1590
2138	2864	Gemma	Garland	Female	355	FO	233		00:54:21	2531
2139	559	Harvey	Debenham	Male	1784	MO	1079		00:53:15	2263
2140	5050	Lauren	Nickerson	Female	356	FO	234		00:50:17	1592
2141	2803	Scott	Maryan	Male	1785	M50	136		00:53:11	2248
2142	664	Miles	Yaxley	Male	1786	MO	1080		00:53:16	2270
2143	2017	David	Allen	Male	1787	M65	13		00:52:31	2101
2144	2524	Chloe	Walters	Female	357	FO	235		00:52:48	2172
2145	3300	James	Richmond	Male	1788	MO	1081		00:54:15	2513
2146	2766	Jonathan	Burton	Male	1789	M55	93		00:53:59	2454
2147	2550	David	Bell	Male	1790	M50	137		00:53:53	2420
2148	8073	Kate	Bellamy	Female	358	FO	236		00:57:40	3350
2149	3653	Kat	Norry	Female	359	FO	237		00:53:09	2238
2150	2326	Rachel	Southgate	Female	360	F40	49		00:53:13	2252
2151	2043	Sam	Ballard	Male	1791	MO	1082		00:52:50	2178
2152	2571	Justin	Biddle	Male	1792	M50	138		00:54:03	2466
2153	2085	Nicholas	Ferns	Male	1793	MO	1083		00:52:14	2035
2154	2049	Jemma	Collins	Female	361	F40	50	Aylsham Runners	00:53:47	2387
2155	2004	Scott	Guyton	Male	1794	MO	1084		00:52:48	2171
2156	1137	Matthew	Metcalfe	Male	1795	M45	187		00:55:59	2947
2157	2993	Tyler	Warman	Male	1796	MO	1085		00:52:45	2160
2158	1977	Danielle	Cooper	Female	362	FO	238		00:53:51	2410
2159	2261	Emma	Williams	Female	363	FO	239		00:52:56	2206
2160	3028	James	Taylor	Male	1797	MO	1086		00:53:23	2302
2161	2894	Paul	Southwood	Male	1798	M50	139		00:53:14	2257
2162	1230	Wes	Mcintosh	Male	1799	M45	188		00:57:46	3381
2163	2050	Paul	Cottrell	Male	1800	M50	140	Norfolk Gazelles AC	00:52:46	2165

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2164	3409	Adam	French	Male	1801	MO	1087		00:53:09	2239
2165	1406	Mark	Hedges	Male	1802	M50	141		00:53:12	2249
2166	2048	Ben	Thomas	Male	1803	M50	142		00:53:46	2383
2167	2983	Matthew	Ware	Male	1804	M40	238		00:53:37	2361
2168	2920	Matt	Mckie	Male	1805	MO	1088		00:53:18	2278
2169	3031	Jonny	Griffiths	Male	1806	MO	1089		00:53:10	2243
2170	4215	Garry	Hoadley	Male	1807	M40	239		00:50:24	1617
2171	2918	Mark	O'Neill	Male	1808	M40	240		00:52:44	2155
2172	1932	Tom	Butler	Male	1809	M45	189		00:54:16	2516
2173	3296	Alice	Pruce	Female	364	FO	240		00:54:08	2492
2174	2165	Brendan	Burke	Male	1810	MO	1090		00:53:17	2276
2175	233	Matt	Webster	Male	1811	MO	1091	Wymondham AC	00:56:04	2967
2176	2166	Maisie	Lake	Female	365	FO	241		00:53:17	2271
2177	225	Alison	Armstrong	Female	366	F40	51	Wymondham AC	00:56:05	2973
2178	2899	Amanda	Hards	Female	367	F55	8		00:53:53	2422
2179	3098	Matt	Parker	Male	1812	MO	1092		00:54:24	2547
2180	3542	Peter	West	Male	1813	M45	190		00:52:42	2142
2181	2313	Ian	Morland	Male	1814	M55	94	Aylsham Runners	00:52:52	2186
2182	2182	Chloe	Higenbottam	Female	368	FO	242		00:53:22	2300
2183	3453	Daniel	Newman	Male	1815	MO	1093		00:53:58	2449
2184	2003	Alan	Barnes	Male	1816	M60	41	Great Yarmouth Road Runners	00:53:32	2340
2185	2144	Gareth	Howells	Male	1817	MO	1094		00:53:46	2380
2186	697	Matthew	Green	Male	1818	MO	1095		00:56:40	3105
2187	2459	Paul	Smith	Male	1819	M50	143		00:52:40	2136
2188	2265	Simon	Burke	Male	1820	M55	95		00:53:19	2286
2189	1612	Ethan	Bellenger	Male	1821	MO	1096		00:53:14	2258
2190	4763	Simon	Greenfield	Male	1822	M60	42		00:50:33	1646
2191	2972	Susannah	Edwards	Female	369	FO	243		00:53:29	2326
2192	2474	Sarah	Bradley	Female	370	F60	9	Norwich Road Runners	00:53:36	2357
2193	2201	Harry	Reilly	Male	1823	MO	1097		00:53:25	2309
2194	2805	Victoria	Chadwick	Female	371	FO	244		00:54:05	2478
2195	2411	Sam	Weller	Male	1824	M75+	1	North Norfolk Beach Runners	00:53:50	2405
2196	3210	Jacob	Smith	Male	1825	MO	1098		00:52:21	2058
2197	2416	Mark	Palmer	Male	1826	M50	144		00:52:33	2113
2198	6825	David	Knott	Male	1827	MO	1099		00:44:43	598
2199	2415	Faye	Crampton	Female	372	FO	245		00:52:33	2114
2200	3361	Sarah	Ballsdon	Female	373	FO	246		00:54:06	2484
2201	3052	Ryan	Hardman	Male	1828	M45	191		00:53:06	2234
2202	2722	Tom	Grayling	Male	1829	MO	1100		00:52:29	2091
2203	2576	Dale	Bullimore	Male	1830	M45	192	Great Yarmouth & District AC	00:53:19	2285
2204	2456	Ian	Hills	Male	1831	MO	1101		00:53:46	2386
2205	3587	Wesley	Hicks	Male	1832	M55	96		00:53:57	2442
2206	2820	Eilbhe	Mackay	Female	374	FO	247		00:53:32	2342
2207	3656	Jo	Hipperson	Female	375	F50	19		00:53:52	2411
2208	2519	Sophie	Baxter	Female	376	FO	248		00:53:41	2372
2209	2396	Graham	Worsfold	Male	1833	M40	241		00:54:44	2625
2210	5071	Morgan	Rowley-hill	Female	377	FO	249		00:50:08	1553
2211	2389	Andrew	Parfitt	Male	1834	MO	1102		00:53:31	2334
2212	2152	Jo	Nixon	Male	1835	MO	1103		00:53:02	2222
2213	3301	Rachael	Forton	Female	378	F50	20		00:53:34	2349
2214	2123	Deborah	Last	Female	379	F50	21	Dereham Runners AC	00:53:57	2441
2215	2940	Jeremy	Hook	Male	1836	M60	43		00:54:10	2497
2216	3620	Tsan Fai	Ho	Male	1837	M55	97		00:54:42	2616

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2217	4755	Jordan	Staff	Male	1838	MO	1104		00:50:41	1682
2218	4547	Mark	Jones	Male	1839	M45	193		00:50:44	1692
2219	1835	Julius	Pjaulokas	Male	1840	MO	1105		00:56:18	3021
2220	2574	Sebastian	Hall	Male	1841	MO	1106		00:53:55	2433
2221	3182	Lizzie	Moulton	Female	380	F45	39		00:53:02	2224
2222	3636	Sophie	Hudson	Female	381	F55	9		00:54:03	2465
2223	3133	Derek	Jackson	Male	1842	M45	194		00:53:40	2368
2224	5263	William	Gibbs	Male	1843	MO	1107		00:50:46	1697
2225	4814	Joe	Gilbert	Male	1844	MO	1108		00:50:55	1740
2226	3006	Olly	Glasspoole	Male	1845	M40	242		00:54:29	2556
2227	2873	Jessie	Ma	Female	382	FO	250		00:54:17	2520
2228	3414	Sarah	Circuit	Female	383	F40	52	Coltishall Jaguars RC	00:53:41	2371
2229	319	Lawrence	King	Male	1846	MO	1109		00:53:14	2254
2230	2509	Dave	Foulkes	Male	1847	M55	98		00:53:57	2443
2231	3593	James	Cressey	Male	1848	MO	1110		00:53:13	2251
2232	3149	Chesney	Jefferson	Male	1849	MO	1111		00:52:58	2209
2233	5173	Harry	Peek	Male	1850	MO	1112	Capel Cheetahs	00:50:44	1690
2234	2354	Kevin	Thompson	Male	1851	M55	99	Norfolk Harriers RC	00:53:59	2456
2235	4943	Thu	Millsted	Female	384	F40	53		00:50:43	1689
2236	608	Craig	Harris	Male	1852	M55	100	Ryston Runners	00:53:56	2438
2237	589	Lucas	Bull-anthony	Male	1853	MO	1113		00:57:19	3256
2238	3354	Mark	Gaskin	Male	1854	MO	1114		00:54:16	2515
2239	2948	Belinda	Betts	Female	385	FO	251	Lowestoft Road Runners	00:54:11	2498
2240	628	David	Alderton	Male	1855	M40	243		00:56:23	3047
2241	2277	David	Knight	Male	1856	M45	195	Norwich Road Runners	00:53:56	2437
2242	3479	Grzegorz	Kaczmariski	Male	1857	M55	101		00:53:18	2283
2243	2321	Lisa	Harris	Female	386	F55	10	Ryston Runners	00:53:57	2445
2244	2488	Nicholas	Heaver	Male	1858	M45	196		00:53:54	2423
2245	2913	Stuart	Bedford	Male	1859	MO	1115		00:54:34	2584
2246	3831	Ben	Howell	Male	1860	MO	1116		00:50:57	1746
2247	3160	Michael	Fox	Male	1861	M55	102		00:53:13	2253
2248	2735	Matthew	Barwood	Male	1862	MO	1117		00:53:30	2333
2249	2504	Carly	Holmes	Female	387	F40	54		00:53:50	2404
2250	3146	Will	Easter	Male	1863	MO	1118		00:50:37	1669
2251	3261	Helen	Mcqueen	Female	388	F40	55		00:53:17	2274
2252	3643	Daniel	Herrick	Male	1864	MO	1119		00:53:29	2327
2253	2497	Rhianna	Bailey	Female	389	FO	252		00:53:18	2280
2254	2055	Harold	Smith	Male	1865	MO	1120		00:53:35	2356
2255	2284	Peter	Barrett	Male	1866	M60	44	Attleborough Athletics Academy	00:54:23	2543
2256	2278	Alex	Mills	Male	1867	M40	244		00:54:07	2490
2257	2583	Olivia	Maguire	Female	390	FO	253		00:53:50	2403
2258	2914	Tim	Will	Male	1868	M55	103		00:54:13	2508
2259	3007	Thomas	Beatham	Male	1869	MO	1121		00:50:41	1685
2260	1801	Joel	English	Male	1870	MO	1122		00:50:45	1694
2261	1407	Kirsty	Parke	Female	391	FO	254		00:57:20	3265
2262	3569	Richard	Peters	Male	1871	M50	145	Coltishall Jaguars RC	00:53:43	2374
2263	3252	Samantha	Ralph	Female	392	F40	56		00:54:05	2480
2264	3837	Wez	Goodson	Male	1872	MO	1123		00:50:46	1703
2265	3203	Mark	Breach	Male	1873	M55	104		00:53:20	2291
2266	2605	Benjamin	Robinson	Male	1874	M40	245	Norwich Road Runners	00:54:26	2551
2267	2024	Eleanor	Papworth	Female	393	FO	255		00:53:45	2378
2268	3561	Abygail	Hadley	Female	394	FO	256		00:54:07	2488
2269	1805	Charlotte	Drew	Female	395	F40	57		00:56:43	3113

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2270	2934	Ellie	Rix	Female	396	FO	257		00:55:00	2697
2271	3362	Hannah	Taylor	Female	397	FO	258		00:54:43	2622
2272	3591	Ryan	Meyer	Male	1875	MO	1124		00:53:33	2347
2273	2487	Martin	Shulver	Male	1876	MO	1125		00:55:05	2710
2274	2847	Rachel	Day	Female	398	F40	58		00:53:50	2400
2275	1689	Richard	Taylor	Male	1877	MO	1126		00:57:23	3272
2276	4880	Carey	Briggs	Female	399	F50	22		00:50:47	1707
2277	3115	Anna	Russell	Female	400	FO	259		00:55:02	2701
2278	2919	Joe	Balfour	Male	1878	MO	1127		00:50:55	1741
2279	1789	Matthew	Smith	Male	1879	M50	146	Tri-Anglia Triathlon Club	00:54:31	2569
2280	3214	Jessica	Robinson	Female	401	FO	260		00:54:03	2469
2281	3219	Neil	Toplis	Male	1880	M55	105	Lonely Goat RC	00:54:14	2511
2282	4045	Matthew	Miller	Male	1881	M40	246		00:51:08	1788
2283	2935	Josh	Williams	Male	1882	MO	1128		00:55:05	2709
2284	2844	Sunny	Winter	Male	1883	MO	1129		00:53:57	2444
2285	3066	Ben	Dugdale	Male	1884	MO	1130		00:53:41	2370
2286	2422	Gareth	Williams	Male	1885	M45	197		00:54:39	2599
2287	3851	Alexxandra	Tills	Female	402	FO	261		00:50:46	1704
2288	4121	Neil	Sanderson	Male	1886	M50	147		00:51:00	1755
2289	2019	Leanne	Heavens-hunt	Female	403	FO	262		00:54:12	2506
2290	3678	Erica	Auger	Female	404	F40	59		00:54:52	2657
2291	1942	Oliver	Holmes	Male	1887	MO	1131		00:53:48	2392
2292	2635	Rebecca	Spencer	Female	405	FO	263		00:54:59	2691
2293	2915	Susanna	Johns	Female	406	F50	23		00:54:20	2528
2294	367	Claudia	Grattan	Female	407	FO	264		00:50:48	1710
2295	3036	Michaela	Larter	Female	408	FO	265		00:55:12	2749
2296	2819	Louise	Farr	Female	409	F40	60		00:53:52	2416
2297	2552	Pippa	Heywood	Female	410	F40	61	Great Yarmouth Road Runners	00:55:08	2725
2298	2745	Phillip	Balls	Male	1888	MO	1132		00:52:55	2201
2299	2614	Desmond	Michael	Male	1889	M75+	2	Barnet & District AC	00:55:05	2706
2300	2634	Tom	Richardson	Male	1890	M40	247		00:53:29	2323
2301	1514	Tony	Pelan	Male	1891	M50	148		00:57:21	3266
2302	2304	Mark	Jolly	Male	1892	M55	106		00:52:51	2183
2303	4741	Gareth	Joubert	Male	1893	MO	1133		00:49:49	1472
2304	3060	Ali	Brister	Female	411	F55	11		00:54:55	2673
2305	2728	George	Warner	Male	1894	MO	1134		00:54:52	2662
2306	2333	Neil	Stevens	Male	1895	M55	107		00:53:32	2343
2307	2029	Matthew	Jermy	Male	1896	M45	198		00:54:42	2612
2308	2254	Lewis	Brooker	Male	1897	M40	248		00:53:21	2292
2309	2286	Reiss	Laskey	Male	1898	MO	1135		00:54:58	2688
2310	2890	Graham	Hemsworth	Male	1899	MO	1136		00:55:09	2738
2311	2657	William	Robinson	Male	1900	MO	1137	Norfolk Gazelles AC	00:55:23	2791
2312	2021	Andrew	Warner	Male	1901	MO	1138		00:53:12	2250
2313	1395	Theresa	Colby	Female	412	F50	24		00:57:54	3426
2314	2409	Ellie	Plummer	Female	413	FO	266		00:53:26	2315
2315	3282	George	Powell	Male	1902	MO	1139		00:54:43	2620
2316	3118	Tom	Nudd	Male	1903	MO	1140		00:54:36	2591
2317	3164	James	Carver	Male	1904	M55	108		00:54:40	2607
2318	2393	Tom	Rivett	Male	1905	M50	149	North Norfolk Beach Runners	00:55:02	2699
2319	5252	Christopher	Long	Male	1906	M40	249		00:51:26	1866
2320	2923	Andrew	Truswell	Male	1907	M45	199		00:53:46	2382
2321	2815	Matthew	Hinchliffe	Male	1908	M45	200		00:54:31	2566
2322	5290	Perry	Moore	Male	1909	MO	1141		00:51:16	1837

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2323	2726	Adam	Cory	Male	1910	M40	250		00:55:25	2797
2324	2232	Trafford	Burrell	Male	1911	MO	1142		00:54:35	2586
2325	3313	Natalie	Beal	Female	414	F45	40		00:52:44	2151
2326	2496	Conor	Marks	Male	1912	MO	1143		00:53:55	2428
2327	2558	Peter	Penny	Male	1913	M50	150		00:54:47	2643
2328	2442	Craig	Knights	Male	1914	M50	151		00:53:34	2351
2329	2082	Camilla	Molinari	Female	415	FO	267		00:53:25	2308
2330	3602	Harrison	Jowett	Male	1915	MO	1144		00:54:11	2501
2331	2771	Anthony	Jones	Male	1916	MO	1145		00:53:34	2353
2332	3503	Andrew	Skuse	Male	1917	M55	109		00:55:24	2795
2333	3071	Adam	Reece	Male	1918	M55	110		00:53:48	2396
2334	1919	Robert	Balls	Male	1919	MO	1146		00:54:52	2658
2335	3887	Liam	Catchpole	Male	1920	MO	1147		00:51:34	1890
2336	2359	Farin	Deeba	Male	1921	M40	251		00:53:27	2318
2337	2531	Hugh	Woolfenden	Male	1922	M55	111	Norfolk Gazelles AC	00:54:50	2654
2338	3406	Jason	Palmer	Male	1923	M40	252		00:54:22	2538
2339	2062	Liam	Buffin	Male	1924	MO	1148		00:54:33	2577
2340	2659	Laura	Postlethwaite	Female	416	FO	268		00:53:27	2316
2341	4514	Ellie	Barker	Female	417	F40	62		00:51:15	1829
2342	3318	Laura	Cathersides	Female	418	FO	269		00:54:50	2652
2343	4324	Guy	Culpin	Male	1925	M40	253		00:50:26	1628
2344	331	Westley	Byford	Male	1926	M45	201	Thetford AC	00:50:25	1619
2345	3208	Neil	Osborne	Male	1927	M45	202		00:54:07	2486
2346	2130	Thomas	Rowley	Male	1928	M40	254		00:54:34	2582
2347	3578	Nicholas	Smith	Male	1929	M40	255		00:55:12	2747
2348	4520	Stephen	O Connell	Male	1930	MO	1149		00:48:37	1208
2349	3089	Linda	Crouch	Female	419	F55	12		00:54:13	2507
2350	2120	Matt	Smith	Male	1931	M45	203		00:55:43	2880
2351	3021	Paul	Ellis	Male	1932	M55	112		00:54:29	2559
2352	2103	Robert	Barnes	Male	1933	MO	1150		00:55:06	2712
2353	1841	Tim	Watson	Male	1934	M55	113		00:55:04	2704
2354	2908	Michelle	Gardiner	Female	420	F55	13		00:55:07	2720
2355	2749	Duncan	Sides	Male	1935	M40	256		00:54:14	2510
2356	2464	Tony	Eves	Male	1936	M45	204		00:54:20	2529
2357	2937	Emily	Rivett	Female	421	FO	270		00:54:30	2561
2358	4331	Caroline	Pocock	Female	422	F40	63	Wymondham AC	00:51:46	1931
2359	1146	Cora	O'mahony	Female	423	FO	271	Norfolk Gazelles AC	00:57:15	3240
2360	2611	Harrison	Holmes	Male	1937	MO	1151		00:54:38	2596
2361	2792	Jack	Watling	Male	1938	MO	1152	City Of Norwich AC	00:55:42	2876
2362	3162	Charlie	Martin	Female	424	FO	272		00:51:46	1932
2363	3882	Cameron	Green	Male	1939	MO	1153		00:51:36	1895
2364	1588	Alice	Atkins	Female	425	FO	273		00:58:20	3558
2365	3398	Laura	Allen	Female	426	F40	64		00:54:44	2630
2366	2833	Samantha	Barry	Female	427	F50	25	Wymondham AC	00:55:08	2731
2367	2407	Niki	Summers	Male	1940	MO	1154		00:54:05	2481
2368	4918	Benjamin	Hawkes	Male	1941	MO	1155		00:51:47	1933
2369	2395	Mike	Roughsedge	Male	1942	M40	257		00:54:52	2664
2370	2946	James	Griffiths	Male	1943	M45	205		00:54:23	2542
2371	3508	Kelly	Powis	Female	428	FO	274		00:55:48	2904
2372	2200	Rhianna	Robinson	Female	429	FO	275		00:54:16	2519
2373	5087	Scot	Symonds	Male	1944	M50	152		00:51:50	1952
2374	4485	Gary	Hindle	Male	1945	M45	206		00:50:06	1547
2375	2499	Angela	Ocal	Female	430	F50	26		00:52:52	2187

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2376	3337	Mark	Lambert	Male	1946	M60	45		00:55:27	2801
2377	3315	Ian	Fisher	Male	1947	M60	46		00:54:57	2683
2378	2307	Scott	Steward-smith	Male	1948	MO	1156		00:54:18	2526
2379	2401	Claire	Nobbs	Female	431	FO	276		00:55:48	2902
2380	5726	Adam	Larner	Male	1949	M40	258		00:53:39	2363
2381	8686	Azalia	Sargsyan	Female	432	FO	277		00:53:40	2366
2382	2364	Perdita	Dafforn	Female	433	F40	65		00:55:35	2841
2383	1965	Kate	Andrews	Female	434	F40	66		00:55:35	2839
2384	3124	Stephanie	Clouston	Female	435	F50	27		00:54:18	2523
2385	3039	Daniel	Wroe	Male	1950	MO	1157		00:54:04	2472
2386	4834	Stuart	Maher	Male	1951	M60	47		00:51:55	1965
2387	2772	Dominic	Burke	Male	1952	MO	1158		00:53:51	2409
2388	6332	Kierron	Rose	Male	1953	MO	1159		00:45:56	772
2389	2945	Luke	Bellamy	Male	1954	MO	1160		00:54:30	2564
2390	2990	Chris	Woodhouse	Male	1955	M55	114		00:55:06	2715
2391	3474	Daisy	Smith	Female	436	FO	278		00:55:39	2858
2392	1993	Jamie	Bowler	Male	1956	MO	1161		00:53:51	2406
2393	3728	Rose	Van Orden	Female	437	F45	41		00:51:54	1963
2394	1557	Alex	Hall	Male	1957	M40	259		00:54:40	2604
2395	3175	Tom	Sawyer	Male	1958	M60	48		00:55:14	2755
2396	3630	Caroline	Flelo	Female	438	F45	42		00:55:36	2843
2397	2343	Sean	Mcnulty	Male	1959	MO	1162		00:55:41	2866
2398	3418	Ben	Broadley	Male	1960	MO	1163		00:54:20	2530
2399	2829	Emily	Bridges	Female	439	FO	279		00:51:33	1888
2400	1902	Stewart	Life	Male	1961	M50	153	Coltishall Jaguars RC	00:54:50	2656
2401	1938	Ant	Fullam	Male	1962	M50	154		00:55:17	2767
2402	2785	John	Young	Male	1963	M40	260		00:54:31	2573
2403	3212	Anne	Millett	Female	440	F65	3	Norwich Road Runners	00:55:16	2765
2404	3860	Phil	Coates	Male	1964	M45	207		00:51:40	1910
2405	4092	Matt	Westbury-jones	Male	1965	MO	1164		00:51:29	1873
2406	2432	Niall	Wapshott	Male	1966	M45	208		00:54:48	2646
2407	4229	Ruby	Greenhalf	Female	441	FO	280		00:52:00	1990
2408	2733	Jordan	Palmer	Male	1967	MO	1165		00:54:00	2459
2409	3276	Tony	Wakeling	Male	1968	M65	14		00:54:44	2626
2410	3317	Theo	Telford	Male	1969	MO	1166		00:55:24	2794
2411	2606	William	Gorrod	Male	1970	MO	1167		00:55:02	2700
2412	2234	Danielle	Howes	Female	442	F40	67		00:53:56	2440
2413	2345	Thomas	Woods	Male	1971	M45	209		00:57:47	3388
2414	2817	Lucy	Downs	Female	443	FO	281		00:56:01	2959
2415	5157	Owen	Gifford	Male	1972	MO	1168		00:51:58	1972
2416	3081	Harry	Rudman	Male	1973	MO	1169		00:55:53	2928
2417	3151	Andrew	Menin	Male	1974	M60	49		00:55:09	2740
2418	3566	Susie	Goodman	Female	444	F45	43		00:55:41	2873
2419	4054	Mark	Smith	Male	1975	M50	155	Thetford AC	00:50:50	1717
2420	3661	Elise	Aho	Female	445	F45	44	Wymondham AC	00:55:46	2889
2421	3622	Jake	Yeowell	Male	1976	MO	1170		00:54:33	2580
2422	5083	Pete	Marron	Male	1977	M55	115		00:52:05	2010
2423	4495	Nicola	Holden	Female	446	F50	28		00:52:02	1996
2424	3374	Marcus	Rowland	Male	1978	M50	156		00:55:07	2717
2425	4292	Karolis	Petkus	Male	1979	MO	1171		00:52:08	2017
2426	2663	Jake	Hammond	Male	1980	MO	1172		00:54:41	2610
2427	3507	Lucy	Kirkum	Female	447	FO	282		00:54:36	2589
2428	2107	Dennis	Simpson	Male	1981	M65	15	Norwich Road Runners	00:55:17	2768

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2429	1918	Andrew	Spencer	Male	1982	M50	157		00:54:22	2540
2430	3660	Richard	Belton	Male	1983	MO	1173		00:54:17	2522
2431	3664	Elizabeth	Gibson	Female	448	FO	283		00:55:53	2930
2432	3596	Jakob	Eldridge	Male	1984	MO	1174		00:55:18	2770
2433	3924	Taylor	Robinson	Male	1985	MO	1175		00:51:39	1903
2434	4469	Max	Avery	Male	1986	MO	1176		00:52:06	2011
2435	2696	Valeria	Kiss	Female	449	F40	68		00:54:36	2588
2436	2610	Ewen	Bell	Male	1987	M55	116		00:53:56	2439
2437	3694	Ian	Davison	Male	1988	M55	117		00:54:43	2624
2438	2267	Tony	Harrison	Male	1989	M40	261		00:54:26	2550
2439	2194	Alex	Hurst	Male	1990	MO	1177		00:55:59	2948
2440	2879	Alfie	Pagan	Male	1991	MO	1178		00:55:57	2938
2441	2907	Dawn	Gibson	Female	450	F45	45		00:54:56	2676
2442	2868	Javier	Gonzalez Castro	Male	1992	M40	262		00:52:10	2026
2443	3672	Thomas	Spelman	Male	1993	MO	1179		00:53:59	2455
2444	2417	Duncan	Partridge	Male	1994	M50	158		00:54:08	2491
2445	2295	David	Shirley	Male	1995	M60	50		00:55:04	2705
2446	2462	Alice	Ireland	Female	451	FO	284		00:55:37	2847
2447	1410	Alex	Blake	Male	1996	MO	1180		00:54:03	2464
2448	3734	Tim	Thrower	Male	1997	M40	263		00:50:31	1639
2449	2096	Anta Sharon	Soris	Male	1998	MO	1181		00:54:21	2532
2450	667	George	Boldero	Male	1999	MO	1182		00:51:16	1834
2451	3211	Simon	Newman	Male	2000	M55	118		00:55:07	2719
2452	2143	Matt	Downing	Male	2001	MO	1183		00:55:21	2782
2453	3588	Ben	Walker	Male	2002	M40	264	Attleborough Athletics Academy	00:53:52	2417
2454	3357	Rob	Webb	Male	2003	M40	265		00:55:20	2778
2455	891	Chris	Baker	Male	2004	M40	266	Aylsham Runners	00:55:41	2864
2456	3249	Sophia	Horton-jones	Female	452	FO	285		00:52:16	2041
2457	2056	Edward	Aveling	Male	2005	M50	159		00:54:53	2667
2458	4448	Russell	Hack	Male	2006	MO	1184		00:52:14	2039
2459	3624	Robert	Dixon	Male	2007	MO	1185		00:54:54	2671
2460	3492	Kate	Smith	Female	453	F40	69		00:55:26	2798
2461	3632	Mark	Whiting	Male	2008	M65	16		00:54:26	2549
2462	3612	Dawn	Protheroe	Female	454	F55	14	Dereham Runners AC	00:55:30	2814
2463	5471	Sam	Burgess	Male	2009	MO	1186		00:52:04	2005
2464	2570	Oliver	Milligan	Male	2010	MO	1187		00:54:24	2544
2465	2947	Andrew	Oldridge	Male	2011	M40	267		00:55:13	2754
2466	1917	Andrew	Hammond	Male	2012	M65	17	Norfolk Gazelles AC	00:54:46	2636
2467	3344	Beth	Underwood	Female	455	FO	286		00:55:29	2810
2468	2595	Hannah	Ely	Female	456	FO	287		00:55:21	2780
2469	3062	Kate	Connelly	Female	457	F45	46		00:55:19	2776
2470	3063	Rob	Connelly	Male	2013	M45	210		00:55:20	2777
2471	1990	Michael	Green	Male	2014	M55	119	Great Yarmouth Road Runners	00:55:24	2792
2472	3698	Jon	Holt	Male	2015	M50	160	Lonely Goat RC	00:55:05	2708
2473	3598	Tim	Garrod	Male	2016	M50	161		00:54:22	2536
2474	4099	Llewelyn	Vann	Male	2017	MO	1188		00:52:12	2032
2475	2311	Roger	Berwick	Male	2018	M50	162		00:54:44	2629
2476	3312	Linzi	Gray	Female	458	F40	70		00:55:09	2734
2477	2650	Ollie	Watkins	Male	2019	MO	1189		00:55:11	2744
2478	2774	Tom	Parsley	Male	2020	M40	268		00:53:50	2398
2479	2076	James	Hooton	Male	2021	MO	1190		00:54:25	2548
2480	3770	Andrew	Kettlewell	Male	2022	M40	269		00:51:11	1811
2481	3205	Kamran	Uddin	Male	2023	MO	1191		00:54:31	2568

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2482	3918	Mary	Blackburn	Female	459	FO	288		00:52:23	2062
2483	3015	Tom	Burdett	Male	2024	MO	1192		00:55:11	2746
2484	2695	Hari	Rathi	Male	2025	MO	1193		00:55:35	2836
2485	2802	Charlotte	Wyndham	Female	460	FO	289		00:55:33	2826
2486	4534	Tiffany	Atkinson	Female	461	F50	29		00:52:21	2057
2487	1621	Zephan	Trent	Male	2026	M40	270		00:58:12	3513
2488	3797	James	Cox	Male	2027	MO	1194		00:52:14	2038
2489	2448	Adrian	Goodall	Male	2028	M45	211		00:54:54	2669
2490	2226	Kieran	Smith	Male	2029	MO	1195		00:56:24	3053
2491	2762	Polly	Batch	Female	462	FO	290		00:56:09	2981
2492	2258	Matt	Sampson	Male	2030	M50	163		00:54:52	2660
2493	1348	Gavin	Butler	Male	2031	MO	1196		00:58:29	3586
2494	2790	Erin	Holroyd	Female	463	FO	291		00:54:42	2617
2495	3173	Gary	Melton	Male	2032	M45	212		00:56:20	3030
2496	2632	James	Aldridge	Male	2033	M45	213		00:54:45	2632
2497	3333	Hannah	Storey	Female	464	FO	292		00:55:08	2730
2498	2275	Nico	Paganini	Male	2034	M50	164		00:55:56	2933
2499	3150	Jake	Canning	Male	2035	MO	1197		00:55:34	2834
2500	2882	William	Treleaven	Male	2036	M45	214		00:55:12	2748
2501	166	Natisha	Ramsbottom	Female	465	FO	293	Dereham Runners AC	00:59:24	3826
2502	2290	Anita	Krupinszki	Female	466	FO	294	Norwich Road Runners	00:55:07	2722
2503	3395	Amy	Dawson	Female	467	FO	295		00:54:57	2681
2504	2688	Bethany	Crisp	Female	468	FO	296		00:56:19	3025
2505	4528	Tatiana	Matthews	Female	469	FO	297		00:51:50	1949
2506	2989	Rejane	Hammond	Female	470	F45	47		00:55:53	2927
2507	2938	Ellie	Morgan	Female	471	FO	298		00:55:00	2693
2508	2824	Daniel	Baron	Male	2037	M50	165		00:55:57	2939
2509	2521	Dom	Hailey	Male	2038	MO	1198		00:55:52	2923
2510	3844	Connor	Sutton	Male	2039	MO	1199		00:50:39	1676
2511	1463	Toby	Vendy	Male	2040	MO	1200		00:58:59	3727
2512	5515	Jamie	Garner	Male	2041	MO	1201		00:52:30	2096
2513	2092	Stephen	Hinde	Male	2042	M55	120		00:54:18	2524
2514	3136	Colin	Lockwood	Male	2043	MO	1202		00:54:15	2512
2515	4297	John	Saggers	Male	2044	MO	1203	Great Yarmouth Road Runners	00:52:18	2048
2516	2429	Joe	Sayce	Male	2045	MO	1204		00:55:53	2926
2517	3524	Brian	Donovan	Male	2046	M65	18		00:56:02	2960
2518	4350	Myles	Hunt	Male	2047	MO	1205		00:52:20	2050
2519	2942	David	Partington	Male	2048	M50	166		00:55:47	2897
2520	1253	Edward	Briscoe	Male	2049	MO	1206		00:55:59	2951
2521	3599	Andrew	Mccormack	Male	2050	M45	215		00:56:03	2964
2522	2235	Graham	Fryer	Male	2051	M50	167	Coltishall Jaguars RC	00:56:21	3038
2523	3712	Simon	Watkins	Male	2052	MO	1207		00:51:32	1880
2524	3582	Maryellen	Vlachos	Female	472	F45	48		00:56:42	3111
2525	3345	Gemma	Board	Female	473	F40	71		00:55:29	2809
2526	3756	Michael	Byford	Male	2053	M40	271		00:52:08	2016
2527	2818	Sarah	Nelis	Female	474	F50	30	Wymondham AC	00:55:22	2789
2528	3552	Matthew	Goodfellow	Male	2054	MO	1208		00:55:21	2779
2529	6247	Jake	Howell	Male	2055	MO	1209		00:47:37	1042
2530	3581	Louise	Smith	Female	475	F45	49		00:56:44	3115
2531	5002	Liam	Thetford	Male	2056	MO	1210		00:51:39	1905
2532	2673	Helen	Sides	Female	476	F40	72		00:55:10	2743
2533	4977	Jason	Nicholas	Male	2057	MO	1211		00:51:57	1968
2534	4341	Ben	Docwra	Male	2058	MO	1212		00:52:18	2045

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2535	3564	Finley	Maynard	Male	2059	MO	1213		00:55:31	2815
2536	3291	Elizabeth	Taylor	Female	477	F50	31		00:54:55	2672
2537	3373	Jamie	Blyth	Male	2060	MO	1214		00:56:30	3075
2538	3125	Adam	Devine	Male	2061	MO	1215		00:54:48	2644
2539	4320	Joshua	Williams	Male	2062	MO	1216		00:52:26	2076
2540	2960	Hayley	Hurst	Female	478	FO	299		00:55:44	2885
2541	4782	Banice	Frosdick	Female	479	F50	32		00:52:40	2135
2542	2439	Liam	Powers	Male	2063	MO	1217		00:55:00	2696
2543	3471	Krystian	Okupniak	Male	2064	M45	216		00:56:54	3164
2544	3482	Jens	Schweigart	Male	2065	M45	217		00:56:50	3144
2545	2188	Richard	Loughe	Male	2066	MO	1218		00:55:48	2905
2546	5088	Alex	Buck	Male	2067	MO	1219		00:52:18	2046
2547	3529	Jason	Rush	Male	2068	M50	168		00:55:48	2901
2548	3053	Caitlin	Mills	Female	480	FO	300		00:56:42	3109
2549	2798	Amy	Culham	Female	481	F40	73	Lonely Goat RC	00:55:37	2848
2550	3437	Jo	Sinar	Female	482	F50	33		00:54:52	2665
2551	2335	Karl	Moore	Male	2069	MO	1220		00:54:52	2666
2552	4022	Stephen	Higgs	Male	2070	M70	4		00:52:40	2134
2553	3279	Jon	Block	Male	2071	MO	1221		00:54:49	2650
2554	3206	Anna	Paterson	Female	483	FO	301		00:55:12	2750
2555	2283	Emily	Linnell	Female	484	FO	302		00:56:15	3011
2556	4234	Kat	Wilce	Female	485	FO	303		00:52:41	2140
2557	1157	Robert	Mclennon	Male	2072	M40	272		00:59:44	3924
2558	2435	Kevin	Dwyer	Male	2073	M55	121		00:55:43	2883
2559	2263	Ruby	Shepperson	Female	486	FO	304		00:55:49	2908
2560	3113	Faith	Lane	Female	487	FO	305		00:55:28	2807
2561	1754	Mark	Stewart	Male	2074	M60	51		00:58:46	3667
2562	1742	Ellis	Stewart	Female	488	FO	306	Great Yarmouth & District AC	00:58:45	3664
2563	1219	Duncan	Samwell	Male	2075	M45	218	Tri-Anglia Triathlon Club	00:55:50	2910
2564	3396	Joshua	Larner	Male	2076	MO	1222		00:52:24	2065
2565	2251	Harriet	Rose	Female	489	FO	307		00:55:32	2824
2566	2851	Rachel	Ryan	Female	490	F40	74		00:55:50	2914
2567	2810	Millie	Amies	Female	491	FO	308	City Of Norwich AC	00:56:58	3184
2568	3468	Colin	Clark	Male	2077	M50	169		00:55:30	2812
2569	3693	David	Percival	Male	2078	M50	170	Attleborough Athletics Academy	00:55:11	2745
2570	2808	Finola	Macaulay	Female	492	FO	309		00:55:31	2819
2571	2522	Ashley	Ocock	Male	2079	M40	273		00:55:15	2759
2572	913	Kathryn	Heaney	Female	493	FO	310	Wymondham AC	00:55:38	2856
2573	2316	James	Heaney	Male	2080	M40	274	Wymondham AC	00:55:40	2861
2574	2037	Simon	Baxter	Male	2081	M40	275		00:55:41	2870
2575	2892	Alastair	Codling	Male	2082	MO	1223		00:55:31	2816
2576	2220	Kimberley	Ashdown	Female	494	FO	311		00:56:45	3124
2577	2553	Michelle	Horgan	Female	495	F45	50	Great Yarmouth Road Runners	00:55:53	2924
2578	2943	Lee	Johnson	Male	2083	M45	219		00:55:50	2915
2579	3767	Sam	Spurgeon	Male	2084	MO	1224		00:52:52	2188
2580	2438	Richard	Crossland	Male	2085	M55	122	Bungay Black Dog RC	00:56:27	3062
2581	2997	Nick	Smith	Male	2086	M55	123		00:55:41	2862
2582	3541	Mark	Hawkes	Male	2087	M50	171		00:55:22	2786
2583	3457	Tom	Skoyles	Male	2088	M40	276		00:54:49	2649
2584	2917	Nicola	Byford	Female	496	F45	51		00:56:22	3044
2585	3575	Samuel	Taylor	Male	2089	MO	1225		00:55:03	2702
2586	2858	James	Plunkett	Male	2090	M45	220		00:56:13	3000
2587	3339	Caitlin	Fox	Female	497	FO	312		00:54:31	2567

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2588	3452	Jade	Gardiner	Female	498	FO	313		00:56:39	3100
2589	3631	Laura	Hawes	Female	499	FO	314		00:56:02	2962
2590	2382	David	Owen	Male	2091	M60	52		00:57:10	3223
2591	3628	Robert	Smith	Male	2092	MO	1226		00:55:09	2736
2592	2642	Guy	Shearwood	Male	2093	M65	19		00:56:02	2963
2593	3793	Matthew	Northcott	Male	2094	MO	1227		00:51:20	1843
2594	3168	Triona	Ni Dhomhnaill	Female	500	FO	315		00:56:33	3084
2595	6656	Misty	Harman	Female	501	FO	316		00:47:18	996
2596	4159	Stephen	Warncken	Male	2095	M65	20		00:51:55	1966
2597	3046	Gary	Jones	Male	2096	M70	5	Waveney Valley AC	00:55:47	2895
2598	1144	Luke	Brient	Male	2097	MO	1228		00:50:03	1535
2599	4111	Amy	Pagden	Female	502	FO	317		00:50:04	1537
2600	3375	Adam	Evans	Male	2098	MO	1229		00:56:21	3036
2601	3504	John	Fair	Male	2099	M55	124		00:54:33	2579
2602	2601	Serena	Verney	Female	503	FO	318		00:56:04	2965
2603	1376	Barry	Stearman	Male	2100	MO	1230		00:58:57	3720
2604	3197	Katie	Almey	Female	504	FO	319		00:56:14	3007
2605	2350	Charlie	Watkins	Male	2101	MO	1231		00:52:47	2167
2606	5237	Hamish	Barnes	Male	2102	MO	1232		00:51:37	1900
2607	2781	Dean	Hawkins	Male	2103	M40	277	Bure Valley Harriers	00:56:58	3188
2608	3806	Ken	Lowe	Male	2104	M60	53		00:53:17	2272
2609	2312	Rachel	Matthews	Female	505	F50	34		00:55:58	2943
2610	1030	Matt	Waters	Male	2105	MO	1233		00:56:18	3020
2611	3366	Harry	Stannard	Male	2106	MO	1234		00:55:48	2903
2612	3567	Sophie	Gent	Female	506	FO	320		00:56:18	3019
2613	1973	Niall	Scott	Male	2107	M40	278	Wymondham AC	00:55:16	2764
2614	2373	Abi	Davis	Female	507	FO	321		00:55:34	2835
2615	2503	Katie	Davis	Female	508	F50	35		00:55:34	2831
2616	4046	Ashley	Maile	Male	2108	M55	125		00:53:15	2261
2617	3931	Gareth	Whall	Male	2109	MO	1235		00:53:08	2236
2618	1451	Dario	Stott	Male	2110	MO	1236		00:59:33	3874
2619	2031	Adam	Haylett	Male	2111	M40	279		00:56:12	2999
2620	5512	George	Mobbs	Male	2112	MO	1237		00:52:36	2126
2621	3533	Alan	Pruce	Male	2113	M55	126		00:53:17	2275
2622	2959	Edward	Savage	Male	2114	M45	221		00:55:59	2950
2623	4338	Alec	Kent	Male	2115	MO	1238		00:52:43	2150
2624	2669	Craig	Welford	Male	2116	M40	280		00:55:00	2694
2625	4505	Luke	Yallop	Male	2117	MO	1239		00:53:08	2237
2626	3586	Alan	Dean	Male	2118	M65	21	Lonely Goat RC	00:56:44	3122
2627	3158	Simon	Parkinson	Male	2119	M45	222		00:55:54	2931
2628	1955	Niall	Airey	Male	2120	MO	1240		00:55:44	2888
2629	2886	Brett	Alexander	Male	2121	M55	127		00:55:39	2860
2630	3697	Phillip	Starling	Male	2122	MO	1241		00:54:45	2634
2631	4232	Caius	Hutchings	Male	2123	MO	1242		00:53:18	2281
2632	3106	Andy	Housego	Male	2124	M50	172		00:56:16	3015
2633	2259	Lewis	Woollard	Male	2125	MO	1243		00:56:56	3173
2634	2845	Zek	Meadows	Male	2126	M45	223		00:55:49	2907
2635	2932	Michelle	Crane	Female	509	F55	15		00:55:41	2867
2636	3617	Karl	Ottolangui	Male	2127	M45	224		00:55:46	2893
2637	4999	Ali	Pendle	Female	510	F60	10		00:53:23	2304
2638	4349	Neil	Flaxman	Male	2128	M55	128		00:52:59	2214
2639	3577	Brett	Thomas	Male	2129	MO	1244		00:56:20	3031
2640	4260	Hannah	Colson	Female	511	FO	322		00:53:28	2320

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2641	3486	Chris	Harvey	Male	2130	M55	129		00:56:00	2955
2642	3048	Daisy	Smith	Female	512	FO	323		00:50:05	1542
2643	5729	Finlay	Thompson	Male	2131	MO	1245		00:50:06	1549
2644	3035	Edward	Whall	Male	2132	M45	225		00:56:24	3052
2645	3744	Emma	Fiddy	Female	513	F45	52	Coltishall Jaguars RC	00:52:45	2161
2646	1512	Andy	Wright	Male	2133	M60	54		00:59:40	3912
2647	3425	John	Cronin	Male	2134	M50	173		00:55:51	2917
2648	1493	James	O'callaghan	Male	2135	M40	281	Wymondham AC	01:00:28	4128
2649	7044	Matthew	Butcher	Male	2136	M40	282		00:50:47	1709
2650	5119	Tom	Mayes	Male	2137	M40	283		00:53:14	2256
2651	2240	Lauren	Symonds	Female	514	FO	324		00:56:24	3054
2652	2871	Charlotte	El-labany	Female	515	F40	75		00:56:09	2985
2653	4938	Luke	Seaman	Male	2138	MO	1246		00:52:57	2208
2654	5094	Alice	Fowler	Female	516	FO	325		00:53:07	2235
2655	4182	Catriona	Holden	Female	517	FO	326		00:49:58	1516
2656	3364	Summer	Johnson	Female	518	FO	327		00:57:26	3282
2657	5069	Phillipa	Hart-bonnot	Female	519	FO	328		00:53:15	2262
2658	2806	Dan	Burrowes	Male	2139	MO	1247		00:56:05	2972
2659	4461	Yash	Bancil	Male	2140	MO	1248		00:53:14	2255
2660	2225	Tim	Cheesman	Male	2141	M40	284	Norfolk Harriers RC	00:57:06	3212
2661	5068	Stephen	Bonnot	Male	2142	M45	226		00:53:16	2268
2662	1833	Rosie	Thompson	Female	520	FO	329		00:57:01	3199
2663	3606	Jacob	Stone	Male	2143	MO	1249		00:57:35	3329
2664	2600	Richard	Holland	Male	2144	M40	285		00:56:21	3040
2665	2827	Steven	Leunis	Male	2145	MO	1250		00:56:16	3013
2666	3359	Mark	Fuller	Male	2146	M50	174		00:56:21	3037
2667	4061	Ben	Needs	Male	2147	MO	1251		00:53:29	2329
2668	2289	Anna	Austin	Female	521	FO	330		00:56:29	3071
2669	2372	Jane	Mcgarrell	Female	522	F50	36		00:56:26	3061
2670	2209	Shane	Smith	Male	2148	M50	175		00:55:09	2735
2671	1701	Lucy	Richardson	Female	523	FO	331	Norwich Road Runners	00:57:16	3244
2672	2091	Ian	Edwards	Male	2149	M50	176	Norfolk Gazelles AC	00:56:27	3063
2673	2922	Caroline	Nunn	Female	524	F55	16		00:57:16	3246
2674	3833	Isabella	Nudd	Female	525	FO	332		00:53:01	2220
2675	3246	Craig	Shreeve	Male	2150	MO	1252		00:48:35	1201
2676	3302	Tori	Hill	Female	526	FO	333		00:57:04	3204
2677	3531	Zak	Waitt	Male	2151	MO	1253		00:56:55	3168
2678	3530	Lauren	Briggs	Female	527	FO	334		00:56:55	3171
2679	3278	Joshua	Day	Male	2152	MO	1254		00:55:52	2921
2680	2880	Michelle	Lightfoot	Female	528	F50	37	Bungay Black Dog RC	00:57:09	3217
2681	2309	Matthew	Lightfoot	Male	2153	MO	1255	Tri-Anglia Triathlon Club	00:57:09	3219
2682	3154	Harry	Welford	Male	2154	MO	1256		00:55:53	2925
2683	6688	Adam	Watts	Male	2155	MO	1257		00:51:30	1875
2684	3390	Samuel	Whitham	Male	2156	M40	286		00:56:51	3152
2685	3570	Amy	Castleton-white	Female	529	FO	335		00:56:45	3125
2686	3548	Paul	Harvey	Male	2157	M45	227		00:57:32	3313
2687	2821	James	O'grady	Male	2158	M45	228		00:56:31	3076
2688	2822	Laura	Hagen	Female	530	F40	76		00:57:15	3242
2689	3153	Martha	Howlett	Female	531	FO	336		00:55:56	2936
2690	3411	Ben	Rawsthorne	Male	2159	MO	1258		00:55:58	2946
2691	4179	Freya	Leathers	Female	532	FO	337		00:55:29	2808
2692	3692	Robert	Bar	Male	2160	M45	229		00:57:44	3374
2693	3232	Grace	Emmerson	Female	533	FO	338		00:57:46	3379

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2694	3803	Mark	Bellamy	Male	2161	MO	1259		00:53:52	2413
2695	5373	Lewis	Caplin	Male	2162	MO	1260		00:53:48	2395
2696	1777	Tom	Pincombe	Male	2163	MO	1261		00:57:21	3269
2697	3543	Emily	Skeet	Female	534	F40	77		00:57:54	3425
2698	2436	Eleanor	Crossland	Female	535	FO	339	Shrewsbury AC	00:56:30	3074
2699	2906	Melissa	Welton	Female	536	FO	340		00:56:25	3058
2700	2501	Neil	Wakefield	Male	2164	M40	287		00:56:24	3055
2701	4865	Tom	Chant	Male	2165	MO	1262		00:52:48	2170
2702	3334	Chris	Hartley	Male	2166	M40	288		00:56:21	3039
2703	3600	Julia	Kennelly	Female	537	F50	38	Wymondham AC	00:56:34	3086
2704	5776	Lewis	Evans	Male	2167	MO	1263		00:53:17	2273
2705	2640	Gavin	Chillingworth	Male	2168	M40	289		00:57:16	3245
2706	2720	Rowan	Riley	Male	2169	MO	1264		00:55:28	2804
2707	4780	Mike	Fairhead	Male	2170	MO	1265		00:51:31	1877
2708	3610	John	Causer	Male	2171	M75+	3	Norwich Road Runners	00:56:49	3137
2709	1901	Ross	Mcintosh	Male	2172	M45	230		00:56:49	3140
2710	3935	Hannah	Barrett	Female	538	FO	341		00:53:31	2339
2711	3155	Edward	Bouckley	Male	2173	MO	1266		00:56:28	3064
2712	2408	Catalina	Ruane	Female	539	FO	342		00:57:36	3332
2713	2414	Michael	Clay	Male	2174	M50	177		00:56:07	2979
2714	4486	Alison	Maguire	Female	540	F40	78		00:53:59	2453
2715	3286	Felicity	Parker	Female	541	FO	343		00:54:03	2467
2716	3167	Oliver	Russell	Male	2175	M45	231		00:57:30	3306
2717	3404	Elaine	Hudson	Female	542	F65	4	Norfolk Gazelles AC	00:56:50	3145
2718	4073	Charlotte	Rye	Female	543	FO	344		00:53:42	2373
2719	5485	Paul	Richardson	Male	2176	M65	22	Norwich Road Runners	00:54:04	2474
2720	2339	Craig	Parfitt	Male	2177	MO	1267		00:56:21	3033
2721	4201	Jim	Flatt	Male	2178	M40	290		00:53:59	2452
2722	2643	Michael	Belton	Male	2179	M40	291		00:55:35	2840
2723	4686	Jenna	Ansell	Female	544	FO	345		00:53:40	2369
2724	3008	Emma	Kimball	Female	545	F40	79		00:57:01	3196
2725	2687	Jack	Raven	Male	2180	MO	1268		00:55:58	2942
2726	2127	Thomas	Ginn	Male	2181	M40	292		00:56:29	3067
2727	1623	Joe	Sparkes	Male	2182	MO	1269		00:52:25	2071
2728	2547	Gio	Fernandez	Male	2183	MO	1270		00:56:49	3139
2729	3648	Steve	Marsh	Male	2184	M60	55		00:57:23	3276
2730	2975	Jo	Aitken	Female	546	F45	53		00:56:58	3187
2731	4516	George	Wheeler	Male	2185	MO	1271		00:49:57	1508
2732	3220	Scott	Aldridge	Male	2186	MO	1272		00:55:57	2937
2733	4198	Rebecca	Tovell	Female	547	FO	346		00:54:09	2493
2734	2895	Marc	Fisher	Male	2187	MO	1273		00:56:22	3046
2735	1829	George	Burton	Male	2188	M40	293		00:56:44	3120
2736	2428	Joe	Matthews	Male	2189	MO	1274		00:57:15	3241
2737	5274	Jonathan	Jones	Male	2190	M45	232		00:53:30	2330
2738	5017	Zoe	Gregory	Female	548	F45	54		00:54:12	2505
2739	3819	Jourdan	Palmer	Male	2191	MO	1275		00:51:31	1878
2740	3393	Shaun	Walton	Male	2192	M50	178		00:56:01	2957
2741	2340	Sam	Jones	Male	2193	MO	1276		00:56:40	3103
2742	2780	Matthew	Herring	Male	2194	M45	233		00:57:05	3209
2743	4981	Rachael	Matthews	Female	549	FO	347		00:53:55	2432
2744	3629	Emma	Pearson	Female	550	F40	80		00:56:37	3091
2745	2458	Stephen	Mann	Male	2195	M50	179		00:56:22	3043
2746	3079	Tom	Blake	Male	2196	MO	1277		00:56:05	2968

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2747	4892	Daniel	Sheffield	Male	2197	MO	1278		00:53:50	2402
2748	2006	Jon	Myhill	Male	2198	M40	294		00:56:19	3022
2749	2609	Thomas	Dugdale	Male	2199	MO	1279		00:56:46	3128
2750	1985	Oliver	Graham	Male	2200	MO	1280		00:56:00	2954
2751	937	Eddie	Warren	Male	2201	MO	1281		01:00:44	4186
2752	4425	Simone	Garland	Female	551	FO	348		00:53:50	2399
2753	4190	James	Dewbery	Male	2202	MO	1282		00:54:11	2502
2754	996	Jared	Froom	Male	2203	MO	1283		00:57:49	3396
2755	923	Gavin	Symonds	Male	2204	M40	295		00:57:48	3392
2756	3292	Aaron	Marche	Male	2205	MO	1284		00:57:17	3252
2757	3559	James	Woodhouse	Male	2206	MO	1285		00:56:13	3005
2758	2086	Chrissie	Boswell	Female	552	F45	55	Tri-Anglia Triathlon Club	00:56:54	3163
2759	3480	Lisa	Potter	Female	553	F45	56		00:58:02	3464
2760	3665	Lizzy	Cantwell	Female	554	F45	57		00:58:06	3482
2761	3088	Emma	Meadows	Female	555	F40	81	Diss and District AC	00:56:39	3099
2762	2843	Sian	Tinkler	Female	556	FO	349		00:57:56	3439
2763	3331	Matthew	Tinkler	Male	2207	MO	1286		00:57:57	3441
2764	3736	Tom	Colman	Male	2208	M40	296		00:52:29	2092
2765	2594	Luke	Wrycraft	Male	2209	MO	1287		00:56:20	3029
2766	2423	Kieran	Olds	Male	2210	MO	1288		00:56:50	3142
2767	5754	Ryan	Brookes	Male	2211	MO	1289		01:00:53	4232
2768	1235	Alex	Mcqueen	Male	2212	M40	297		00:59:58	3987
2769	1961	Jake	Crisp	Male	2213	MO	1290		00:52:09	2024
2770	3388	Michael	Waters	Male	2214	M55	130		00:58:02	3461
2771	3226	Paul	Malcolm	Male	2215	M60	56		00:57:05	3208
2772	4408	Charlie	Widmer	Male	2216	MO	1291		00:54:11	2503
2773	3822	Finn	Lewis	Male	2217	MO	1292		00:52:00	1979
2774	7412	Dylan	Moss	Male	2218	MO	1293		00:52:00	1985
2775	3850	Matt	Woolner	Male	2219	MO	1294		00:52:00	1987
2776	2151	Adrian	Jones	Male	2220	MO	1295		00:56:14	3006
2777	3845	James	Cresswell	Male	2221	MO	1296		00:53:26	2312
2778	3401	Mark	Cutting	Male	2222	M55	131		00:56:12	2996
2779	2931	Chris	Poll	Male	2223	MO	1297		00:56:47	3131
2780	2575	Ben	Lambert	Male	2224	MO	1298		00:57:18	3253
2781	3455	Sebastian	Atkinson	Female	557	FO	350		00:56:23	3051
2782	2375	Chelsea	Crowe	Female	558	FO	351		00:56:42	3108
2783	5226	Alec	Hiscox	Male	2225	MO	1299		00:53:20	2288
2784	2962	Adam	Smith	Male	2226	MO	1300		00:56:13	3002
2785	1161	Kieran	Harris	Male	2227	MO	1301		01:00:51	4223
2786	2394	Toby	Cox	Male	2228	MO	1302		00:57:38	3340
2787	3539	Lauren	Stansbury	Female	559	FO	352		00:54:34	2581
2788	4052	Mary	Dsouza	Female	560	F50	39		00:53:31	2337
2789	3304	Millie	Stephen	Female	561	FO	353		00:58:31	3601
2790	3691	Negar	Mirshekar	Female	562	F40	82	Norfolk Gazelles AC	00:54:22	2539
2791	3298	Spencer	Payton	Male	2229	MO	1303		00:56:52	3154
2792	3836	George	Jeffries	Male	2230	MO	1304		00:52:53	2192
2793	4280	Stuart	Chapman	Male	2231	M50	180	Dereham Runners AC	00:54:34	2585
2794	3748	Louise	Elphick	Female	563	F55	17		00:54:31	2572
2795	2410	Micheal	Skazick	Male	2232	MO	1305		00:57:39	3349
2796	3880	Mark	Clenshaw	Male	2233	M60	57		00:53:30	2331
2797	2897	James	Buchan	Male	2234	M40	298		00:55:55	2932
2798	3020	Justin	Smith	Male	2235	M45	234		00:56:57	3179
2799	4661	Samantha	Cross	Female	564	FO	354		00:54:04	2475

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2800	5137	Declan	Bačić	Male	2236	MO	1306		00:54:05	2477
2801	3360	Gareth	Davies	Male	2237	M60	58		00:57:25	3281
2802	3966	Dr Navin Kumar	Ghosh	Male	2238	M40	299		00:52:37	2129
2803	2769	Will	Sparkes	Male	2239	MO	1307		00:57:20	3262
2804	2484	Chloe	Green	Female	565	FO	355	Great Yarmouth & District AC	00:57:41	3356
2805	3382	Ted	Davies	Male	2240	MO	1308		00:57:26	3285
2806	4507	Jamie	Minors	Male	2241	MO	1309		00:54:28	2554
2807	4200	Rebecca	Plater	Female	566	F40	83		00:54:40	2601
2808	3759	Emma	Seager	Female	567	FO	356		00:54:43	2619
2809	2645	Andrew	Nelson	Male	2242	M45	235		00:57:04	3206
2810	1446	Oscar	Storey	Male	2243	MO	1310		00:58:29	3592
2811	6220	Miles	Curl	Male	2244	MO	1311		00:53:56	2436
2812	3417	Beverley	Luckins	Female	568	F55	18		00:57:55	3434
2813	4243	Ellen	Bridges	Female	569	FO	357		00:54:37	2595
2814	3428	Millie	Beard	Female	570	FO	358		00:56:53	3161
2815	2185	Nick	Taylor	Male	2245	MO	1312		00:57:09	3218
2816	5082	Braydn	Bassham	Male	2246	MO	1313		00:54:14	2509
2817	2180	Richard	Lain-smith	Male	2247	M55	132		00:58:07	3484
2818	4026	Harvey	Sapsed	Male	2248	MO	1314		00:54:10	2496
2819	3469	James	Elliott	Male	2249	M50	181		00:53:33	2348
2820	6309	David	Hill	Male	2250	MO	1315		00:52:03	1999
2821	3699	Laura	Burton	Female	571	F45	58		00:54:40	2603
2822	3498	Julie	Price	Female	572	F60	11	City Of Norwich AC	00:56:58	3182
2823	1945	Richard	Avery	Male	2251	M60	59		00:57:27	3293
2824	2835	Amy	Thornton	Female	573	F40	84		00:57:28	3296
2825	4093	Simon	Smyth	Male	2252	M45	236		00:54:41	2609
2826	4585	Maxwell	Dobson	Male	2253	MO	1316		00:52:43	2146
2827	4148	Kayleigh	Ellwood	Female	574	FO	359		00:54:46	2637
2828	1127	Harley	Evans	Male	2254	MO	1317		00:53:31	2336
2829	3607	Zoe	Warnes	Female	575	F40	85		00:57:10	3221
2830	3407	Sarah	Fish	Female	576	FO	360		00:56:58	3186
2831	4281	Isabel	Powley	Female	577	FO	361		00:54:04	2473
2832	6352	Jake	Brice	Male	2255	MO	1318		00:51:08	1795
2833	67	Matthew	Catchpole	Male	2256	MO	1319		00:53:34	2352
2834	3330	George	Harmer	Male	2257	MO	1320		00:57:35	3326
2835	3384	Simon	Gibbs	Male	2258	M50	182		00:57:27	3294
2836	2022	Mark	Denmar	Male	2259	M50	183		00:57:13	3235
2837	3745	Stevie	White	Male	2260	MO	1321		00:54:32	2575
2838	2976	Arpit	Kaushik	Male	2261	MO	1322		00:57:16	3249
2839	2838	Owen	Gooch	Male	2262	MO	1323		00:56:56	3174
2840	1986	Paula	Mcgrath	Female	578	F50	40	Tri-Anglia Triathlon Club	00:58:20	3559
2841	2207	Matt	Babington	Male	2263	MO	1324		00:56:44	3123
2842	2717	Anna	Wilson	Female	579	F50	41		00:56:04	2966
2843	5240	Abby	Harber	Female	580	FO	362		00:54:58	2687
2844	5506	Nathan	Punter	Male	2264	M40	300		00:54:05	2479
2845	1550	Andrew	Nesbitt-clarke	Male	2265	M45	237		00:53:52	2415
2846	3042	Jo	Hazle	Female	581	FO	363		00:58:16	3540
2847	5253	Jamie	Mcnab	Male	2266	MO	1325		00:54:36	2590
2848	4903	Tasarla	Lagan	Female	582	FO	364		00:53:39	2365
2849	4470	Alexander	Lewis	Male	2267	M40	301		00:54:59	2690
2850	2192	Michael	Derrick	Male	2268	M55	133		00:56:21	3035
2851	5304	Benjamin	Nelson	Male	2269	MO	1326		00:53:48	2391

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2852	1998	Matthew	Barker	Male	2270	M40	302		00:57:22	3271
2853	4512	Peter	Fox	Male	2271	M65	23		00:50:54	1730
2854	5755	George	Garrod	Male	2272	MO	1327		00:49:26	1387
2855	5361	Scott	Pinching	Male	2273	M55	134		00:54:54	2670
2856	4130	Lin	Bolton	Female	583	F55	19	Reepham Runners	00:53:29	2325
2857	2755	Oliver	Smith	Male	2274	MO	1328		00:57:38	3338
2858	2612	Sam	Dack	Male	2275	M40	303		00:57:58	3445
2859	2358	Emma	Deeba	Female	584	F40	86		00:56:56	3177
2860	2986	Abigail	Walsgrove	Female	585	F45	59		00:58:40	3646
2861	4144	Paul	Murray	Male	2276	M65	24		00:54:32	2576
2862	3843	Billie	Almond	Male	2277	MO	1329		00:55:07	2723
2863	4844	Jordon	Parodi	Male	2278	MO	1330		00:55:08	2729
2864	5508	Paul	Taylor	Male	2279	MO	1331		00:53:53	2421
2865	3842	Jo	Silver	Female	586	F55	20		00:53:33	2345
2866	4035	David	Brown	Male	2280	M40	304		00:54:24	2546
2867	2105	Martin	Ward	Male	2281	M40	305		00:57:51	3412
2868	417	Chris	Greenslade	Male	2282	MO	1332		00:53:55	2427
2869	5335	Sam	Palmer	Male	2283	MO	1333		00:53:55	2435
2870	3389	Darryl	Hannan	Male	2284	MO	1334		00:57:33	3314
2871	941	Shunsuke	Tomii	Male	2285	M45	238		01:01:00	4268
2872	4124	Rachel	Dance	Female	587	FO	365		00:56:26	3059
2873	4143	Ryan	Taylor	Male	2286	MO	1335		00:53:05	2231
2874	3225	Jennifer	Eyers	Female	588	FO	366		00:57:24	3277
2875	2683	Alex	Gaunt	Male	2287	M55	135	Norwich Road Runners	00:58:01	3460
2876	2964	Hans-christian	Harder	Male	2288	MO	1336		00:57:37	3336
2877	2965	Susanna	Harder	Female	589	FO	367		00:57:37	3337
2878	5522	Alex	Green	Male	2289	MO	1337		00:54:42	2614
2879	4991	Robert	Spalding	Male	2290	M60	60		00:53:21	2294
2880	4939	Martyn	Ball	Male	2291	M50	184	Bungay Black Dog RC	00:54:01	2462
2881	3951	Emilie	Clarke	Female	590	FO	368		00:53:34	2350
2882	2581	Dougie	Barber	Male	2292	M60	61		00:57:57	3440
2883	2500	Alex	Goodall	Male	2293	MO	1338		00:57:49	3398
2884	3436	Rosie	Buxton	Female	591	F40	87		00:56:42	3110
2885	3534	Nicholas Mark	Frost	Male	2294	MO	1339		00:51:11	1810
2886	3394	Emma	Evans	Female	592	F40	88		00:53:22	2301
2887	3901	Mark	Winteringham	Male	2295	M40	306		00:54:44	2627
2888	2776	Jamie	Goose	Male	2296	MO	1340		00:57:24	3278
2889	4031	Alyssa	Adams	Female	593	FO	369		00:54:58	2686
2890	5259	Richard	Wales	Male	2297	M45	239		00:55:16	2766
2891	2828	Laura	Greenman	Female	594	F40	89	Ipswich Jaffa RC	00:58:09	3496
2892	4926	John	Gardiner	Male	2298	M55	136		00:54:43	2621
2893	3573	James	Duthie	Male	2299	MO	1341		00:57:01	3200
2894	2787	Kate	Jackson	Female	595	F50	42		00:56:48	3133
2895	3667	Katie	Leeder	Female	596	FO	370		00:57:44	3370
2896	5271	Finn	Mcdonnell	Male	2300	MO	1342		00:55:16	2763
2897	2114	Aiken	Parker	Male	2301	MO	1343		00:57:27	3291
2898	4078	Alice	Kearney	Female	597	FO	371		00:54:19	2527
2899	4195	Lily	Stagg	Female	598	FO	372		00:54:55	2674
2900	2617	William	Barker	Male	2302	MO	1344		00:57:36	3331
2901	3338	Pawel	Lukaszewicz	Male	2303	M40	307		00:59:28	3838
2902	2987	Steve	Gowing	Male	2304	M70	6		00:59:05	3757
2903	2272	Tom	Marrison	Male	2305	MO	1345		00:57:50	3408

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2904	4368	James	Bareham	Male	2306	MO	1346		00:55:18	2769
2905	4640	Angelo	Bonandi	Male	2307	M45	240		00:54:16	2514
2906	3499	Max	Burgess-clerke	Male	2308	MO	1347		00:57:50	3404
2907	3248	Macey	Grange	Female	599	FO	373		00:55:08	2726
2908	2119	Jack	Hinch	Male	2309	MO	1348		00:55:19	2774
2909	3432	Shanon	Hodgson	Female	600	FO	374	Aylsham Runners	00:58:54	3710
2910	4177	Robert	Todd	Male	2310	M55	137		00:54:42	2611
2911	5061	Tom	Lancaster	Male	2311	MO	1349		00:52:05	2007
2912	3403	Tim	Jones	Male	2312	M50	185		00:56:52	3155
2913	2954	Peter	Harcourt	Male	2313	M60	62		00:59:07	3768
2914	4515	Liam	Wilson	Male	2314	MO	1350		00:49:33	1409
2915	4118	Jasmine	Myers	Female	601	FO	375		00:54:48	2648
2916	4101	Lee	Myers	Male	2315	MO	1351		00:54:49	2651
2917	6916	Josh	Wyard	Male	2316	MO	1352		00:49:38	1418
2918	3134	William	Corner	Male	2317	M45	241		00:58:13	3522
2919	2654	Christopher	Drumree	Male	2318	M60	63		00:56:50	3143
2920	3505	Neculai	Robota	Male	2319	MO	1353	City Of Norwich AC	00:58:10	3505
2921	3635	Olivia	Moore	Female	602	FO	376		00:57:27	3292
2922	2752	Pete	Thompson	Male	2320	MO	1354		00:58:12	3514
2923	3634	Harrison	Charlwood	Male	2321	MO	1355		00:57:28	3297
2924	3941	Claire	Forkes	Female	603	FO	377		00:55:31	2818
2925	3933	Kimberley	Brewer	Female	604	FO	378		00:55:32	2821
2926	4798	Sean	Toddington	Male	2322	MO	1356		00:54:01	2461
2927	3832	Joseph	Barrow	Male	2323	MO	1357		00:53:47	2390
2928	3323	Keiran	Martin	Male	2324	MO	1358		00:58:43	3658
2929	3723	Zoe	Johnson	Female	605	FO	379		00:55:08	2727
2930	2618	Gytis	Stankus	Male	2325	MO	1359		00:59:34	3877
2931	3051	Josh	Hubbard	Male	2326	MO	1360		00:57:29	3300
2932	4479	Adam	Fiddament	Male	2327	M40	308		00:53:58	2448
2933	3481	Lindsey	Boagey	Female	606	FO	380		00:57:16	3248
2934	3668	Tracie	Draeger	Female	607	F60	12	Wymondham AC	00:57:54	3427
2935	3299	Dominic	Nozahic	Male	2328	MO	1361		00:57:14	3237
2936	4692	Veronica	Slade	Female	608	FO	381		00:55:06	2711
2937	3876	Mark	Godfrey	Male	2329	M60	64		00:55:37	2850
2938	416	Ollie	Frary	Male	2330	MO	1362		00:52:34	2116
2939	4262	Thea	Hackney	Female	609	FO	382		00:55:22	2785
2940	3319	Steve	Cross	Male	2331	M55	138	Waveney Valley AC	00:57:40	3354
2941	2710	Marcus	Jennings	Male	2332	M55	139		00:58:27	3579
2942	3478	Maheen	Alam	Female	610	FO	383		00:58:04	3474
2943	3840	Hannah	Jarvis	Female	611	FO	384		00:55:41	2871
2944	2737	Alasdair	Hadden	Male	2333	M55	140		00:55:38	2851
2945	4277	Saphire	Shaw	Female	612	FO	385		00:55:35	2838
2946	4758	Mandi	Smith	Female	613	F50	43	Thetford AC	00:54:30	2563
2947	4149	Gary	Snelling	Male	2334	M65	25		00:55:38	2855
2948	3272	Chelsea	Pennell	Female	614	FO	386		00:55:42	2878
2949	6238	Tom	Storey	Male	2335	M55	141	Wymondham AC	00:50:33	1643
2950	3450	Declan	Marks	Male	2336	MO	1363		00:58:13	3525
2951	4410	Harry	Wells	Male	2337	MO	1364		00:52:55	2203
2952	2374	Christian	Taylor	Male	2338	MO	1365		00:57:56	3436
2953	2567	Toby	Moy	Male	2339	MO	1366		00:59:37	3891
2954	4988	Isaac	Withey	Male	2340	MO	1367		00:55:35	2837
2955	3562	Abi	Mccarthy	Female	615	FO	387		00:59:09	3773
2956	2778	Rob	Brightwell	Male	2341	M45	242		00:58:14	3531

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
2957	6165	Samuel	Gabriel	Male	2342	MO	1368		00:50:39	1675
2958	3773	Alice	Hsu	Female	616	FO	388		00:55:24	2793
2959	3807	Robbie	Matthews	Male	2343	MO	1369		00:55:08	2732
2960	2992	Cristina	Lemus	Female	617	F40	90		00:58:02	3465
2961	2202	Brad	Rice	Male	2344	M40	309		00:59:20	3813
2962	3165	Michael	Antill	Male	2345	M60	65		00:58:32	3610
2963	3738	Theodore	Jones	Male	2346	MO	1370		00:52:31	2102
2964	2520	Matthew	Barnes	Male	2347	MO	1371		00:59:33	3873
2965	3402	Paula	Erith	Female	618	F55	21		00:57:50	3405
2966	2080	Emma	Wilder	Female	619	F45	60		00:58:30	3598
2967	2081	Patrick	Wilder	Male	2348	M60	66		00:58:30	3596
2968	3949	Holly	Bawtree	Female	620	FO	389		00:55:07	2718
2969	4709	Paul	Steward	Male	2349	M50	186		00:55:33	2828
2970	5968	Lydia	Chatwin	Female	621	FO	390		00:53:10	2242
2971	3259	Chris	Waller	Male	2350	M55	142		00:59:05	3753
2972	3536	Bethan	Evans	Female	622	FO	391		00:59:53	3961
2973	2196	Kate	Beckett	Female	623	FO	392		00:59:14	3793
2974	2287	Nick	Burman	Male	2351	M45	243		00:59:02	3738
2975	3372	Adrian	Dyde	Male	2352	M65	26		00:59:06	3761
2976	3883	Richard	Todd	Male	2353	M55	143		00:55:28	2803
2977	3466	Josh	Sharp	Male	2354	MO	1372		00:59:30	3855
2978	4050	Kevin	Willoughby	Male	2355	M60	67	Norwich Road Runners	00:54:21	2533
2979	3800	Paul	Johnson	Male	2356	M55	144		00:55:33	2829
2980	3706	Chelsea	Maccoll	Female	624	FO	393		00:56:02	2961
2981	1936	Deborah	Blackwell	Female	625	F40	91	Norwich Road Runners	00:58:47	3675
2982	4017	Charlotte	Fisher	Female	626	FO	394		00:55:28	2806
2983	4667	Clare	Bradbury	Female	627	F45	61	Norfolk Harriers RC	00:54:57	2684
2984	4224	Rorie	Burnett	Male	2357	MO	1373		00:55:37	2849
2985	2035	Jamiu	Yussuf	Male	2358	M40	310		00:58:43	3656
2986	6170	Ben	Kennedy	Male	2359	MO	1374		00:50:40	1678
2987	3683	Chris	Palmer	Male	2360	M40	311		00:54:22	2537
2988	4020	Ellie	Blakey	Female	628	FO	395		00:54:45	2633
2989	3688	Barney	Goodrum	Male	2361	M55	145		00:58:27	3581
2990	4319	Karen	Prime	Female	629	F55	22		00:55:07	2716
2991	1435	Richard	Dolman	Male	2362	M60	68		00:55:09	2739
2992	2984	Claire	Green	Female	630	F45	62		00:58:54	3711
2993	3119	Katie	Belcher	Female	631	FO	396		00:58:43	3655
2994	6248	Ray	Prescott	Male	2363	M60	69		00:50:53	1727
2995	3816	Chloe	Womack	Female	632	FO	397		00:55:46	2892
2996	3856	Yasmin	Dodd	Female	633	FO	398		00:56:06	2976
2997	3525	Heather	Stokes	Female	634	FO	399		00:58:15	3532
2998	2598	Nathan	Reynolds	Male	2364	M40	312		00:55:49	2909
2999	4005	Lauren	Spink	Female	635	FO	400		00:55:31	2820
3000	5228	Peter	Wright	Male	2365	M40	313		00:55:47	2899
3001	3961	Jason	Matthews	Male	2366	MO	1375		00:54:12	2504
3002	3363	Thomas	Morgan	Male	2367	MO	1376		00:53:54	2424
3003	5036	Jack	Bartram	Male	2368	MO	1377		00:54:57	2679
3004	2190	Tristen	Watson	Male	2369	M45	244	Waveney Valley AC	00:55:58	2944
3005	4503	Owen	Benton	Male	2370	M45	245		00:55:50	2911
3006	3288	Richard	Denny	Male	2371	M50	187		00:58:56	3718
3007	2738	Graham	Dale	Male	2372	MO	1378		00:58:17	3543
3008	1321	William	Rogers	Male	2373	M40	314		00:54:43	2618
3009	4097	Emma	Sharples	Female	636	F40	92		00:55:08	2724

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3010	5621	Anthony	Isaacs	Male	2374	M45	246		00:51:02	1765
3011	5209	Darren	Kent	Male	2375	M40	315		00:55:42	2877
3012	3501	Louise	Warnes	Female	637	F40	93		00:58:05	3478
3013	3442	Stuart	Andrews	Male	2376	M45	247		00:58:54	3707
3014	2538	Mark	Bound	Male	2377	M45	248		00:58:31	3600
3015	2811	Martin	Taylor	Male	2378	M45	249		01:00:00	3992
3016	2443	Robert	Whalen	Male	2379	M40	316		00:59:51	3953
3017	3704	Curtis	Harrison	Male	2380	MO	1379		00:51:00	1754
3018	4287	Tim	Downs	Male	2381	MO	1380		00:53:25	2310
3019	3489	Andrew	Moss	Male	2382	M55	146		01:00:07	4030
3020	2318	Sarah	Bird	Female	638	FO	401		00:59:24	3830
3021	3080	John	Norman	Male	2383	M45	250		00:55:08	2733
3022	3682	Ryan	Searle	Male	2384	MO	1381		01:00:19	4082
3023	4253	Danielle	Crane	Female	639	F45	63	Norwich Road Runners	00:56:15	3009
3024	3456	Louise	Skoyles	Female	640	FO	402		00:57:52	3422
3025	2750	Andrew	Smythe	Male	2385	MO	1382		00:58:28	3585
3026	3510	Andrew	Ridout	Male	2386	M40	317		00:58:24	3568
3027	3821	Matthew	Trice	Male	2387	M45	251		00:56:17	3016
3028	3343	Lian	Penson	Female	641	F40	94	Wymondham AC	00:58:37	3627
3029	5038	Kevin	Goodings	Male	2388	M55	147		00:53:46	2381
3030	3415	Rachel	Mitchell	Female	642	FO	403	Norfolk Gazelles AC	01:00:04	4015
3031	3583	Bethany	St John-clarke	Female	643	FO	404		00:58:34	3617
3032	4497	Harvey	Crane	Male	2389	MO	1383		00:53:51	2407
3033	3655	Reuben	Johnson	Male	2390	MO	1384		01:00:12	4046
3034	3085	Rob	Dennant	Male	2391	MO	1385		00:55:27	2799
3035	5217	Hannah	Dennant	Female	644	FO	405		00:55:27	2802
3036	4941	Gemma	Gifford	Female	645	F45	64	Norwich Road Runners	00:56:21	3041
3037	2958	Paul	Woodrow	Male	2392	M40	318		00:59:44	3926
3038	5999	Gabriel	Leung	Male	2393	MO	1386		00:50:53	1728
3039	7262	Ashley	Collins	Male	2394	M40	319		00:51:18	1838
3040	3222	Joanne	Dewhurst	Female	646	F45	65		00:59:01	3734
3041	2000	Arthur	Bland	Male	2395	M65	27		00:58:46	3668
3042	2233	Matthew	Symons	Male	2396	M40	320		01:00:01	3998
3043	3463	Jenni	Mey	Female	647	FO	406		00:59:05	3752
3044	3166	Alister	James	Male	2397	M50	188		00:58:05	3475
3045	2175	Lloyd	Kidd	Male	2398	MO	1387	Zoom Tri Club Bournemouth	00:58:09	3501
3046	3774	Greg	Fitzpatrick	Male	2399	M60	70		00:55:44	2886
3047	2218	Chris	Goldsmith	Male	2400	MO	1388		00:58:20	3554
3048	3287	Nina	Dalziel	Female	648	FO	407		00:58:10	3506
3049	4884	Steve	Toomer	Male	2401	MO	1389		00:56:32	3079
3050	4490	Simon	Medler	Male	2402	M55	148		00:56:10	2988
3051	4890	Ellie	Clarke	Female	649	FO	408		00:55:19	2772
3052	3067	Dominique	Hudson	Female	650	F45	66		00:58:29	3588
3053	3852	Simon	Best	Male	2403	M50	189		00:56:09	2980
3054	3811	Anna	Terrington	Female	651	F40	95	Zoom Tri Club Bournemouth	00:55:48	2900
3055	3646	Hayley	Fowler	Female	652	FO	409		00:58:47	3673
3056	3846	Daren	Maeer	Male	2404	M45	252		00:56:29	3069
3057	4966	Elizabeth	Roberts	Female	653	FO	410	Harlow Running & Tri Club	00:56:28	3066
3058	3430	Diana	Mckie	Female	654	F65	5		00:57:48	3393
3059	3647	Lewis	Fowler	Male	2405	MO	1390		00:58:49	3692
3060	4056	Trevor	Walker	Male	2406	M45	253		00:56:26	3060
3061	3988	Katie	Room	Female	655	FO	411		00:56:21	3042
3062	3426	Charlie	Dell- Cronin	Male	2407	MO	1391		01:00:12	4050

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3063	5155	David	Howell	Male	2408	M45	254		00:56:19	3023
3064	481	Jamie	Waters	Male	2409	MO	1392		01:02:38	4616
3065	3707	Richard	Allen	Male	2410	M45	255		00:56:35	3087
3066	3423	Lillie	Allen	Female	656	FO	412		01:00:16	4067
3067	6356	Dale	Dunlop	Male	2411	MO	1393		00:54:29	2555
3068	4315	Monty	Chamberlain	Male	2412	MO	1394		00:53:39	2364
3069	3416	Stefan	Arsene	Male	2413	M40	321	City Of Norwich AC	00:59:20	3812
3070	2912	Garry	Ward	Male	2414	M70	7		01:00:23	4103
3071	3763	Samuel	Jenkins	Male	2415	M40	322		00:54:46	2638
3072	4960	Luke	Moorhouse	Male	2416	MO	1395		00:53:18	2284
3073	1222	Kirk	Vincent	Male	2417	M40	323		01:02:56	4692
3074	3307	Richard	Woodard	Male	2418	M55	149		00:58:09	3500
3075	2859	Daniel	Bycroft	Male	2419	M50	190		01:00:20	4088
3076	3815	Rosemary	Cooke	Female	657	FO	413		00:56:38	3096
3077	2306	Dan	Osborne	Male	2420	M45	256		00:59:22	3822
3078	72	Tobias	Wright	Male	2421	MO	1396		00:55:23	2790
3079	3143	Caitlin	Long	Female	658	FO	414		00:59:42	3918
3080	3996	Jack	Wright	Male	2422	MO	1397		00:55:22	2788
3081	4344	Chris	Belcher	Male	2423	M45	257		00:55:30	2813
3082	2399	Joshua	Fiske	Male	2424	MO	1398		00:59:44	3923
3083	5510	Tyler	Slater	Male	2425	MO	1399		00:55:14	2757
3084	3812	Anna	Golamy	Female	659	F45	67		00:53:16	2269
3085	2216	Sean	Thompson	Male	2426	MO	1400		00:56:40	3106
3086	7639	Owen	Wilson	Male	2427	MO	1401		00:45:04	646
3087	5737	Robert	Taylor	Male	2428	MO	1402		00:51:38	1901
3088	6941	Melinda	Johnson	Female	660	FO	415		00:51:28	1869
3089	3199	Ciara	Glennon	Female	661	F40	96		00:59:38	3901
3090	4162	Cameron	Rudd	Male	2429	MO	1403		00:52:35	2121
3091	2840	Tom	Dique	Male	2430	MO	1404		00:58:31	3605
3092	2658	Ryan	Sewell	Male	2431	MO	1405		00:54:04	2470
3093	4530	Robert	Knights	Male	2432	M55	150		00:56:16	3014
3094	3719	Lisa	Wilson	Female	662	F40	97		00:56:37	3092
3095	4328	Ludovico	Iaccarino	Male	2433	M50	191		00:54:40	2606
3096	1979	Caitlin	Henery	Female	663	FO	416	Norfolk Gazelles AC	00:59:54	3966
3097	3454	Hattie	Atkinson Smith	Female	664	FO	417		00:58:48	3682
3098	2713	Ben	Dewhurst	Male	2434	M45	258		00:59:28	3841
3099	3601	Georgina	Smallbridge	Female	665	FO	418		00:58:36	3625
3100	3502	Hannah	Marrison	Female	666	FO	419		00:56:15	3010
3101	3853	Carly	Mountain	Female	667	FO	420		00:56:39	3097
3102	2155	Lee	Shorten	Male	2435	MO	1406		00:51:43	1922
3103	3975	Andrew	Slattery	Male	2436	MO	1407		00:55:57	2941
3104	5915	Shannon	Osullivan	Female	668	F40	98		00:51:37	1898
3105	4836	Sophie	Getley	Female	669	F45	68	Norfolk Harriers RC	00:55:19	2775
3106	4219	Paul	Bilham	Male	2437	M55	151		00:56:44	3116
3107	4246	Nicola	Jepson	Female	670	FO	421		00:56:33	3083
3108	3181	Richard	Booth	Male	2438	MO	1408		00:56:36	3090
3109	4891	Matt	Knight	Male	2439	MO	1409		00:55:51	2919
3110	4247	Lorna	Botwright	Female	671	F40	99		00:56:57	3181
3111	2969	Brian	Sweeney	Male	2440	M55	152	North Norfolk Beach Runners	01:00:48	4203
3112	4021	Josh	Dixon	Male	2441	MO	1410		00:55:42	2874
3113	4207	Urszula	Ostaszewska	Female	672	FO	422		00:56:58	3183
3114	4256	Ryan	Marsh	Male	2442	MO	1411		00:54:16	2518
3115	2280	Ian	Dallain	Male	2443	M50	192		00:53:15	2266

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3116	2270	Bex	Marchese	Female	673	FO	423		00:59:37	3890
3117	4049	Joe	Toal	Male	2444	MO	1412		00:54:31	2570
3118	3305	Kerrie	Northcut	Female	674	FO	424		00:59:11	3781
3119	3585	Oliver	Harper	Male	2445	M40	324		00:57:01	3198
3120	4361	Megan	Bale	Female	675	FO	425		00:55:42	2879
3121	3349	Michael	Cartwright	Male	2446	MO	1413		00:59:45	3930
3122	3297	Kelsey	Redpath	Female	676	FO	426		00:59:17	3809
3123	4374	Karen	Terry	Female	677	F50	44		00:56:59	3191
3124	2846	Kyle	Taskis	Male	2447	MO	1414		00:58:49	3684
3125	5431	Georgia	Sartin	Female	678	FO	427		00:56:37	3094
3126	3002	Rachel	Paterson	Female	679	FO	428		00:59:38	3904
3127	1552	Mark	Alderton	Male	2448	M40	325		00:51:36	1894
3128	5484	George	Hall	Male	2449	MO	1415		00:56:55	3169
3129	2665	Jacob	Scott	Male	2450	MO	1416		00:59:28	3839
3130	4611	Holly	Burley	Female	680	FO	429		00:54:30	2560
3131	1517	Jonathan	Shackshaft	Male	2451	MO	1417		00:54:56	2677
3132	3461	Mike	Smallwood	Male	2452	MO	1418		00:51:13	1823
3133	6722	Edward	Sanderson	Male	2453	MO	1419		00:51:28	1870
3134	4340	James	Slater	Male	2454	MO	1420		00:54:57	2680
3135	3705	Eve	Rooks	Female	681	FO	430		00:55:58	2945
3136	5630	Rich	Fisher	Male	2455	MO	1421		00:52:33	2109
3137	5127	William	Ball	Male	2456	MO	1422		00:54:45	2635
3138	4258	Simon	Smith	Male	2457	MO	1423		00:56:12	2997
3139	2625	Dimitri	K	Male	2458	M40	326		00:59:21	3816
3140	4842	Graham	Kemp	Male	2459	M45	259	Bungay Black Dog RC	00:55:41	2872
3141	5530	Teresa	Futter	Female	682	F50	45	Runners-Next-the-Sea	00:55:46	2890
3142	3572	Ben	Howlett-cobb	Male	2460	MO	1424		00:59:47	3938
3143	3571	Edward	Everson	Male	2461	MO	1425		00:59:47	3939
3144	3387	Sam	Hughes	Female	683	FO	431		00:58:21	3561
3145	4388	Jacob	Eyres	Male	2462	MO	1426		00:55:05	2707
3146	4386	Claire	Gurney	Female	684	FO	432		00:55:14	2756
3147	3838	Antonio	Baiao	Male	2463	M40	327		00:56:51	3150
3148	2961	Dave	Sadler	Male	2464	M55	153		00:59:42	3916
3149	3419	Ellie	Brompton	Female	685	FO	433		00:54:42	2615
3150	5175	James	Hyde	Male	2465	MO	1427		00:53:52	2412
3151	2285	Emily	Cooper	Female	686	FO	434		01:00:58	4254
3152	4248	Thomas	Musgrove	Male	2466	MO	1428		00:54:40	2605
3153	4849	George	Lawrence	Male	2467	MO	1429		00:56:39	3102
3154	3093	William	Brar	Male	2468	MO	1430		00:59:33	3872
3155	4065	Rob	Parker	Male	2469	MO	1431		00:55:13	2752
3156	4457	Adelaide	Leeder	Female	687	F40	100		00:57:13	3233
3157	4559	Lee	Taylor	Male	2470	M40	328		00:57:08	3215
3158	6060	Jonathan	Lewis-phillips	Male	2471	M40	329		00:51:01	1759
3159	2911	Kate	Hutson	Female	688	F45	69	Ipswich Jaffa RC	00:59:26	3832
3160	3267	Becca	Hampstead	Female	689	FO	435		00:55:18	2771
3161	3963	Jacob	Knights	Male	2472	MO	1432		00:54:11	2500
3162	3188	Stu	Hillman	Male	2473	MO	1433		01:00:32	4149
3163	2179	Olivia	Fiske	Female	690	FO	436		00:59:39	3906
3164	2183	Tom	Fiske	Male	2474	MO	1434		00:59:39	3907
3165	4225	Nicky	Shreeve	Female	691	FO	437		00:57:01	3195
3166	4105	Colin	Browning	Male	2475	M60	71	Norfolk Gazelles AC	00:55:38	2854
3167	1254	Robert	Gillett-ratley	Male	2476	MO	1435		01:00:21	4092
3168	3135	Alan	Mickleburgh	Male	2477	M65	28	Aylsham Runners	00:59:34	3876

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3169	4447	Robert	Smith	Male	2478	M50	193		00:57:12	3230
3170	5519	Terri	Roberts	Female	692	F50	46		00:55:47	2898
3171	3662	Eleanor	Denny	Female	693	FO	438		01:01:04	4296
3172	5295	Simon	Durbin	Male	2479	M55	154		00:56:44	3119
3173	4786	Grace	Durbin	Male	2480	MO	1436		00:56:44	3117
3174	4826	Chris	Camp	Male	2481	MO	1437		00:54:30	2562
3175	2390	David	Andrews	Male	2482	MO	1438		00:59:57	3982
3176	4293	Raghul	Sekar	Male	2483	MO	1439		00:53:15	2265
3177	2797	Christopher	Brockbank	Male	2484	MO	1440	Ryston Runners	00:59:16	3802
3178	5109	Hannah	Erskine	Female	694	F45	70	Steel City Striders RC	00:57:05	3211
3179	3855	Chloe	Baxter	Female	695	FO	439		00:54:46	2639
3180	4364	Melanie	Wigley	Female	696	F45	71	Human Energy AC	00:57:21	3268
3181	5118	Chris	Backhouse	Male	2485	M50	194		00:57:20	3263
3182	1418	James	Scott	Male	2486	MO	1441		00:55:03	2703
3183	1734	Adam	Gent	Male	2487	MO	1442		00:59:09	3771
3184	6135	Stephen	Bayley	Male	2488	M45	260		00:56:56	3176
3185	1925	Pat	Wallace	Male	2489	M55	155		01:00:26	4121
3186	3849	Helen	Holmes	Female	697	F45	72		00:57:33	3316
3187	3285	Leon	Schulz	Male	2490	M45	261		01:00:35	4157
3188	4837	Harvey	Greyson	Male	2491	MO	1443		00:57:21	3270
3189	3757	Daniel	Graves	Male	2492	MO	1444		00:54:24	2545
3190	4473	Nicky	Morley	Female	698	FO	440		00:57:20	3260
3191	4996	Efren	Bendanillo	Male	2493	M55	156		00:57:30	3307
3192	3960	Salma	El-deek	Female	699	FO	441		00:57:36	3334
3193	3830	Jonathan	Foot	Male	2494	M65	29	Bure Valley Harriers	00:57:27	3289
3194	4181	Alex	Siddall	Female	700	FO	442		00:56:33	3085
3195	2884	Charlotte	Bones	Female	701	FO	443		01:00:08	4037
3196	1378	Louise	Desmond	Female	702	F50	47		01:03:01	4715
3197	4279	Robert	Cross	Male	2495	M40	330		00:57:39	3344
3198	3159	Wing Chiu	Lam	Male	2496	M55	157		01:00:22	4101
3199	2478	Rebecca	Harvey	Female	703	FO	444		00:57:42	3364
3200	5223	Megan	Todd	Female	704	FO	445		00:57:38	3341
3201	6346	Meredith	Meyer	Female	705	FO	446		00:55:41	2868
3202	1138	Simon	Griffith	Male	2497	M40	331		00:51:59	1977
3203	4595	Joshua	Moore	Male	2498	MO	1445		00:56:23	3048
3204	5213	Charlotte	Jackson	Female	706	FO	447	Bungay Black Dog RC	00:57:21	3267
3205	4042	Jonathan	Mcmanus	Male	2499	M50	195	Norwich Road Runners	00:55:16	2760
3206	4730	Ben	Nichols	Male	2500	MO	1446		00:57:38	3342
3207	2830	Josh	Wicks	Male	2501	MO	1447		00:59:37	3895
3208	1970	Benjamin	Balfour	Male	2502	M40	332		01:00:28	4130
3209	4302	Connie	Staff	Female	707	FO	448		00:54:45	2631
3210	4971	Victoria	Dolman	Female	708	FO	449		00:56:52	3156
3211	4259	Mark	Harrison	Male	2503	M60	72		00:56:12	2994
3212	4059	Hannah	Doggett	Female	709	FO	450		00:56:52	3159
3213	3350	Joe	Webb	Male	2504	MO	1448		01:00:06	4024
3214	3713	Lee	Mortier	Male	2505	MO	1449		00:54:47	2642
3215	5388	Sam	Hubbard	Male	2506	MO	1450		00:57:34	3321
3216	3513	Peter	Lang	Male	2507	M55	158	Waveney Valley AC	00:59:05	3758
3217	4147	Sarah	Robertson	Female	710	FO	451		00:57:14	3238
3218	3788	Nigel Lee	Sharpin	Male	2508	M40	333		00:56:07	2977
3219	4886	Pat	Bristow	Male	2509	M60	73		00:57:47	3386
3220	6227	Ciaran	Skeffington	Male	2510	MO	1451		00:51:57	1969
3221	1221	Ben	Kendall	Male	2511	M45	262	Norwich Road Runners	01:01:18	4346

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3222	4896	D	Gray	Male	2512	M65	30	Norwich Road Runners	00:57:39	3348
3223	3380	Emily	Jordan	Female	711	F50	48	Bure Valley Harriers	00:59:17	3807
3224	4216	Shayne	Mason	Male	2513	M40	334		00:53:46	2385
3225	4084	Ashley	Watson	Male	2514	M40	335		00:54:52	2661
3226	5504	Jon	Dicks	Male	2515	MO	1452		00:54:52	2663
3227	2530	Laurie	Mcallister	Female	712	FO	452		00:56:05	2974
3228	3828	Craig	Farr	Male	2516	M50	196		00:57:25	3280
3229	3061	Edward	Phillips	Male	2517	MO	1453	Bungay Black Dog RC	01:00:22	4097
3230	3202	Stacie	Mann	Female	713	FO	453		01:00:21	4093
3231	4290	Matthew	Newson	Male	2518	MO	1454		00:56:54	3162
3232	4038	Sophie	Kendall	Female	714	FO	454		00:57:27	3287
3233	6193	Klive	Comia	Male	2519	MO	1455		00:50:16	1588
3234	4647	Simon	Fogg	Male	2520	MO	1456		00:54:42	2613
3235	4725	James	Henry	Male	2521	MO	1457		00:56:10	2990
3236	5064	Simon	Rouse	Male	2522	MO	1458		00:58:00	3449
3237	4519	Charlie	Thrower	Male	2523	MO	1459	Unknown Runner	00:57:47	3383
3238	3650	Paul	Gaul	Male	2524	MO	1460		00:59:38	3902
3239	2535	Jason	Gaul	Male	2525	M40	336		00:59:38	3900
3240	4980	Toby	Cole	Male	2526	MO	1461		00:57:43	3369
3241	4270	James	Desborough	Male	2527	M45	263		00:57:47	3385
3242	3958	Emma	Elliott	Female	715	FO	455		00:56:29	3068
3243	4165	Theo	Elliott	Male	2528	MO	1462		00:56:29	3070
3244	3290	Ellie	Davies	Female	716	FO	456		01:00:28	4131
3245	3675	Amy	Draeger	Female	717	FO	457		01:00:16	4071
3246	3084	Finlay	Allan	Male	2529	MO	1463		01:01:24	4362
3247	4984	David	Hutt	Male	2530	M40	337		00:57:49	3399
3248	2221	Martin	Davila-smith	Male	2531	M50	197	Lonely Goat RC	01:00:31	4143
3249	9086	Jo	Amies	Female	718	F60	13		00:48:10	1134
3250	6102	Phoenix	Wilton	Female	719	FO	458		00:52:30	2098
3251	1914	Eleanor	Walker	Female	720	FO	459		01:00:30	4138
3252	4221	Guy	Houldsworth	Male	2532	M40	338		00:56:33	3082
3253	3814	Adam	Davidson	Male	2533	MO	1464		00:54:07	2489
3254	4381	Ricky	Creed	Male	2534	MO	1465		00:54:27	2553
3255	3973	Darren	Hopkins	Male	2535	M55	159		00:55:56	2935
3256	603	Sam	Baines	Male	2536	MO	1466		00:52:55	2200
3257	2034	Andrew	Tibble	Male	2537	M60	74	Norwich Road Runners	01:01:33	4392
3258	7888	Ryan	Newton	Male	2538	MO	1467		00:55:52	2920
3259	4729	David	Burroughes	Male	2539	M60	75		00:58:00	3450
3260	4122	James	Walker	Male	2540	M45	264		00:55:36	2842
3261	4658	Tabitha	Gardiner	Female	721	FO	460		00:55:44	2887
3262	3791	George	Luckett	Male	2541	MO	1468		00:57:48	3391
3263	6100	Harry	Copping	Male	2542	MO	1469		00:52:58	2211
3264	2344	Peter	Holyer	Male	2543	MO	1470		01:02:10	4511
3265	7610	Harley	Vadhir	Male	2544	MO	1471		00:56:10	2987
3266	5503	Paul	Cushing	Male	2545	MO	1472		00:55:10	2742
3267	3741	Steven	Andrews	Male	2546	M45	265		00:57:29	3304
3268	2950	Jessica	Blake	Female	722	FO	461		01:00:10	4040
3269	2203	Chris	Scott	Male	2547	M40	339		00:56:48	3136
3270	4623	Mark	Quadling	Male	2548	M55	160		00:57:54	3429
3271	2276	Samantha	Hamilton	Female	723	FO	462		01:00:44	4188
3272	3370	Tom	Nurse	Male	2549	MO	1473		00:56:11	2992
3273	5479	Simon	Sinfield	Male	2550	M40	340		00:57:56	3437
3274	4271	Aaron	Hague	Male	2551	MO	1474		00:57:40	3351

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3275	3329	Sam	Roberts	Male	2552	MO	1475		01:00:46	4195
3276	5256	Charlotte	Donovan	Female	724	FO	463		00:58:13	3524
3277	3514	Natalie	Townsend	Female	725	FO	464		01:00:44	4185
3278	5117	Steve	Martin	Male	2553	M60	76		00:56:30	3072
3279	3998	Lauren	Booth	Female	726	FO	465		00:58:02	3462
3280	3737	Lucy	Clark	Female	727	F50	49		00:57:05	3207
3281	3075	Russell	Cramp	Male	2554	MO	1476		00:54:16	2517
3282	3826	Jimmy	Farrow	Male	2555	MO	1477		00:52:21	2052
3283	3213	Luke	Grover	Male	2556	MO	1478		01:00:02	4000
3284	3130	Melanie	Thomas	Female	728	F50	50		01:01:18	4345
3285	3758	Joseph	Graves	Male	2557	MO	1479		00:55:09	2737
3286	6723	James	Sanderson	Male	2558	MO	1480		00:52:35	2119
3287	5076	David	Burke	Male	2559	M45	266		00:54:56	2678
3288	3535	Pete	Casson	Male	2560	M55	161		01:00:42	4178
3289	8725	Catherine	Clarke	Female	729	F50	51		00:53:06	2233
3290	5012	Daniel	Krout	Male	2561	MO	1481		00:55:53	2929
3291	4027	Andrew	Sutton	Male	2562	M45	267		00:57:44	3371
3292	3749	Helen	Robinson	Female	730	F40	101		00:58:02	3467
3293	4979	Sophie	Saunders	Female	731	FO	466		00:56:10	2986
3294	4797	Deirdre	Linehan	Female	732	F60	14		00:58:24	3567
3295	4183	James	Gooch	Male	2563	M50	198		00:56:23	3049
3296	3939	Sophia	Lampert-zakiewicz	Female	733	FO	467		00:55:59	2949
3297	4487	Xiaoxu	Huang	Male	2564	M40	341		00:58:23	3566
3298	3813	Darren	Crisp	Male	2565	M55	162		00:56:06	2975
3299	3369	Georgia	Marshall	Female	734	FO	468		01:01:55	4461
3300	3365	Alexis	Burke	Female	735	F40	102		01:01:08	4309
3301	4716	Joshua	Powley	Male	2566	MO	1482		00:54:39	2600
3302	2298	Stuart	Spencer	Male	2567	MO	1483		00:59:45	3931
3303	3716	Graham	Bruty	Male	2568	M55	163	Harleston Running Club	00:56:20	3028
3304	3945	Vicky	Gooda	Female	736	FO	469		00:56:21	3034
3305	4418	Nick	Wells	Male	2569	M50	199		00:57:12	3229
3306	4334	Simona	Whyte	Female	737	FO	470		00:59:27	3836
3307	3604	Sebastian	Waters	Male	2570	MO	1484		01:02:18	4544
3308	3725	Peter	Hayward	Male	2571	M70	8	Norfolk Gazelles AC	00:56:37	3093
3309	3353	Gregg	Baker	Male	2572	MO	1485		01:01:12	4326
3310	5192	Daniel	Bayfield	Male	2573	MO	1486		00:57:51	3414
3311	5500	Emma	Chown	Female	738	FO	471		00:55:41	2869
3312	3368	Alexandra	Marshall	Female	739	FO	472		01:01:59	4470
3313	4327	Julie	Bringloe	Female	740	F50	52	Norfolk Harriers RC	00:56:50	3148
3314	4145	Andrew	Longhurst	Male	2574	M40	342		00:56:22	3045
3315	6488	Stephen	Whitelam	Male	2575	M55	164	Three Counties Running Club	00:57:06	3213
3316	5258	Martin	Greiller	Male	2576	M40	343		00:55:00	2692
3317	4158	Katie	Warncken	Female	741	FO	473		00:57:09	3216
3318	3765	Steven	Marshall	Male	2577	M40	344		00:56:45	3126
3319	4976	Ross	Henderson	Male	2578	M55	165		00:58:16	3537
3320	3940	Em	Stern	Female	742	FO	474		00:55:38	2853
3321	5395	Katherine	Ball	Female	743	FO	475		01:00:52	4226
3322	2729	Aidan	Taylor	Male	2579	MO	1487		00:58:01	3459
3323	5171	Kate	Basey-fisher	Female	744	FO	476		00:57:50	3407
3324	3470	Nick	Eagle	Male	2580	MO	1488		01:01:36	4407
3325	3802	Jo	Ruggles	Female	745	F40	103		00:58:19	3553
3326	5931	James	Welham	Male	2581	M45	268		00:53:18	2282
3327	4662	Carys	Bailey	Female	746	FO	477		00:55:50	2912

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3328	4401	Leona	Broughton	Female	747	F45	73	Reepham Runners	00:57:42	3365
3329	3809	Neil	Hesketh	Male	2582	M45	269		00:58:13	3521
3330	5046	Alex	Bannister	Female	748	FO	478		00:57:38	3343
3331	2279	Mark	Timm	Male	2583	M40	345		01:00:15	4062
3332	5255	Natasha	Phayre	Female	749	FO	479		00:58:25	3572
3333	7993	Danielle	Reeve	Female	750	FO	480		00:52:41	2141
3334	3069	Gwen	O'hara	Female	751	F40	104		01:00:51	4218
3335	4426	Richard	Corbin	Male	2584	M45	270		00:57:45	3377
3336	6258	Emma	Fisher	Female	752	FO	481		00:58:13	3519
3337	5827	Steven	Cory	Male	2585	MO	1489		00:53:28	2321
3338	4415	Nicole	Bates	Female	753	F50	53		00:58:38	3631
3339	3905	Judith	Berry	Female	754	F50	54	Ryston Runners	00:57:32	3312
3340	3848	Philippa	Mellor	Female	755	FO	482		00:55:42	2875
3341	5496	John	Norton	Male	2586	M50	200		00:54:41	2608
3342	3376	Emily	Hawkins	Female	756	FO	483		01:01:42	4427
3343	3750	Rocio	Salado	Female	757	F45	74		00:55:21	2783
3344	4913	Jason	Povey	Male	2587	M55	166		00:57:54	3430
3345	4545	Mark	Smith	Male	2588	M50	201		00:56:49	3138
3346	3854	Elliot	Wood	Male	2589	MO	1490		00:56:25	3057
3347	7027	Pippa	Wiltshire	Female	758	F45	75		00:53:29	2328
3348	4838	Kevin	Bellamy	Male	2590	M65	31		00:57:40	3352
3349	3293	Edie	Wright	Female	759	FO	484		01:01:53	4452
3350	5671	Jonathan	Parfitt	Male	2591	MO	1491		00:51:10	1805
3351	3964	Lydia	Rowe	Female	760	FO	485		00:56:09	2983
3352	4803	Toni	Hardiman	Female	761	F55	23		00:58:11	3507
3353	4489	James	Simmonds	Male	2592	M50	202		00:58:01	3456
3354	4103	Keira	Hardiman	Female	762	FO	486		00:58:11	3508
3355	3327	Lyn	Ottaway	Female	763	F50	55	Wymondham AC	00:59:57	3984
3356	5199	Simon	Carroll	Male	2593	M60	77		00:58:17	3545
3357	1009	Neil	Vendy	Male	2594	M40	346	Thetford AC	01:02:03	4481
3358	3861	Matthew	Cornish	Male	2595	MO	1492	Bexley AC	00:56:54	3165
3359	3019	Carri	Vendy	Female	764	F40	105	Thetford AC	01:02:02	4479
3360	4384	Oliver	Pritchard	Male	2596	M55	167		00:57:35	3327
3361	2331	Joe	Racey	Male	2597	MO	1493		01:01:23	4359
3362	4094	Ellie	Woodhouse	Female	765	FO	487		00:58:28	3584
3363	4802	Kimberley	Bellchamber	Female	766	FO	488		00:57:52	3421
3364	5037	Mark	Trett	Male	2598	MO	1494		00:57:41	3358
3365	4728	Jamie	Mcdonald	Male	2599	M45	271		00:57:56	3438
3366	4330	Connor	Southwell	Male	2600	MO	1495		00:58:01	3458
3367	4642	Rebecca	Mcdonald	Female	767	F40	106		00:57:56	3435
3368	4675	Lewis	Baister	Male	2601	MO	1496		00:58:26	3576
3369	6006	Jonny	Elliott	Male	2602	M40	347		00:52:43	2147
3370	1802	Charlie	Payne	Male	2603	MO	1497		00:55:52	2922
3371	6174	Kemal	Ozkoruyucu	Male	2604	M40	348		00:51:03	1771
3372	5008	Sonya	Powley	Female	768	F55	24		00:57:54	3428
3373	4660	Ian	Bramble	Male	2605	M40	349		00:58:21	3560
3374	6597	Callum	Perry	Male	2606	MO	1498		00:51:16	1836
3375	3956	Zoe	Clark	Female	769	F50	56		00:56:50	3146
3376	4403	George	Day	Male	2607	MO	1499		00:56:00	2952
3377	3671	Vicki	Hepher	Female	770	FO	489		01:00:57	4248
3378	3710	Stephen	Sweatman-wright	Male	2608	M40	350		00:58:46	3670
3379	3729	Rosemary	Terry	Female	771	F40	107		00:56:59	3190
3380	8941	Rinu	Koshy	Male	2609	MO	1500		00:56:19	3024

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3381	2117	David	Crow	Male	2610	M45	272		01:00:14	4057
3382	1370	Emma	Pells	Female	772	F45	76		01:05:06	5142
3383	4166	Tim	Linstead	Male	2611	M55	168		00:58:49	3690
3384	4472	Victoria	Pinch	Female	773	F55	25	Tri-Anglia Triathlon Club	00:58:41	3647
3385	2506	Dan	Hurren	Male	2612	M45	273		00:52:49	2174
3386	6171	Dane	Whiteley	Male	2613	MO	1501		00:52:49	2175
3387	4039	Katie	Rich	Female	774	FO	490		00:57:46	3380
3388	5380	Nick	Longstaff	Male	2614	M40	351		00:58:17	3546
3389	5211	Matthew	Armiger	Male	2615	M55	169		00:55:50	2916
3390	3438	Nicola	Wade	Female	775	F50	57		01:00:59	4263
3391	5244	Sophie	Dawson	Female	776	FO	491		00:58:33	3614
3392	4970	Frances	Heffernan	Female	777	FO	492		00:56:53	3160
3393	3104	Dan	Skipper	Male	2616	M45	274		01:01:24	4361
3394	5160	Lewis	Garvey	Male	2617	MO	1502		00:56:01	2958
3395	2557	Stu	Mattless	Male	2618	M50	203		01:02:41	4635
3396	4746	Stuart	Harber	Male	2619	MO	1503		00:58:29	3590
3397	4091	Jennie	Mead	Female	778	F50	58		00:58:20	3555
3398	3735	Peter	Graves	Male	2620	M50	204		00:55:57	2940
3399	3603	Catherine	White	Female	779	F55	26		00:57:51	3415
3400	3782	Amy	Larner	Female	780	FO	493		00:58:55	3712
3401	4217	Rachel	Pearce	Female	781	F55	27		00:56:13	3001
3402	5189	Barry	Clare	Male	2621	MO	1504		00:58:47	3676
3403	2187	Sasha	Ferguson	Male	2622	MO	1505		01:01:54	4455
3404	2271	Kelsea	Vinall	Female	782	FO	494		01:01:40	4425
3405	2963	Stephanie	Plume	Female	783	FO	495	Coltishall Jaguars RC	01:01:38	4421
3406	3781	George	Hilton	Male	2623	MO	1506		00:58:55	3715
3407	4329	John	Stares	Male	2624	M60	78		00:56:17	3017
3408	6087	Lewis	Hambly	Male	2625	MO	1507		00:53:36	2359
3409	5278	Joanne	Bartrum	Female	784	F45	77		00:56:32	3080
3410	4656	Tanya	Johnson	Female	785	FO	496		00:59:02	3737
3411	3835	Diana	Gomez De La Cruz	Female	786	FO	497		00:57:16	3243
3412	4522	Greg	Mills	Male	2626	M65	32		00:57:47	3384
3413	3139	Daryl	Peace	Male	2627	M40	352		01:02:47	4652
3414	2529	Matt	Bailey	Male	2628	M40	353		01:01:00	4269
3415	2068	Chris	O'connor	Male	2629	M40	354		01:01:00	4267
3416	3033	Seth	Sannick	Male	2630	M40	355		01:00:43	4180
3417	6573	Rosalee	Marshall	Female	787	FO	498		00:54:04	2476
3418	3868	Jason	Harwood	Male	2631	M55	170		00:56:17	3018
3419	4018	Joe	Moorhouse	Male	2632	MO	1508		00:58:17	3544
3420	3818	Matt	Hales	Male	2633	MO	1509		00:57:36	3333
3421	4850	Andy	Petersen	Male	2634	MO	1510		00:58:33	3613
3422	5360	Daniel	Burrell-smith	Male	2635	MO	1511		00:57:27	3295
3423	4163	Alistair	Wardale	Male	2636	M65	33		00:57:23	3273
3424	3862	Martin	Hanner	Male	2637	M65	34	12 in 12	00:57:49	3401
3425	3794	Amy	Godbold	Female	788	F45	78		00:58:59	3725
3426	1580	Joseph	Keeping	Male	2638	MO	1512		00:53:55	2429
3427	5849	Sean	Cahill	Male	2639	MO	1513		00:54:01	2460
3428	4095	Tom	Taylor	Male	2640	MO	1514		00:55:46	2894
3429	2723	Taylor	Sewell	Male	2641	MO	1515		01:03:22	4796
3430	6490	Matthew	Jones	Male	2642	MO	1516		00:54:06	2483
3431	2849	David	Drew	Male	2643	M40	356		00:58:04	3472
3432	3565	Mike	Ng	Male	2644	M50	205		01:03:14	4771
3433	5115	Jenny	Boyle	Female	789	FO	499		00:59:15	3796

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3434	4382	Josh	Coe	Male	2645	MO	1517		00:58:41	3653
3435	5114	Chris	Boyle	Male	2646	MO	1518		00:59:15	3801
3436	2602	Robert	Yates	Male	2647	MO	1519		01:00:55	4241
3437	4869	Ben	Lunken	Male	2648	MO	1520		00:58:26	3577
3438	3795	Anthony	Gravestock	Male	2649	M40	357		00:55:49	2906
3439	4399	Jake	Luff	Male	2650	MO	1521		00:58:31	3606
3440	6315	Matthew	Lord	Male	2651	M40	358		00:57:55	3432
3441	3873	James	Matthews	Male	2652	M40	359		00:58:05	3477
3442	3720	Iain	Patterson	Male	2653	M50	206		00:56:31	3077
3443	2682	Kerry	Alderton	Female	790	FO	500		00:57:10	3224
3444	5765	Ben	Julian	Male	2654	MO	1522		00:49:54	1496
3445	4504	Emily	Green	Female	791	FO	501		00:57:23	3274
3446	2450	Glen	Robinson	Male	2655	M50	207	Norwich Road Runners	00:59:07	3764
3447	4010	Andrew	Proctor	Male	2656	M50	208		00:59:07	3766
3448	5509	Billy	Simmons	Male	2657	MO	1523		00:57:57	3444
3449	5043	Tracy	Edwards	Female	792	F40	108		00:59:06	3763
3450	5511	Charlotte	Gray	Female	793	FO	502		00:57:57	3443
3451	4986	Becky	Ottaway	Female	794	F40	109		00:58:00	3452
3452	3263	Sam	Nicholls	Male	2658	MO	1524		00:58:00	3453
3453	7206	Thomas	Clapp	Male	2659	MO	1525		00:53:30	2332
3454	4699	Lisa	Stewart	Female	795	F50	59		00:57:28	3298
3455	3399	Sean	Murray	Male	2660	MO	1526		01:02:07	4499
3456	6331	David	Hyett	Male	2661	M45	275		00:54:06	2485
3457	4848	Laura	Grixti	Female	796	FO	503		00:57:31	3310
3458	4066	Roisin	Delaney	Female	797	FO	504		00:57:48	3390
3459	5241	Nigel	Cutting	Male	2662	M55	171		00:58:58	3723
3460	5015	Richard	Watson	Male	2663	M55	172		00:58:05	3476
3461	2256	Philippa	Rudd	Female	798	F60	15		01:02:22	4554
3462	6357	Michael	Blythe	Male	2664	M40	360		00:52:54	2198
3463	4874	Becky	Barton	Female	799	FO	505		00:58:00	3451
3464	4899	Sophie	Ross	Female	800	FO	506		00:58:39	3641
3465	916	Jo	Ross	Female	801	F55	28	Norfolk Gazelles AC	00:58:40	3644
3466	3834	Tom	Page	Male	2665	MO	1527		00:53:36	2358
3467	4079	Jake	Newell	Male	2666	MO	1528		00:58:27	3582
3468	4100	Mark	Noble	Male	2667	M55	173		00:56:20	3027
3469	3351	Neil	Littler	Male	2668	M60	79		01:01:33	4391
3470	5483	Michael	Ducker	Male	2669	M40	361		00:58:38	3635
3471	4288	Simon	Page	Male	2670	M55	174		00:58:08	3495
3472	3909	Rachel	Neil	Female	802	F40	110		00:58:38	3636
3473	3621	Shauna	Martin	Female	803	FO	507	Norwich Road Runners	01:02:39	4626
3474	4621	Matthew	Fearnshides	Male	2671	MO	1529		00:58:30	3597
3475	4033	Andrew	Smith	Male	2672	M55	175		00:58:09	3499
3476	5415	Evie	Pettit	Female	804	FO	508		00:59:09	3774
3477	4028	Eleanor	Watson	Female	805	F40	111	Norwich Road Runners	00:58:50	3696
3478	5162	Megan	Frost	Female	806	FO	509	Diss and District AC	00:58:29	3587
3479	4203	Reece	Baston	Male	2673	MO	1530		00:57:29	3299
3480	4272	Katie	Calver	Female	807	F40	112		00:57:09	3220
3481	5148	Sophie	Chapman	Female	808	FO	510		00:56:51	3153
3482	4924	George	Henery	Male	2674	MO	1531		00:56:43	3114
3483	5340	Kim	Harper	Female	809	F40	113		00:56:47	3130
3484	4860	Kelly	Reed	Female	810	FO	511		00:56:47	3132
3485	4766	Steven	Hewkin	Male	2675	M45	276		01:01:07	4305
3486	5704	Jack	Baldry	Male	2676	MO	1532		00:56:09	2982

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3487	4910	Hannah	Balfour	Female	811	F40	114		00:57:14	3239
3488	4830	Łukasz	Rosłoń	Male	2677	M45	277		00:59:22	3821
3489	5247	Matthew	Goodbun	Male	2678	MO	1533		00:57:27	3288
3490	3779	Alex	Poll	Male	2679	MO	1534		00:57:49	3400
3491	4959	Katie	Franks	Female	812	FO	512		00:57:00	3192
3492	4140	Danielle	Beuttell	Female	813	F45	79		00:58:31	3602
3493	4132	Nick	Johnson	Male	2680	M60	80		00:59:12	3788
3494	4935	Georgina	Taylor	Female	814	F45	80		00:59:24	3829
3495	3311	David	Luton	Male	2681	M40	362		01:01:52	4450
3496	5236	Edgars	Petersons	Male	2682	MO	1535		00:56:52	3157
3497	5310	Sophie	Colley	Female	815	FO	513		00:59:10	3775
3498	4887	Jacob	Graver	Male	2683	MO	1536		00:57:30	3309
3499	4705	Chris	Burgoyne	Male	2684	M45	278		00:58:08	3494
3500	7068	Dana	Smith	Female	816	FO	514		00:54:31	2574
3501	5028	Claire	Johnson	Female	817	F45	81		00:58:41	3650
3502	2440	Jamie	Allison	Male	2685	MO	1537		01:02:30	4585
3503	3999	Rachel	Welch	Female	818	F45	82	North Norfolk Beach Runners	00:59:31	3865
3504	4607	Ben	Hope	Male	2686	MO	1538		00:59:32	3866
3505	2053	Stuart	Baird	Male	2687	M50	209		01:02:22	4557
3506	4376	Mark	Johnson	Male	2688	M50	210		00:58:43	3654
3507	4449	Chris	Baldwin	Male	2689	M45	279		00:59:17	3806
3508	4326	Richard	Garlick	Male	2690	MO	1539		00:57:30	3308
3509	4717	Emily	Frost	Female	819	FO	515		00:55:36	2844
3510	6261	Amy	Attew	Female	820	FO	516		00:53:01	2221
3511	5011	Kerry	Thomas	Female	821	F45	83	Lonely Goat RC	00:55:27	2800
3512	4832	Nick	Allen	Male	2691	M60	81		00:57:12	3232
3513	4955	Gemeana	Collins	Female	822	F40	115		00:58:43	3657
3514	4429	James	Siggee	Male	2692	MO	1540		00:56:58	3185
3515	5141	Stuart	Rumble	Male	2693	MO	1541		00:58:00	3455
3516	6684	James	Forrest	Male	2694	M50	211		00:54:30	2565
3517	4742	Lindsay	Cooper	Female	823	F40	116		00:57:02	3201
3518	5152	Daniel	Jackson	Male	2695	MO	1542		00:59:30	3858
3519	4624	Simone	Stolworthy	Female	824	F55	29		00:59:38	3898
3520	4998	Naomi	Stanford	Female	825	F75+	1	Serpentine Running and Triathlon Club	00:59:12	3786
3521	1818	Paul	Clarke	Male	2696	MO	1543		01:01:34	4401
3522	5962	Ingrida	Juskaite	Female	826	FO	517		00:54:35	2587
3523	3082	Jonathan	Clarke	Male	2697	MO	1544		01:01:35	4402
3524	5224	Matt	Bradfield	Male	2698	MO	1545		00:59:54	3969
3525	5242	Grace	Lawry	Female	827	FO	518		00:58:49	3685
3526	3910	Simon	Caley	Male	2699	M45	280		00:58:49	3693
3527	4211	Jordan	Redhead	Male	2700	MO	1546		00:56:54	3166
3528	4377	Andrew	Spinks	Male	2701	MO	1547		00:59:36	3888
3529	3077	Will	Flahive	Male	2702	MO	1548		00:58:03	3469
3530	4820	Erin	Lewis	Female	828	FO	519		00:59:56	3975
3531	4556	Lauren	Oliver	Female	829	FO	520		00:57:12	3228
3532	3386	Brendan	Audis	Male	2703	MO	1549		01:02:17	4539
3533	4137	Stuart	Grimsey	Male	2704	M50	212		00:59:18	3811
3534	6327	Jake	Johnson	Male	2705	MO	1550		00:54:37	2593
3535	3953	Martin	Shelley	Male	2706	M50	213	FORDY RUNS Running Club	00:58:19	3552
3536	5185	Cristian	Ciurlic	Male	2707	M40	363		00:58:16	3539
3537	4972	Chris	Matthews	Male	2708	M60	82		00:59:40	3910
3538	3994	Mar	Moreno-gonzalez	Female	830	FO	521		00:58:14	3530

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3539	2528	Lorena	Latisaite	Female	831	FO	522		01:01:31	4383
3540	4810	Chloe	Oakley	Female	832	F40	117		00:59:53	3962
3541	5174	Matthew	Peek	Male	2709	M55	176		00:59:30	3849
3542	4459	Emma	Russell	Female	833	FO	523		00:58:07	3486
3543	4070	Rebecca	Sampson	Female	834	FO	524	Petts Wood Runners	00:57:11	3227
3544	5311	Jodie	Lancashire-clark	Female	835	FO	525		01:00:03	4012
3545	3867	Vikki	Buskell	Female	836	F40	118		00:56:48	3134
3546	4431	Lindsey	Tashlin	Female	837	F55	30		00:57:36	3330
3547	2377	Christopher	High	Male	2710	M50	214		01:01:58	4466
3548	4690	Georgia	Pennell	Female	838	FO	526		01:00:01	3997
3549	6792	Alex	Fulcher	Male	2711	MO	1551		00:53:38	2362
3550	2044	Nick	Jones	Female	839	FO	527		00:55:32	2825
3551	4112	Laura	Bullimore	Female	840	F40	119		00:56:00	2953
3552	4540	Andy	Salmon	Male	2712	M60	83		00:55:32	2823
3553	3783	Nick	Grocott	Male	2713	M50	215		00:58:36	3624
3554	4631	Elle	Hunt	Female	841	FO	528		00:58:11	3511
3555	4136	Amblin	Candaza	Male	2714	MO	1552		00:52:25	2073
3556	6335	Cassie	Weller	Female	842	F40	120		00:53:43	2377
3557	3993	Edward	Notley	Male	2715	MO	1553		00:57:44	3373
3558	4032	Andrew	Groom	Male	2716	MO	1554		00:57:17	3251
3559	4569	Alina	Sandu	Female	843	F40	121		00:57:29	3301
3560	5264	Alison	Bailey	Female	844	FO	529		00:59:00	3733
3561	6893	Hannah	Lane	Female	845	FO	530		00:52:10	2025
3562	5234	Jez	Barnes	Male	2717	M50	216		00:58:27	3580
3563	5648	Emanuele	Franceschini	Male	2718	MO	1555		00:54:57	2682
3564	4306	Devon	Watts	Female	846	FO	531		00:56:28	3065
3565	5128	Andrew	Grimley	Male	2719	M55	177		00:58:01	3457
3566	4463	Ben	Serruys	Male	2720	MO	1556		00:57:41	3357
3567	3484	Tom	Roe	Male	2721	M40	364		01:02:06	4493
3568	4231	Chloe	Webb	Female	847	FO	532		00:59:32	3868
3569	5333	Louisa	Cutts	Female	848	F45	84		00:58:13	3526
3570	4868	Simon	Self	Male	2722	M55	178		00:59:01	3736
3571	4956	Lucy	Nichols	Female	849	FO	533		01:00:06	4023
3572	4531	Lucy	Campbell	Female	850	F55	31		00:58:31	3607
3573	4794	Aysia	Keely	Female	851	FO	534		00:57:35	3324
3574	2584	Poppy	Balaam	Female	852	FO	535		01:03:54	4921
3575	5231	Jake	Montanarini	Male	2723	MO	1557		00:58:13	3517
3576	5047	Brian	Mills	Male	2724	MO	1558		00:59:15	3795
3577	5176	Sally	Richards	Female	853	FO	536		00:58:31	3603
3578	3685	Sarah	Court	Female	854	FO	537		00:59:56	3978
3579	4000	Tom	Noble	Male	2725	MO	1559		00:57:19	3259
3580	4436	Lee	Kiddell	Male	2726	MO	1560		00:58:08	3493
3581	4795	Debbie	Powles	Female	855	F55	32	Norfolk Gazelles AC	00:58:32	3609
3582	8600	Debbie	Smith	Female	856	F45	85		00:50:17	1589
3583	2939	Christian	Hansen	Male	2727	MO	1561		01:00:12	4051
3584	4781	Joe	Haime	Male	2728	MO	1562		00:57:49	3397
3585	4858	Paula	Canham	Female	857	F50	60		00:59:10	3777
3586	4126	Lily	Foster	Female	858	FO	538	Lowestoft Road Runners	00:59:55	3971
3587	5049	Natalia	Zielonka	Female	859	FO	539		00:59:12	3787
3588	3251	Greg	Taylor	Male	2729	MO	1563		00:58:29	3589
3589	4563	Mark	Winterbottom	Male	2730	MO	1564		00:58:37	3629
3590	4134	Alastair	Jackson	Male	2731	MO	1565		00:58:02	3463
3591	5204	Martha	Baulcombe	Female	860	FO	540		01:00:18	4080

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3592	2842	Kirstin	English	Female	861	FO	541		01:02:38	4622
3593	3347	Julian	Flatt	Male	2732	M60	84	Lonely Goat RC	01:02:25	4569
3594	7890	Scott	Allen	Male	2733	MO	1566		00:51:11	1809
3595	4055	Carla	Webb	Female	862	FO	542		00:59:14	3792
3596	3871	Steven	Miller	Male	2734	M50	217		00:59:13	3790
3597	4760	Libbi	Percival	Female	863	FO	543		01:00:15	4066
3598	4442	Mark	Frost	Male	2735	M50	218		01:00:06	4026
3599	5288	Zachary	Dean	Male	2736	MO	1567		00:58:44	3659
3600	4347	Rory	Main	Male	2737	MO	1568		00:57:03	3202
3601	5879	Kamil	Lewandowski	Male	2738	MO	1569		00:56:48	3135
3602	3721	Jo	Skinner	Female	864	F50	61		00:57:29	3303
3603	4391	Bronwen	Nelson	Female	865	FO	544		00:57:13	3236
3604	4398	Emily	Havers	Female	866	FO	545		00:59:32	3870
3605	4454	Ollie	Didwell	Male	2739	MO	1570		01:00:02	4002
3606	4113	Molly	Hopgood	Female	867	FO	546	Ryston Runners	00:58:49	3686
3607	4596	Aston	Murphy	Male	2740	MO	1571		00:57:38	3339
3608	5446	Charlotte	Forshaw	Female	868	FO	547		00:57:26	3286
3609	4620	James	Kidd	Male	2741	M50	219		00:57:26	3283
3610	3107	Ross	Lambert	Male	2742	M40	365		00:58:47	3671
3611	7560	Nadine	Jasinski	Female	869	FO	548		00:46:07	803
3612	6756	Chris	Taylor	Male	2743	MO	1572		00:54:17	2521
3613	5972	Jacqueline	Lambert	Female	870	FO	549		00:58:47	3677
3614	4739	Ben	Hawkins	Male	2744	MO	1573		01:00:06	4028
3615	1417	Callum	Scott	Male	2745	MO	1574		00:57:57	3442
3616	4355	Linus	Norton	Male	2746	M40	366		00:57:47	3389
3617	2341	Scott	Harmer	Male	2747	M45	281		01:03:47	4895
3618	4267	Ellie	Miller	Female	871	FO	550		00:58:35	3619
3619	4641	Marc	Holl	Male	2748	M40	367		00:59:14	3794
3620	1328	Jamie	Read	Male	2749	MO	1575		00:59:30	3857
3621	4733	Charlotte	Harris	Female	872	FO	551		00:59:31	3861
3622	3608	Jake	Whitbread	Male	2750	MO	1576	Sutton in Ashfield Harriers & AC	00:58:03	3470
3623	4672	Thom	Partridge	Male	2751	MO	1577		00:58:55	3714
3624	5425	Dustyn	Saint	Male	2752	M45	282		00:59:04	3751
3625	3977	Lucy	Tilbrook	Female	873	FO	552		00:57:35	3328
3626	4511	Rocco	Vettese	Male	2753	MO	1578		00:59:25	3831
3627	5179	Simon	Boyd	Male	2754	M45	283		00:57:59	3447
3628	3894	Shelley	Penson	Female	874	F40	122	Great Yarmouth Road Runners	00:58:05	3480
3629	2974	Serena	Willmore	Female	875	FO	553		00:59:33	3875
3630	2126	Thomas	Curl-roper	Male	2755	MO	1579		00:57:47	3387
3631	5063	Tom	Cox	Male	2756	MO	1580		00:57:48	3394
3632	5208	Holly	Cross	Female	876	FO	554		01:00:16	4070
3633	4769	Nikki	Rayner	Female	877	FO	555		00:57:33	3315
3634	5257	Sarah	Wyld	Female	878	FO	556		00:57:33	3320
3635	3957	Harriet	Preston	Female	879	FO	557	Wymondham AC	00:57:40	3353
3636	3730	Sophie	Cross	Female	880	F40	123		00:59:37	3892
3637	5219	Roland	Parrott	Male	2757	M45	284		00:58:37	3628
3638	3064	Nick	Bradley	Male	2758	MO	1581		01:02:47	4651
3639	4074	Oliver	Dyke	Male	2759	MO	1582		01:00:27	4123
3640	788	Samuel	Ford	Male	2760	MO	1583		01:06:28	5415
3641	4335	Giles	Kerkham	Male	2761	M55	179	Norwich Road Runners	00:57:27	3290
3642	3970	Georgia	Bowers	Female	881	FO	558		01:00:12	4045
3643	5407	Mary	Colledge	Female	882	FO	559		01:00:11	4043
3644	4192	Andrew	Haine	Male	2762	MO	1584		00:58:36	3623

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3645	4639	Claire	Beckett	Female	883	F50	62	Lonely Goat RC	00:59:28	3843
3646	4373	Alex	Moir	Male	2763	MO	1585		00:58:20	3557
3647	3554	Sarah	Homewood	Female	884	FO	560		01:03:47	4892
3648	3277	Darran	West	Male	2764	M55	180	Waveney Valley AC	01:02:17	4543
3649	3422	Kevin	Rayner	Male	2765	M50	220		01:03:21	4790
3650	4375	Phil	Terry	Male	2766	M60	85		01:00:30	4139
3651	5675	Sam	Kind	Male	2767	MO	1586		00:55:01	2698
3652	4030	Ewan	Wilson	Male	2768	MO	1587		00:58:48	3681
3653	1757	Dominic	West	Male	2769	M45	285		01:06:50	5464
3654	3969	Dennis	Rogers	Male	2770	M50	221		00:58:33	3616
3655	5439	Eimear	Richardson	Female	885	FO	561	Norwich Road Runners	01:00:42	4177
3656	3886	Frederick	Cook	Male	2771	M40	368		01:00:07	4032
3657	3913	John	Brierley	Male	2772	M50	222		00:58:38	3632
3658	7256	Chris	Wickham	Male	2773	M45	286		00:56:55	3170
3659	3986	Andy	Lillie	Male	2774	M60	86		00:58:38	3633
3660	4057	Louise	Plunkett	Female	886	F45	86		00:59:34	3879
3661	6022	Tom	Woolner	Male	2775	MO	1588		00:59:36	3887
3662	4857	Charlotte	Dolton	Female	887	F40	124		00:58:37	3630
3663	3058	Angela	Millen	Female	888	F40	125		01:04:40	5065
3664	3059	Alice	Shore	Female	889	F40	126		01:04:40	5064
3665	4787	Rosie	Carlton	Female	890	FO	562		01:00:10	4042
3666	4688	Aimée	Rumsby	Female	891	FO	563		00:59:34	3880
3667	3917	Victoria	Bowen	Female	892	F40	127	Bungay Black Dog RC	01:00:03	4014
3668	3440	Hannah	Grobbelaar	Female	893	FO	564		00:58:15	3536
3669	1277	Samuel James Michael	Betts	Male	2776	MO	1589		01:00:01	3995
3670	4961	Suzanne	Nurse	Female	894	F50	63		00:58:18	3548
3671	4119	Thomas	Kerin	Male	2777	MO	1590		00:59:35	3883
3672	2861	Oli	Everitt	Male	2778	MO	1591		01:03:29	4833
3673	2689	John	Edwards	Male	2779	MO	1592		00:53:11	2245
3674	1608	Toby	Felton	Male	2780	MO	1593		01:00:26	4116
3675	3753	Zoe	Baynes	Female	895	FO	565		00:58:13	3520
3676	4102	Sam	Cross	Male	2781	MO	1594		00:57:25	3279
3677	5766	Zak	Riches	Male	2782	MO	1595		00:53:58	2446
3678	4700	Anna	Burton	Female	896	FO	566		01:00:25	4115
3679	3546	Kerry	Harbord	Female	897	FO	567		01:03:16	4779
3680	3547	Matthew	Harbord	Male	2783	M45	287		01:03:16	4780
3681	3592	Emily	Ball	Female	898	FO	568		01:03:10	4761
3682	3563	Emma	Culverwell	Female	899	FO	569		01:03:29	4828
3683	3980	Mark	Bullimore	Male	2784	MO	1596		00:59:11	3782
3684	2572	Graham	Hardingham	Male	2785	M60	87	Dereham Runners AC	01:02:59	4703
3685	5372	Ben	Allen	Male	2786	MO	1597		00:59:56	3979
3686	5452	Hannah	Tough	Female	900	F40	128		01:00:17	4073
3687	4535	Jake	Tuley	Male	2787	MO	1598		00:57:53	3424
3688	3772	Charlotte	Murray-smith	Female	901	F40	129		01:00:52	4231
3689	5433	Samantha	Faulkner	Female	902	F45	87	Norfolk Gazelles AC	00:56:37	3095
3690	5349	Luke	Plane	Male	2788	MO	1599		01:00:43	4181
3691	3877	Tim	Roberts	Male	2789	M45	288		00:56:40	3107
3692	5448	Gareth	Lince	Male	2790	M40	369		00:58:05	3481
3693	3194	Robbie	Knox	Male	2791	M45	289		01:00:33	4151
3694	5105	Luke	Edwards	Male	2792	MO	1600		01:00:16	4068
3695	5315	Hannah	Barrett	Female	903	FO	570		00:59:34	3881
3696	2784	James	Moncur-brown	Male	2793	MO	1601		01:04:34	5040

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3697	4900	Alice	Dalton	Female	904	F45	88		00:59:02	3742
3698	3528	Ben	Little	Male	2794	MO	1602		01:03:50	4907
3699	3754	Rebecca	Reynolds	Female	905	FO	571		00:58:22	3565
3700	6336	Juliet	Murray	Female	906	FO	572		00:55:08	2728
3701	2619	James	Steward	Male	2795	MO	1603		01:03:26	4820
3702	5793	Richard	Bell	Male	2796	M50	223	Norfolk Harriers RC	00:54:47	2641
3703	4475	James	Aylett	Male	2797	M45	290		01:00:18	4076
3704	4322	Meadhbh	Flynn	Female	907	FO	573		00:57:39	3347
3705	5053	Max	Game	Male	2798	MO	1604		01:00:30	4137
3706	6641	Harry	Webster	Male	2799	MO	1605		00:54:29	2557
3707	2651	Christopher	Cook	Male	2800	MO	1606		01:04:04	4945
3708	3012	Kevin	Hemp	Male	2801	M55	181		01:00:24	4108
3709	6063	Jasmine	Rundle	Female	908	FO	574		00:55:46	2891
3710	4441	Daniel	Littleboy	Male	2802	M40	370		00:57:37	3335
3711	5365	Theo	David	Male	2803	MO	1607		00:58:25	3573
3712	6152	Eirrin	Thompson	Male	2804	M55	182	Great Yarmouth Road Runners	00:55:43	2881
3713	5188	Andrew	Stronach	Male	2805	M55	183		00:57:50	3406
3714	4541	Anna	Plunkett	Female	909	F45	89		00:59:52	3957
3715	4241	Adam	Piddock	Male	2806	MO	1608		00:58:25	3569
3716	4856	Robin	Taylor	Male	2807	M55	184		00:59:16	3805
3717	5261	Amy	Bennett	Female	910	FO	575		00:59:20	3814
3718	7063	Joshua	Astbury-dennis	Male	2808	MO	1609		00:54:18	2525
3719	6417	Ross	Mcnally	Male	2809	M40	371		00:55:16	2761
3720	4174	George	Robinson	Male	2810	MO	1610		00:58:52	3700
3721	4615	Sharon	Bracey	Female	911	F55	33		01:00:15	4061
3722	6318	Matthew	Reid	Male	2811	MO	1611		00:56:33	3081
3723	4925	Laura	Alexander-sinclair	Female	912	F40	130		01:01:09	4313
3724	1206	Keith	Walpole	Male	2812	M50	224	Lonely Goat RC	01:00:15	4063
3725	2826	Daniel	James	Male	2813	MO	1612		01:03:14	4775
3726	5517	Justyna	Barcicka	Female	913	FO	576		01:02:08	4501
3727	4788	Fi	Tyas	Female	914	F40	131		01:00:29	4133
3728	3768	Annie	Leung	Female	915	F45	90		00:57:20	3264
3729	4901	Adrian	Buck	Male	2814	M60	88		00:57:34	3322
3730	4578	Rebecca	Harris	Female	916	F50	64		00:58:16	3541
3731	4404	Lucy	Drake	Female	917	F45	91		00:59:04	3750
3732	4871	Claire	Whitmarsh	Female	918	F45	92		00:59:05	3755
3733	5369	Lorna	Miller-fik	Female	919	FO	577		00:58:16	3538
3734	3787	James	Francis	Male	2815	M40	372	Reepham Runners	00:59:33	3871
3735	3358	Steve	Batt	Male	2816	MO	1613		01:00:27	4126
3736	4370	James	Howley	Male	2817	MO	1614		01:00:23	4106
3737	6148	Ben	Hunt	Male	2818	M40	373		00:53:21	2293
3738	3371	Matthew	Barnes	Male	2819	M40	374		00:58:36	3626
3739	3733	Robert	Bulley	Male	2820	M55	185		00:59:50	3950
3740	4526	Alex	Guest	Male	2821	MO	1615		01:01:04	4294
3741	3747	Carla	Sutherland	Female	920	F45	93		00:58:59	3726
3742	5428	Rachael	Taylor	Female	921	F55	34		01:00:53	4234
3743	4419	Robert	Hemmens	Male	2822	M55	186		00:59:55	3973
3744	4378	Rhianna-lily	Smith	Female	922	FO	578		01:00:14	4059
3745	2599	Tim	Gregory	Male	2823	MO	1616		01:01:14	4330
3746	6308	Troy	Doherty	Male	2824	M45	291		00:55:39	2857
3747	3445	David	Newell	Male	2825	MO	1617		01:04:47	5088
3748	3335	Ashleigh	Beardmore	Female	923	FO	579		01:05:16	5174
3749	4756	Lydia	Petersen	Female	924	FO	580		00:58:38	3634

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3750	4646	Lee	Youngs	Male	2826	M40	375	Norwich Road Runners	00:59:49	3945
3751	4275	Charles	Forsdick	Male	2827	M55	187		00:59:02	3741
3752	9270	Will	Mills	Male	2828	M40	376		00:52:21	2053
3753	3163	Paul	Strowger	Male	2829	M45	292		00:59:04	3749
3754	4565	Neil	Henery	Male	2830	M65	35		00:57:42	3362
3755	3796	Rick	Roydes	Male	2831	M45	293		00:59:03	3746
3756	3233	Daniel	Rowland	Male	2832	MO	1618		00:59:40	3908
3757	4669	Mark	Harvey	Male	2833	M55	188		01:00:43	4183
3758	4332	Laisve	Vibane	Female	925	FO	581		00:58:30	3594
3759	3045	Thomas	Drewery	Male	2834	MO	1619		01:03:27	4824
3760	3808	Steve	Lucas	Male	2835	M55	189		00:59:07	3770
3761	3947	Harriet	Howes	Female	926	F40	132		01:00:49	4211
3762	7352	Gene	Miller	Male	2836	M50	225		00:57:16	3247
3763	4648	Chloe	Norman	Female	927	FO	582		00:59:27	3837
3764	5215	Simon	Edwards	Male	2837	M50	226		00:58:07	3488
3765	4697	Sally	Hart	Female	928	F45	94		00:58:07	3489
3766	3483	Hannah	Howard	Female	929	FO	583	Norfolk Gazelles AC	00:58:31	3604
3767	5416	Lynda	Chenery	Female	930	F50	65		01:01:22	4356
3768	4683	Stephen	Rawsthorne	Male	2838	M65	36		00:59:37	3889
3769	3841	Courteney	Jacobs	Female	931	FO	584		01:00:21	4094
3770	2206	Alice	Wright	Female	932	FO	585	Great Yarmouth Road Runners	01:00:21	4095
3771	4793	Anne	Nash	Female	933	F55	35		00:57:12	3231
3772	3863	Simon	Bright	Male	2839	M50	227		01:00:54	4236
3773	4387	Amy	Holt	Female	934	F40	133		01:00:06	4027
3774	4067	Timothy	Backhouse	Male	2840	MO	1620		00:58:49	3688
3775	4501	Sophie	Hurren	Female	935	FO	586		01:00:01	3999
3776	5066	Andy	Smith	Male	2841	M55	190	Coltishall Jaguars RC	00:58:54	3708
3777	3872	Dylan	Thomas	Male	2842	M45	294		00:59:58	3985
3778	3784	Kieran	Harrington-ball	Male	2843	M40	377		00:57:40	3355
3779	4151	Tom	Cowan	Male	2844	MO	1621		00:59:59	3988
3780	5052	Andy	Thompson	Male	2845	M45	295		01:00:47	4200
3781	5758	Charlotte	Eastell	Female	936	FO	587		01:00:22	4100
3782	4125	Abbi	Catterall	Female	937	FO	588		00:57:07	3214
3783	4353	Emily	Dougal	Female	938	FO	589		00:59:29	3846
3784	5218	Hannah	Briggs	Female	939	F40	134		00:57:46	3378
3785	5319	Karl	Jermyn	Male	2846	M50	228		01:00:13	4054
3786	5367	Callum	Hood	Male	2847	MO	1622		01:01:14	4331
3787	6212	Martin	Westgate	Male	2848	MO	1623		00:55:06	2714
3788	4090	Nick	Catchpole	Male	2849	M40	378		01:01:05	4300
3789	3609	Nicola	Kaye	Female	940	F50	66	Norfolk Gazelles AC	00:56:16	3012
3790	5308	Liam	Davison	Male	2850	MO	1624		00:58:14	3528
3791	5317	Angela	Hindle	Female	941	F40	135		01:01:00	4270
3792	5631	Andrew	Aalders-dunthorne	Male	2851	M55	191	Harleston Running Club	00:56:09	2984
3793	6206	Didie	Nturo	Male	2852	MO	1625		00:55:34	2830
3794	2763	Matthew	Wilson	Male	2853	MO	1626		00:55:50	2913
3795	5970	Stuart	Higgins	Male	2854	M50	229		00:55:51	2918
3796	3121	Jamie	Whitworth	Male	2855	MO	1627		01:04:31	5031
3797	877	Matthew	Elsey	Male	2856	MO	1628		00:49:10	1326
3798	3253	Harriet	Brooke	Female	942	FO	590		01:00:23	4104
3799	5922	Adam	Barnard	Male	2857	M40	379		00:54:43	2623
3800	4024	Karyn	Bray	Female	943	F55	36		00:58:09	3497
3801	5239	Charlie	Lewington - Loades	Female	944	F45	95		00:58:09	3502

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3802	4276	Richard	Allsworth	Male	2858	M45	296		00:58:39	3638
3803	3310	Kate	Ledwidge	Female	945	F40	136		01:01:07	4303
3804	4135	Mark	Pike	Male	2859	M55	192		01:01:09	4314
3805	6649	Chris	Boyle	Male	2860	MO	1629		00:53:34	2355
3806	4612	Madi	Burley	Female	946	FO	591		00:58:57	3719
3807	2041	Tadas	Vitas	Male	2861	MO	1630		01:03:55	4923
3808	4653	Gareth	Everitt	Male	2862	M40	380		01:00:13	4052
3809	2244	Rebecca	Kingston	Female	947	FO	592		01:04:09	4970
3810	7575	Maca	Margetson	Male	2863	MO	1631		00:49:57	1509
3811	4071	Nathan	Ward	Male	2864	MO	1632		01:00:33	4150
3812	3464	Eileen	Gallacher	Female	948	FO	593		01:03:14	4774
3813	2505	Jersey	Holmes	Female	949	FO	594		01:04:26	5008
3814	5051	Ross	Allen	Male	2865	MO	1633		00:58:58	3722
3815	3702	Anya	Farrow	Female	950	FO	595		00:59:32	3867
3816	2243	Steve	Brighton	Male	2866	M40	381		01:04:13	4978
3817	5682	Jack	Starr	Male	2867	MO	1634		00:56:07	2978
3818	5353	Graham	Holliman	Male	2868	M40	382		00:59:07	3769
3819	4184	Rebecca	Ellis	Female	951	FO	596		00:59:04	3748
3820	3156	Kian	Peek	Male	2869	MO	1635	City Of Norwich AC	01:03:54	4920
3821	3946	Nikita	Greenacre	Female	952	FO	597		01:00:23	4102
3822	5359	Hadley	Connor	Male	2870	M45	297		00:58:49	3687
3823	4273	Elena	Hewett	Female	953	FO	598		01:01:37	4413
3824	3355	Ian	Archer	Male	2871	M55	193		00:59:31	3864
3825	5421	Maddie	Archer	Female	954	FO	599		00:59:31	3862
3826	5705	James	Pritchard	Male	2872	M60	89		00:56:15	3008
3827	3326	James	Bruce	Male	2873	MO	1636	Great Yarmouth Road Runners	01:00:23	4105
3828	4193	Matthew	Buller	Male	2874	MO	1637		01:00:47	4197
3829	5292	Robert	White	Male	2875	M50	230		00:57:52	3418
3830	3825	David	Clark	Male	2876	M50	231		00:58:11	3509
3831	4610	Jack	Whitham	Male	2877	MO	1638		00:59:52	3958
3832	7188	Andrew	March	Male	2878	MO	1639		00:56:05	2969
3833	3034	Darren	Walsgrove	Female	955	F50	67		00:58:13	3518
3834	5249	Martin	Tovell	Male	2879	M55	194		00:58:40	3643
3835	4602	Caitlin	Bell	Female	956	FO	600		01:01:23	4360
3836	6155	Megan	Broughton	Female	957	FO	601		00:58:19	3550
3837	3244	Daniel	Brock	Male	2880	MO	1640		01:05:17	5178
3838	2351	Rachele	Kelsall	Female	958	F55	37	Wymondham AC	00:58:12	3516
3839	6450	Daniel	Bean	Male	2881	M45	298		00:56:35	3088
3840	4561	Chris	Lower	Male	2882	M40	383		00:59:56	3976
3841	4703	Sarah	Crawford	Female	959	F40	137		00:58:16	3542
3842	3189	Julie	Goodwin	Female	960	F45	96		01:03:48	4898
3843	4974	Joe	Stevens	Male	2883	MO	1641		00:59:41	3914
3844	3925	Nicholas	Richardson	Male	2884	M40	384		01:00:05	4021
3845	7272	Jack	Thomas	Male	2885	MO	1642		00:56:44	3121
3846	5018	James	Ambrose	Male	2886	MO	1643		00:58:07	3487
3847	4274	Eleanor	Jones	Female	961	FO	602		00:58:35	3620
3848	4445	Liz	Jones	Female	962	F45	97	Norwich Road Runners	01:00:28	4129
3849	3981	Lorna	Jermyn	Female	963	F45	98	Wymondham AC	01:00:48	4204
3850	4506	Sam	Elliott	Male	2887	MO	1644		00:58:25	3574
3851	4627	Michelle	Youngs	Female	964	FO	603	Norwich Road Runners	01:00:29	4132
3852	5385	James	Roberts	Male	2888	MO	1645		01:00:03	4009
3853	5059	Abbie	Lawler	Female	965	FO	604		01:00:48	4201
3854	4236	Sophie	Anderson	Female	966	FO	605		00:59:06	3762

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3855	3928	Sean	Underwood	Male	2889	M45	299		00:58:53	3703
3856	4282	Paul	Westgate	Male	2890	M65	37	Great Yarmouth Road Runners	01:00:42	4174
3857	4740	Hannah	Jenness	Female	967	FO	606		01:01:55	4458
3858	3674	David	Drew	Male	2891	M40	385		01:05:37	5252
3859	4178	Abraham	Gihawi	Male	2892	MO	1646		00:57:33	3319
3860	5893	Brendan	Pope	Male	2893	M50	232		00:58:29	3591
3861	4342	Adrian	Carlton	Male	2894	M60	90		01:01:29	4379
3862	1991	Jake	Lawrence	Male	2895	MO	1647		00:58:05	3479
3863	4792	Eleanor	Chapman	Female	968	FO	607		00:58:06	3483
3864	2985	Joe	Youngs	Male	2896	MO	1648		00:58:07	3485
3865	562	Harrison	Death	Male	2897	MO	1649		01:01:40	4423
3866	1303	Michael	Smith	Male	2898	M40	386		01:08:29	5743
3867	2804	Sammi	Carroll	Female	969	FO	608		01:05:29	5222
3868	5163	Amy	Coby	Female	970	FO	609		00:59:22	3819
3869	3198	Joan	Symonds	Female	971	F55	38		01:06:10	5362
3870	4772	Jackie	Brand	Female	972	F50	68		01:02:06	4495
3871	5646	Ellen	Dawson-brown	Female	973	FO	610		00:56:51	3151
3872	3824	Matias	Espinoza	Male	2899	MO	1650		00:53:59	2450
3873	3597	Nicky	Roper	Female	974	F50	69	Framlingham Flyers	01:04:23	4999
3874	4707	Lukejane	Evans	Male	2900	M45	300		00:59:32	3869
3875	7384	Hannah	Groom	Female	975	FO	611		00:56:57	3178
3876	7385	Steven	Watmore	Male	2901	MO	1651		00:56:57	3180
3877	6263	Henry	Forwood	Male	2902	MO	1652		00:57:01	3193
3878	2483	Derek	Wilson	Male	2903	M70	9		00:56:50	3147
3879	4796	Daniel	Cook	Male	2904	M40	387		00:58:36	3622
3880	4841	Emma	Saxton	Female	976	F55	39		01:01:22	4353
3881	4240	James	Broughton	Male	2905	MO	1653		00:58:40	3645
3882	5147	Peter	Tassone	Male	2906	M50	233		01:00:58	4252
3883	4440	Emily	Hubbard	Female	977	FO	612		00:58:49	3691
3884	5468	Bethan	Hill	Female	978	FO	613		01:00:21	4096
3885	6753	Bayley	Addison	Female	979	FO	614		00:56:12	2998
3886	3637	Leanne	Thompson	Female	980	F40	138		01:00:20	4089
3887	572	James	Conley	Male	2907	MO	1654		00:59:54	3965
3888	4157	Elaine	Kleinberg	Female	981	F50	70	Wymondham AC	00:59:36	3886
3889	5216	Silke	Hunter	Female	982	F55	40		01:01:00	4265
3890	4822	Clair	Szemis	Female	983	F50	71	Norwich Road Runners	01:02:00	4474
3891	4006	Victoria	Airey	Female	984	FO	615		00:59:23	3823
3892	7227	Laura	Tuddenham	Female	985	FO	616		00:59:56	3974
3893	4601	Jonathan	Herring	Male	2908	M40	388		00:59:00	3730
3894	4023	Valerie	Owen	Female	986	F55	41	Daventry Road Runners	01:02:08	4503
3895	3410	Nigel	Gilham	Male	2909	M70	10	Bungay Black Dog RC	01:04:00	4932
3896	5984	Faye	Thomas	Female	987	F45	99		00:56:10	2991
3897	3072	Katie	Lofty	Female	988	FO	617		01:05:40	5260
3898	4682	John	Tacey	Male	2910	M55	195		00:59:16	3803
3899	4257	Leanne	Emmett	Female	989	F40	139		01:00:06	4022
3900	3258	Andrea	Beck	Female	990	F50	72		01:01:08	4308
3901	2100	Jonathan	Sellex	Male	2911	M40	389		00:59:01	3735
3902	4564	Chellea	Palmer	Female	991	F50	73		01:00:14	4058
3903	4480	Adam	Avery	Male	2912	MO	1655		00:59:30	3853
3904	4946	Morgan	Newstead	Male	2913	MO	1656		01:01:23	4357
3905	3742	Tom	Steadman	Male	2914	MO	1657		00:59:14	3791
3906	5363	Nina	Avery	Female	992	FO	618		00:59:07	3767
3907	3950	Suzy	Horth	Female	993	F45	100	Norfolk Harriers RC	01:01:16	4338

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3908	4058	Michael	Britton	Male	2915	M45	301		00:58:48	3680
3909	4605	Adam	Lamb	Male	2916	MO	1658		00:58:48	3679
3910	4698	Oliver	Egmore	Male	2917	MO	1659		01:00:25	4114
3911	3827	Charlotte	Tabit	Female	994	FO	619		01:01:36	4409
3912	4298	Christopher	Binks	Male	2918	MO	1660		00:59:45	3929
3913	5154	David	Shrimpton	Male	2919	M40	390		00:59:43	3919
3914	4208	Kate	Risely	Female	995	F45	101		00:59:38	3903
3915	4570	Cheryl	Goymer	Female	996	F60	16	Beccles Triathlon Club	01:00:28	4127
3916	5382	Ian	Walker	Male	2920	M45	302		01:02:15	4527
3917	4063	Hilary	Winch	Female	997	F55	42		00:59:40	3913
3918	4420	Graham	Hunt	Male	2921	M55	196		00:59:15	3798
3919	5458	Lucy	Palmer	Female	998	F40	140		01:01:03	4283
3920	4650	Kathryn	Hoare	Female	999	FO	620		01:00:00	3994
3921	4603	Louise	Boyce	Female	1000	F55	43		01:01:15	4333
3922	9009	Bella	Capps	Female	1001	FO	621		00:59:53	3964
3923	5716	Lynn	Cook	Female	1002	F55	44		01:00:32	4147
3924	4412	Abbie	Blair	Female	1003	F40	141		01:02:09	4508
3925	5111	Jimmy	Gascoigne	Male	2922	M40	391		01:00:38	4162
3926	5305	Lydia	Morgan	Female	1004	FO	622		01:00:21	4091
3927	8923	James	Smith	Male	2923	M45	303		00:53:40	2367
3928	4116	Gary	Smith	Male	2924	M50	234		01:02:17	4541
3929	5806	Catherine	Le-grys	Female	1005	F50	74		00:57:18	3255
3930	3942	Emma	Harris	Female	1006	FO	623		01:00:33	4152
3931	4389	Lucy	Vadhir	Female	1007	FO	624		01:00:50	4213
3932	2809	Christopher	Taylor	Male	2925	M45	304		01:04:48	5091
3933	8918	Lorraine	Tweedy	Female	1008	F60	17		00:52:52	2189
3934	515	Jonathan	Kemp	Male	2926	M45	305		01:07:54	5635
3935	4906	Howard	Skoyles	Male	2927	M55	197		00:58:35	3618
3936	9293	Christine	Ryding	Female	1009	F50	75		00:59:52	3959
3937	3174	Alison	Fiddy	Female	1010	F55	45		01:05:24	5206
3938	6875	Neil	Chapman	Male	2928	M50	235		00:56:30	3073
3939	4146	Thomas	Marsden	Male	2929	MO	1661		01:02:15	4526
3940	4040	Joshua	Riding	Male	2930	MO	1662		00:59:05	3760
3941	5269	Flora	Andrews	Female	1011	F45	102		00:59:49	3949
3942	6338	David	Lewiss	Male	2931	M60	91		00:54:47	2640
3943	3989	Rebecca	Baister	Female	1012	FO	625		01:02:17	4542
3944	2702	Corvette	Lodge	Female	1013	F45	103		01:05:19	5190
3945	1846	Lauro	Chaves	Male	2932	M40	392		01:05:21	5195
3946	5182	Lisa	Stickells	Female	1014	F40	142		00:59:56	3980
3947	5405	Jennifer	Morgan	Female	1015	FO	626		00:59:52	3956
3948	3903	Emily	Burden	Female	1016	F40	143		01:00:15	4065
3949	3157	Alison	Buck	Female	1017	F40	144		01:06:48	5461
3950	4390	Aaron	Smith	Male	2933	MO	1663		01:00:34	4154
3951	7442	Cameron	Bird	Male	2934	MO	1664		00:57:35	3325
3952	4235	Lexi	Mulley	Female	1018	FO	627		01:02:12	4517
3953	3223	Daniel	Ballantyne	Male	2935	MO	1665		01:04:36	5048
3954	2788	Joshua	Fox	Male	2936	MO	1666		01:01:33	4395
3955	7209	Anthony	Cronin	Male	2937	M50	236		00:54:48	2647
3956	1595	Madeline	Yarham	Female	1019	FO	628		01:08:15	5705
3957	4265	Leanne	Brandling-harris	Female	1020	F40	145		00:58:25	3571
3958	5472	Glen	Scott	Male	2938	M45	306		01:00:03	4010
3959	5123	Richard	Wallis	Male	2939	M45	307		00:59:03	3744
3960	6330	Max	Woodcock	Male	2940	MO	1667		00:56:55	3172

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
3961	6319	Aaron	Easter	Male	2941	MO	1668		00:57:42	3363
3962	5168	Jack	Morton	Male	2942	MO	1669		01:00:02	4003
3963	2724	Paul	Choak	Male	2943	M70	11		01:05:21	5202
3964	5792	Rachel	Bell	Female	1021	F50	76		00:56:44	3118
3965	4643	Cathy	Forth	Female	1022	F50	77		00:58:47	3672
3966	4617	Stevie	Ward	Female	1023	FO	629		01:01:11	4322
3967	5222	Emily	Gage	Female	1024	F40	146	Bungay Black Dog RC	00:59:46	3934
3968	5612	Hollie	Hare	Female	1025	FO	630		00:55:39	2859
3969	4209	Matt	Bradley	Male	2944	MO	1670		00:57:34	3323
3970	3037	Beth	Nelson	Female	1026	F55	46		01:00:52	4225
3971	4106	James	Hunt	Male	2945	MO	1671		01:03:00	4710
3972	5005	Kelly	Bancroft	Female	1027	F40	147	Great Yarmouth Road Runners	01:01:32	4390
3973	5342	Daniel	Osborne-bishop	Male	2946	MO	1672		01:01:47	4438
3974	2952	Claudia	Arnold	Female	1028	FO	631		01:00:41	4169
3975	5961	Raimonda	Drevinskaite	Female	1029	FO	632		00:57:42	3366
3976	4141	Martyn	Webb	Male	2947	MO	1673		00:58:31	3608
3977	4549	Matt	Sharp	Male	2948	MO	1674		01:02:16	4538
3978	2953	Matthew	Briggs	Male	2949	MO	1675		01:00:42	4175
3979	4554	Alastair	Ogle	Male	2950	M50	237		01:02:44	4642
3980	4096	Kai	Ward	Male	2951	MO	1676		00:57:39	3345
3981	6233	Rosy	Dive	Female	1030	FO	633		00:56:10	2989
3982	7226	Sam	Anderson	Female	1031	FO	634		00:57:51	3409
3983	6032	Daniel	Miller	Male	2952	MO	1677		00:57:41	3359
3984	4402	Caroline	Brown	Female	1032	F55	47		00:59:24	3827
3985	4385	Martin	Porter	Male	2953	M65	38		00:59:57	3983
3986	6452	Ryan	Barling	Male	2954	MO	1678		00:56:45	3127
3987	5232	Hannah	Lain	Female	1033	FO	635	Norwich Road Runners	01:02:38	4618
3988	5442	Andrew	Collins	Male	2955	MO	1679		01:02:54	4686
3989	3916	Sharen	Madge	Female	1034	F45	104		01:00:48	4205
3990	5181	Lesla	Easton	Female	1035	F55	48		01:00:19	4084
3991	5198	Ben	Webb	Male	2956	M50	238	Zoom Tri Club Bournemouth	01:02:49	4661
3992	8548	Chloe	Edwards	Female	1036	FO	636		01:00:46	4196
3993	3915	Graham	Madge	Male	2957	M60	92		01:00:51	4220
3994	4937	Sarah	Barber	Female	1037	F45	105		01:00:35	4155
3995	1271	Polly	Potter	Female	1038	F45	106		00:59:35	3884
3996	5159	Dave	Rudd	Male	2958	MO	1680		01:02:01	4475
3997	3724	Sadie	Smith	Female	1039	F50	78		01:02:24	4566
3998	8478	Kerri	Hayward	Female	1040	FO	637		00:59:15	3800
3999	5143	Brandon	Drewry	Male	2959	MO	1681		00:59:30	3850
4000	5524	Georgina	Rhead	Female	1041	FO	638		01:03:03	4727
4001	4496	Barry	Wells	Male	2960	M75+	4	Norwich Road Runners	01:00:07	4033
4002	2921	Brittany	Gordon	Female	1042	FO	639		01:00:03	4011
4003	6833	Karolina	Paulauskaite	Female	1043	FO	640		00:57:03	3203
4004	4806	Kelly	Cornish	Female	1044	F45	107		01:02:33	4594
4005	4807	Kyra	Cornish	Female	1045	FO	641		01:02:33	4593
4006	5056	Emma	Casey	Female	1046	FO	642		01:00:04	4017
4007	1599	Liam	Mann	Male	2961	MO	1682		00:56:23	3050
4008	6312	Jonny	Phipps	Male	2962	MO	1683		00:56:24	3056
4009	6673	Michelle	Atkinson	Female	1047	F45	108		00:57:43	3367
4010	4618	Stephen	Barker	Male	2963	M60	93		01:02:45	4644
4011	5144	Kai	Hewitt	Male	2964	MO	1684		00:59:38	3899
4012	5254	Charlotte	Day	Female	1048	FO	643		01:01:02	4277
4013	4804	Thomas	Flahive	Male	2965	M40	393		01:01:18	4347

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
4014	3921	Faith	Jennison	Female	1049	FO	644		01:00:58	4253
4015	3896	James	Upton-hill	Male	2966	MO	1685		01:00:58	4255
4016	3920	Alice	Jennison	Female	1050	FO	645		01:00:59	4258
4017	3976	Jack	Caswell-dodd	Male	2967	MO	1686		01:00:22	4098
4018	4651	Amy	Hubbard	Female	1051	FO	646		01:03:00	4706
4019	5396	Sarah	James	Female	1052	F45	109	Waveney Valley AC	01:01:17	4343
4020	3336	Alistair	Blankley	Male	2968	MO	1687		01:00:49	4209
4021	3923	Lisa Marie	Kiddell	Female	1053	F45	110		01:00:30	4140
4022	7083	Kevin	Adcock	Male	2969	M60	94		00:57:41	3360
4023	5489	Jane	Palmer	Female	1054	F45	111		01:01:59	4468
4024	3314	Jonathan	Figura-drane	Male	2970	M40	394		01:06:32	5427
4025	4051	Jonathan	Boucher	Male	2971	M45	308		00:58:49	3694
4026	4153	Amber	Robson	Female	1055	FO	647		01:02:15	4534
4027	4542	Bob	Bradshaw	Male	2972	M55	198		00:56:05	2970
4028	2257	Jake	Gray	Male	2973	MO	1688		01:00:06	4029
4029	2545	Ruth	Hoyle	Female	1056	FO	648		01:03:13	4769
4030	1515	Martin	Ferguson	Male	2974	MO	1689		01:09:34	5920
4031	3798	Harvey	Barrington	Male	2975	M45	309		01:02:08	4502
4032	4068	Hayley	Summerfield	Female	1057	F50	79		01:02:59	4705
4033	2613	Kirsty	Johnstone	Female	1058	F60	18	Barnet & District AC	01:07:10	5526
4034	4568	Lee	Webster	Male	2976	M50	239		01:02:11	4513
4035	4233	Nadine	Bunn	Female	1059	F40	148		01:00:36	4158
4036	4567	Kate Hawkins	Hawkins Webster	Female	1060	F45	112		01:02:11	4514
4037	4164	Steve	Sharp	Male	2977	M55	199		01:01:11	4323
4038	4047	Lauren	Page	Female	1061	F40	149		01:03:00	4707
4039	5131	Anna	Stevenson	Female	1062	F50	80		01:00:25	4110
4040	5132	Hugo	Stevenson	Male	2978	M50	240		01:00:25	4111
4041	3549	Hannah	Hanley	Female	1063	FO	649		01:06:19	5384
4042	3550	Joseph	Hanley	Male	2979	M60	95		01:06:20	5389
4043	2589	Shaun	Mary	Male	2980	M50	241		01:02:50	4670
4044	6149	Rhys	Peterson	Male	2981	M40	395		00:55:34	2833
4045	4989	Dariusz	Fassihi	Male	2982	M40	396		01:02:51	4675
4046	6062	Chelsea	Duncan	Female	1064	FO	650		00:55:15	2758
4047	5885	Chloe	Green	Female	1065	FO	651		00:59:34	3882
4048	5007	Miriam	Smither	Female	1066	F45	113		01:03:08	4747
4049	3789	Kate	Holden	Female	1067	F60	19		00:59:43	3921
4050	3866	Stuart	Rogers	Male	2983	M65	39		00:59:11	3778
4051	6970	Emma	Allen	Female	1068	F45	114		00:56:50	3149
4052	4060	James	Hickman	Male	2984	MO	1690		00:59:49	3947
4053	5191	Katey	Oven	Female	1069	FO	652		01:01:15	4334
4054	3065	Linda	Price	Female	1070	F45	115		01:05:37	5251
4055	4882	Jennifer	Badcock	Female	1071	FO	653		01:02:02	4478
4056	4587	Philippa	Wright	Female	1072	FO	654		01:00:12	4049
4057	4161	Katherine	Smith	Female	1073	FO	655		01:03:02	4726
4058	4316	Pete	Scott	Male	2985	M65	40		01:02:49	4662
4059	4732	Ed	West	Male	2986	M55	200		01:03:09	4754
4060	5026	Karl	Dodgson	Male	2987	M45	310		01:01:25	4366
4061	4597	Linda	Hawes	Female	1074	F45	116		01:01:55	4457
4062	5773	Mark	Loader	Male	2988	M50	242		00:58:15	3534
4063	3018	Kayleigh	Crewe	Female	1075	FO	656	Thetford AC	01:06:41	5444
4064	4685	Alan	Hiom	Male	2989	M40	397		01:00:07	4031
4065	4933	David	Stansbury	Male	2990	M55	201		01:01:16	4337
4066	7122	Ben	Walpole	Male	2991	MO	1691		00:55:31	2817

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
4067	4691	James	Gilligan	Male	2992	MO	1692		01:01:20	4350
4068	5184	Jacq	Mills	Female	1076	F50	81		01:02:36	4613
4069	3443	Lucy	Mayes	Female	1077	FO	657		01:05:59	5320
4070	8666	Tyler	Clayton	Male	2993	MO	1693		01:05:09	5158
4071	4645	Liam	Rumsby	Male	2994	MO	1694		01:00:49	4212
4072	5227	Kurt	Bish	Male	2995	MO	1695		01:02:48	4656
4073	4069	Bonnie	Sayer	Female	1078	FO	658		01:03:19	4787
4074	5101	Tim	Turner	Male	2996	M45	311		01:03:08	4753
4075	1957	Francesca	Diacciati	Female	1079	FO	659		01:07:00	5488
4076	2951	Taylor	Walding	Male	2997	MO	1696		01:05:12	5167
4077	2231	Kevin	Blackburn	Male	2998	MO	1697		01:06:16	5377
4078	4954	Indy	Evans	Female	1080	FO	660		00:57:33	3318
4079	1703	Hannah	Chapman	Female	1081	F40	150	Aylsham Runners	01:07:00	5492
4080	2638	Joe	Brain	Male	2999	M40	398		01:07:09	5520
4081	5245	Sally	Juby	Female	1082	F40	151		01:03:30	4835
4082	62	Jacob	Kenworthy	Male	3000	MO	1698	Wymondham AC	01:03:27	4826
4083	5392	Georgina	Wall	Female	1083	FO	661		01:03:28	4827
4084	5267	Rhian	Coates	Female	1084	F45	117		01:03:13	4770
4085	3073	Richard	Ossitt	Male	3001	MO	1699		01:00:43	4182
4086	3204	Ben	Davis	Male	3002	M50	243		00:54:11	2499
4087	6966	Stuart	Govey	Male	3003	M50	244		00:58:20	3556
4088	4823	David	Petch	Male	3004	M60	96		01:00:19	4083
4089	4574	Aimee	Cox	Female	1085	FO	662		01:01:53	4453
4090	2236	Lawrence	Malyon	Male	3005	MO	1700		00:57:13	3234
4091	5354	Jennifer	Holliman	Female	1086	FO	663		01:00:57	4249
4092	4007	Lisa	Kemp	Female	1087	F45	118	Wymondham AC	01:01:01	4275
4093	5145	Zoe	Rogers	Female	1088	FO	664		00:59:38	3897
4094	3523	Becky	Stringer	Female	1089	F40	152	Wymondham AC	01:01:02	4278
4095	5814	Aaron	Protheroe	Male	3006	MO	1701		00:57:05	3210
4096	3762	Andrew	Loveday	Male	3007	MO	1702		01:01:26	4371
4097	3322	Sharon	Burrell	Female	1090	F50	82	Lonely Goat RC	01:06:13	5367
4098	1929	Frank	Campling	Male	3008	MO	1703	Norwich Road Runners	01:05:39	5259
4099	5272	Lauren	Burton	Female	1091	F45	119		01:00:59	4259
4100	5248	Amy	Webb	Female	1092	FO	665		01:01:36	4406
4101	5534	Harry	Farrell-beales	Male	3009	MO	1704		00:59:46	3936
4102	3776	Stuart	Goodhew	Male	3010	M40	399		00:59:36	3885
4103	4706	Jane	Evans	Female	1093	F50	83		01:00:59	4260
4104	5019	Fred	Aspinall	Male	3011	MO	1705		00:59:47	3940
4105	1827	Jon	Shooter	Male	3012	M45	312	Wymondham AC	01:00:47	4199
4106	3959	Daryl	Smith	Male	3013	M40	400	Lonely Goat RC	01:02:05	4487
4107	5041	Rachel	Taylor	Female	1094	F45	120		01:01:48	4440
4108	2941	Charlie	Cole	Male	3014	MO	1706		00:58:14	3529
4109	6675	Serena	Djiakouris	Female	1095	FO	666		01:05:17	5180
4110	5170	Sarah	Clack	Female	1096	F45	121		01:00:48	4202
4111	5074	David	Glason	Male	3015	M50	245		01:00:16	4069
4112	4467	Verity	Buckingham	Female	1097	FO	667		01:02:31	4589
4113	4831	Bernice	Whitten	Female	1098	F55	49		01:02:33	4597
4114	6354	Ross	Perkins	Male	3016	MO	1707		00:58:13	3523
4115	4493	Louis	Moyse	Male	3017	MO	1708		01:00:32	4146
4116	5523	Jenna	Mills	Female	1099	FO	668		01:03:00	4713
4117	4285	Adam	Aldridge	Male	3018	MO	1709		00:58:10	3504
4118	4805	Jade	Haczewski	Female	1100	FO	669		01:02:12	4515
4119	5273	Amy	Barker	Female	1101	FO	670		00:56:55	3167

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
4120	6046	Charlie	Allen	Female	1102	FO	671		00:57:59	3446
4121	5180	Elliot	Jackson	Male	3019	MO	1710		01:00:54	4238
4122	3687	Samantha	Bryant	Female	1103	FO	672		01:05:14	5172
4123	5098	Amanda	Small	Female	1104	F50	84		01:01:43	4431
4124	5262	Christopher	Brown	Male	3020	MO	1711		01:00:02	4004
4125	3391	Chloe	Stonebridge	Female	1105	FO	673		01:02:16	4536
4126	6326	Hazel	Thacker	Female	1106	FO	674		00:57:51	3410
4127	4652	Megan	Brand	Female	1107	FO	675		01:03:44	4880
4128	3460	Charlotte	Simon	Female	1108	FO	676		01:01:12	4327
4129	3764	Lily	Bensley	Female	1109	FO	677		01:00:41	4171
4130	3264	April	Wood	Female	1110	FO	678		01:06:43	5450
4131	5728	Kevin	Dobson	Male	3021	M45	313		01:02:44	4641
4132	6008	Richard	Wakelin	Male	3022	M55	202		00:55:34	2832
4133	3890	Shannon	Kimber-smith	Female	1111	FO	679		00:58:22	3562
4134	3805	Richard	Moyse	Male	3023	M50	246	Great Yarmouth Road Runners	01:00:38	4164
4135	6543	Taylor	Mcvey	Female	1112	FO	680		00:58:22	3564
4136	5097	Jordi	Lambert	Female	1113	FO	681		01:03:19	4788
4137	5740	Robert	Butler	Male	3024	M55	203		00:58:02	3466
4138	1971	Steph	Harrison	Female	1114	FO	682		01:01:15	4335
4139	4616	Jack	Casey	Male	3025	M40	401		01:03:15	4776
4140	6577	Wayne	Rogers	Male	3026	M50	247		00:58:30	3593
4141	5397	Colin	Mullen	Male	3027	M60	97		01:00:30	4135
4142	6272	Carl	Bates	Male	3028	M55	204		00:59:11	3779
4143	5668	Shona	Matthews	Female	1115	FO	683		00:58:32	3611
4144	6035	Robert	Black	Male	3029	M55	205	City Of Norwich AC	00:58:00	3454
4145	5351	Steph	Makins	Female	1116	F45	122		01:01:12	4325
4146	2334	Sean	Higginbotham	Male	3030	M40	402		01:00:51	4222
4147	3001	Ian	Douglass	Male	3031	M55	206		00:53:58	2447
4148	633	Amber	Dunne	Female	1117	FO	684		01:01:02	4280
4149	4599	Claire	Leadley	Female	1118	F45	123		01:02:47	4655
4150	4109	Rebecca	Sinden	Female	1119	FO	685		01:02:35	4608
4151	4284	Sandra	Muench	Female	1120	F40	153		01:03:50	4904
4152	6340	Rebecca	Savage	Female	1121	F50	85		00:58:41	3652
4153	7240	Joseph	Kendrick-eriksen	Male	3032	MO	1712		00:57:42	3361
4154	5998	Claire	Dauids	Female	1122	F40	154		00:54:50	2653
4155	2299	Bradley	Day	Male	3033	MO	1713		01:06:30	5421
4156	22	Stephen	Alger	Male	3034	M40	403		01:09:08	5849
4157	5869	John	Kirkum	Male	3035	M55	207		00:58:12	3515
4158	4019	Richard	Savelli	Male	3036	M55	208		01:00:31	4142
4159	4313	Stuart	Dewell	Male	3037	M60	98	Lowestoft Road Runners	01:03:35	4858
4160	4188	Max	Tressler	Male	3038	MO	1714		01:00:45	4189
4161	5085	Nick	Southey	Male	3039	MO	1715		01:00:30	4136
4162	5955	Kathryn	Elliott	Female	1123	FO	686		00:58:25	3570
4163	4336	Richard	Goodenough	Male	3040	M40	404		01:02:01	4476
4164	3138	Kateryna	Yeromina	Female	1124	FO	687		01:07:35	5577
4165	4371	Tracey	Goodrum	Female	1125	F55	50		01:02:15	4531
4166	4407	Richard	Davis	Male	3041	M50	248		00:59:52	3955
4167	6600	Sam	Lincoln	Male	3042	MO	1716		00:58:12	3512
4168	5967	Adam	Mullin	Male	3043	M40	405		00:56:32	3078
4169	3532	James	Cox	Male	3044	MO	1717		00:59:24	3828
4170	5024	Mary	Jones	Female	1126	F65	6	Waveney Valley AC	01:00:46	4194
4171	5409	Abbie	Willett	Female	1127	FO	688		01:00:46	4193
4172	4818	Nick	Lawrence	Male	3045	M40	406		01:00:43	4179

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
4173	4753	Chloe	Francis	Female	1128	FO	689		01:02:43	4637
4174	6059	Sophie	Lowe	Female	1129	FO	690		00:59:46	3932
4175	3659	Molly	Wones	Female	1130	FO	691	Norwich Road Runners	00:59:47	3937
4176	5073	Emily	Barber	Female	1131	FO	692		01:01:30	4382
4177	4817	Ian	Sears	Male	3046	M60	99		01:00:06	4025
4178	4213	Toby	Vernon	Male	3047	M50	249		01:02:52	4679
4179	5497	Grace	Anderson	Female	1132	FO	693		01:03:49	4901
4180	4799	Luke	Sutton	Male	3048	M45	314		01:03:27	4822
4181	3274	Jordan	Butterfant	Male	3049	MO	1718		01:03:11	4764
4182	6884	Muhammed	Faisal	Male	3050	MO	1719		00:57:01	3197
4183	5995	Emily	Paice	Female	1133	FO	694		00:58:54	3709
4184	737	Adam	Paice	Male	3051	MO	1720		00:58:55	3713
4185	4873	Danielle	Coates	Female	1134	FO	695	Saint Edmund Pacers	01:02:13	4519
4186	4307	Joanne	Millington	Female	1135	F50	86		01:02:22	4555
4187	5161	Richard	King	Male	3052	M45	315		01:02:25	4568
4188	3801	Rachel	Boyce	Female	1136	F45	124		01:02:14	4522
4189	4421	Mark	Shepstone	Male	3053	M40	407		00:59:40	3911
4190	3515	Chris	Grogan	Male	3054	M40	408	Great Yarmouth Road Runners	01:02:54	4685
4191	8352	Jake	Gardiner	Male	3055	MO	1721		01:03:02	4725
4192	6128	Beatrice	Richardson	Female	1137	FO	696		00:59:51	3954
4193	5233	Leila	Mckenna	Female	1138	F55	51		01:00:39	4166
4194	5992	Alistair	Beavis	Male	3056	M45	316		00:56:39	3101
4195	4861	Lucie	Hammond	Female	1139	F40	155		01:02:00	4473
4196	6362	Andrew	Britton	Male	3057	M40	409		00:58:41	3648
4197	3187	Chris	Bolderstone	Male	3058	M40	410		00:58:56	3716
4198	7191	Kristopher	Slade	Male	3059	MO	1722		00:58:33	3615
4199	5140	Laura	Sercombe	Female	1140	F45	125		01:00:08	4035
4200	6068	James	Gorman	Male	3060	MO	1723		00:58:45	3665
4201	4702	Donna	Milner	Female	1141	F40	156	Great Yarmouth Road Runners	01:02:15	4533
4202	4879	Kathryn	Abigail-hardman	Female	1142	F50	87		01:03:30	4836
4203	3984	Samuel	Parsons	Male	3061	MO	1724		01:01:36	4408
4204	5330	Joe	Randlesome	Male	3062	MO	1725		01:01:00	4266
4205	5616	Joanne	Bates	Female	1143	F55	52		00:58:45	3663
4206	3881	David	Hardy	Male	3063	M55	209	Norfolk Harriers RC	01:01:01	4274
4207	4828	Andrew	Huggins	Male	3064	M55	210		01:02:38	4621
4208	1809	James	Howard	Male	3065	MO	1726		00:57:33	3317
4209	4424	Dianna	Baptista	Female	1144	FO	697		00:59:02	3739
4210	5467	Victoria	Berryman	Female	1145	FO	698	Norwich Road Runners	01:00:41	4170
4211	4757	Russell	Petersen	Male	3066	M40	411		01:01:38	4420
4212	4077	Liz	Clues	Female	1146	F50	88		01:01:01	4271
4213	5436	Samuel	Phillips	Male	3067	MO	1727		01:00:57	4246
4214	5435	Isabelle	Amos	Female	1147	FO	699		01:00:57	4250
4215	4835	Clare	Lewis	Female	1148	F50	89		01:01:03	4288
4216	4362	John	Gladwin	Male	3068	M50	250		01:01:10	4317
4217	5753	Ted	Macdonald	Male	3069	MO	1728		00:57:39	3346
4218	3895	Emily	Woodward	Female	1149	FO	700		01:01:35	4403
4219	5321	Charlotte	Quinn	Female	1150	FO	701		00:59:49	3944
4220	9172	Linda	Cusack	Female	1151	F70	2	Thetford AC	00:52:41	2139
4221	5093	Peter	Keen	Male	3070	M60	100		01:02:15	4532
4222	5377	Matthew	Carter	Male	3071	MO	1729		00:59:51	3952
4223	5493	Mark	Duckett	Male	3072	M55	211		01:02:08	4506
4224	5260	Natalie	Butler	Female	1152	F40	157		01:00:50	4214
4225	3743	Olivia	Levitt	Female	1153	FO	702		01:01:20	4349

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
4226	3823	Charlene	Calladine	Female	1154	FO	703	Diss and District AC	01:00:50	4215
4227	5743	Claire	Holmes	Female	1155	F40	158	Norwich Road Runners	01:02:55	4690
4228	6890	Laura	Garratt	Female	1156	FO	704		00:57:10	3225
4229	4289	Darren	Evans	Male	3073	MO	1730		01:02:58	4698
4230	3775	Matthew	Coote	Male	3074	MO	1731		01:04:01	4937
4231	6293	Scott	Collins	Male	3075	M40	412		01:00:42	4176
4232	6056	Sarah	Walkden	Female	1157	F40	159		00:57:45	3375
4233	5029	Candice	Allison	Female	1158	F40	160		01:04:12	4975
4234	4471	Mike	White	Male	3076	MO	1732		00:57:30	3305
4235	4107	Sue	Phillips	Female	1159	F50	90		01:02:56	4694
4236	4735	Andrew	Bird	Male	3077	M60	101		01:03:45	4885
4237	6858	Shaun	Conway	Male	3078	M60	102		01:00:37	4160
4238	4965	Sam	Mitchell	Male	3079	MO	1733		01:01:26	4369
4239	4969	Andrea	Enriquez	Female	1160	FO	705		01:02:17	4540
4240	5684	Simon	Skinner	Male	3080	M50	251		00:57:29	3302
4241	2719	Liam	Thornby-burt	Male	3081	MO	1734		01:06:05	5342
4242	4921	Gavin	Flood	Male	3082	M55	212		01:04:11	4973
4243	6124	Rosie	Cole	Female	1161	FO	706		00:58:04	3473
4244	2718	Elliot	Chapman	Male	3083	MO	1735		01:06:06	5344
4245	7003	Ryan	Westrop	Male	3084	MO	1736		00:57:45	3376
4246	4922	Joanne	Flood	Female	1162	F55	53		01:04:12	4977
4247	5324	Jacinta	Bradley	Female	1163	FO	707		01:03:11	4765
4248	4223	Philippa	Dent	Female	1164	FO	708		01:02:28	4581
4249	4812	Samantha	Gosnold	Female	1165	F40	161		01:00:29	4134
4250	4036	Richard	West	Male	3085	M55	213	North Norfolk Beach Runners	01:01:34	4400
4251	6002	Patrick	Ryan	Male	3086	MO	1737		00:52:12	2034
4252	3379	Stephanie	Fare	Female	1166	FO	709		01:06:09	5361
4253	4762	Molly Isabella	Greenfield	Female	1167	FO	710		01:04:30	5023
4254	5820	Lucy	Field	Female	1168	F40	162		01:00:27	4122
4255	5733	Katie	Forshaw	Male	3087	MO	1738		00:58:15	3535
4256	3642	Wayne	Munns	Male	3088	M45	317		01:06:06	5345
4257	3938	Samantha	Reeve	Female	1169	FO	711	Werrington Joggers	01:01:53	4451
4258	5055	Louise	Thompson	Female	1170	F45	126		01:02:23	4558
4259	6088	Hon Sang	Lee	Male	3089	MO	1739		00:57:19	3258
4260	6767	James	Baker	Male	3090	M50	252		00:59:17	3808
4261	4748	Tom	Dare	Male	3091	MO	1740		01:01:56	4462
4262	3715	Jonathan	Coltman	Male	3092	M40	413		01:04:29	5018
4263	6299	Tony	Millett	Male	3093	M70	12	Norwich Road Runners	00:59:11	3784
4264	6153	Rachael	Wakefield	Female	1171	F45	127		00:58:27	3578
4265	4990	Eva	Urikova	Female	1172	FO	712		01:01:50	4446
4266	7002	Fliss	Hall	Female	1173	FO	713		00:57:20	3261
4267	5150	Hannah	Jones	Female	1174	FO	714		01:01:04	4297
4268	4048	Daniel	Martin	Male	3094	M40	414		01:02:05	4492
4269	5710	Chelsea	Reynolds	Female	1175	FO	715		00:59:27	3835
4270	5664	Shiona	Whitmore	Female	1176	FO	716		00:57:23	3275
4271	6196	Caroline	Fernandez	Female	1177	F55	54		00:58:53	3705
4272	4304	Katrina	Minns	Female	1178	F45	128	Wymondham AC	01:02:07	4500
4273	6136	Shauna	Cunningham	Female	1179	FO	717	Ipswich Jaffa RC	00:59:28	3840
4274	4348	Hugh	Worsnop	Male	3095	M55	214	Lonely Goat RC	01:03:38	4870
4275	5809	Anne-marie	Wilson	Female	1180	FO	718	Lonely Goat RC	00:59:18	3810
4276	4957	Martin	Barmby	Male	3096	M45	318		00:59:22	3820
4277	6388	Charlotte	Bunting	Female	1181	FO	719		00:56:35	3089
4278	3884	Eleanor	Howard	Female	1182	F50	91		01:04:36	5047

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4279	3346	Lauren	Blanch	Female	1183	FO	720		01:02:57	4697
4280	4532	Lily	Power	Female	1184	FO	721		01:03:08	4752
4281	335	Matthew	Parkhouse	Male	3097	M45	319	Norwich Road Runners	01:03:09	4758
4282	6249	Christopher	Frost	Male	3098	M40	415		00:57:49	3395
4283	4876	Jill	Copeland	Female	1185	F65	7		01:03:12	4768
4284	3900	Rowan	Landis	Female	1186	FO	722		00:58:19	3551
4285	4397	Lucy	Spratling	Female	1187	FO	723		01:04:28	5016
4286	5936	Jonathan	Howes	Male	3099	M55	215	Norwich Road Runners	00:58:50	3695
4287	4629	Oliver	Whitby	Male	3100	M40	416		01:02:49	4660
4288	4465	Samuel	Davidson	Male	3101	MO	1741		01:00:49	4210
4289	4992	Rhea	Stringer	Female	1188	FO	724		01:04:25	5006
4290	5965	Tonya	Banthorpe	Female	1189	F45	129		00:58:50	3697
4291	5481	Daniel	Whitman	Male	3102	MO	1742		00:57:44	3372
4292	6134	Martin	Scent	Male	3103	M45	320		00:56:56	3175
4293	6433	Amy	Vincent	Female	1190	FO	725		01:02:05	4490
4294	4529	Luke	White	Male	3104	MO	1743		01:01:08	4311
4295	5341	Simon	Grace	Male	3105	M40	417		01:01:37	4410
4296	5494	Heloise	Vinette	Female	1191	FO	726		01:03:05	4733
4297	4029	Amy	Snowling	Female	1192	F40	163		01:03:43	4879
4298	4014	Richard	Wright	Male	3106	M65	41		01:02:37	4614
4299	8048	Simon	Taylor	Male	3107	M40	418		00:55:00	2695
4300	5084	Amelia	Gilbert	Female	1193	FO	727		01:03:08	4751
4301	3026	Mark	Taylor	Male	3108	M60	103	Wymondham AC	01:07:41	5598
4302	4053	Nathan	Baston	Male	3109	MO	1744		01:02:43	4640
4303	3074	Sarah	Eadle	Female	1194	F50	92		01:07:41	5597
4304	5404	Chris	Manners	Male	3110	MO	1745		00:56:52	3158
4305	4369	Jessica	Smith	Female	1195	FO	728		01:03:40	4874
4306	1497	Sam	Woodsmann	Male	3111	MO	1746		01:01:26	4373
4307	4919	Lauren	Baker	Female	1196	FO	729		01:01:48	4441
4308	4295	Alex	Riseborough	Male	3112	MO	1747		01:01:26	4370
4309	6603	Miriam	Lowe	Female	1197	FO	730		01:00:18	4079
4310	5903	Adam	Mott	Male	3113	MO	1748		01:01:37	4412
4311	6602	Jo	Lowe	Female	1198	F55	55		01:00:18	4081
4312	5039	Katie	Fenn	Female	1199	F40	164	Coltishall Jaguars RC	01:02:24	4563
4313	4083	Mike	Hardy	Male	3114	M55	216		01:03:36	4864
4314	4466	Georgia	Field-mudd	Male	3115	MO	1749		01:01:02	4281
4315	4657	Sonny	Gardiner	Male	3116	MO	1750		01:02:33	4598
4316	3983	Michael	Ager	Male	3117	M50	253		01:03:41	4876
4317	6219	Alice	Harvey	Female	1200	FO	731		00:58:18	3547
4318	6294	Debbie	Sutton	Female	1201	F55	56		00:58:09	3498
4319	6270	Gerry	Kasprzok	Male	3118	M70	13		00:59:46	3933
4320	4580	Georgina	Creasey	Female	1202	FO	732		01:01:02	4276
4321	3985	Laura	Johnson	Female	1203	FO	733		01:02:34	4607
4322	6387	Max	Walker	Male	3119	MO	1751		00:55:21	2781
4323	5221	Paul	Gooch	Male	3120	M55	217		00:59:48	3942
4324	4708	Anna	Bond	Female	1204	FO	734	Norwich Road Runners	01:04:24	5004
4325	1312	Louis	Bond	Male	3121	MO	1752	Norwich Road Runners	01:04:25	5007
4326	5465	Kelly	Softley	Female	1205	F40	165		00:59:49	3946
4327	5121	Chris	Gramlick	Male	3122	M40	419		01:02:18	4547
4328	4432	Toni	Brimson	Female	1206	FO	735		01:03:03	4729
4329	3937	Bianca	Hedley	Female	1207	FO	736		01:04:22	4995
4330	7172	Lee	Buckingham	Male	3123	MO	1753		00:59:00	3729
4331	6162	Eline	Bunte	Female	1208	FO	737		00:59:23	3825

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4332	6228	Rachel	Phoenix	Female	1209	F40	166		01:01:20	4348
4333	6077	Laura	Olds	Female	1210	F40	167		00:59:37	3893
4334	3804	Holly	Sutton	Female	1211	FO	738	Young Athletes Club	01:04:57	5112
4335	4269	Jonathan	Meeson	Male	3124	M40	420		01:00:36	4159
4336	4593	Mandy	Fryer	Female	1212	F45	130		01:05:11	5165
4337	3332	Sally	Jolin	Female	1213	FO	739		01:01:57	4464
4338	5291	Alex	Faustino-kemp	Male	3125	M40	421		01:01:16	4339
4339	6983	James	Underhill	Male	3126	MO	1754		00:59:44	3922
4340	4081	Andrew	Buxton	Male	3127	MO	1755		00:59:44	3925
4341	3273	Bob	Aldridge	Male	3128	MO	1756		01:04:37	5055
4342	7377	Caroline	Illing	Female	1214	F55	57		00:59:56	3977
4343	7896	Matt	Walker	Male	3129	M45	321		00:52:51	2181
4344	3974	Andrew	Hinde	Male	3130	M45	322		01:04:23	5001
4345	7184	Charlotte	Farrow	Female	1215	FO	740		01:02:35	4612
4346	1815	Steve	Aldridge	Male	3131	M40	422		01:04:38	5057
4347	5681	Stephen	Fox	Male	3132	MO	1757		00:59:39	3905
4348	4380	Jordan	Baston	Male	3133	MO	1758		01:03:01	4717
4349	4916	Bradley	Rea	Male	3134	MO	1759		01:04:24	5003
4350	4710	Rebecca	Cockerill	Female	1216	F40	168		01:04:44	5078
4351	6420	Christopher	Shearing	Male	3135	M40	423		00:58:15	3533
4352	1344	Adam	Harrison	Male	3136	MO	1760		00:54:48	2645
4353	3623	Sigrid	Poon	Female	1217	F50	93		01:07:36	5579
4354	5001	Przemyslaw	Soczynski	Male	3137	M40	424		01:04:36	5049
4355	4114	Simon	Clift	Male	3138	M60	104		00:58:03	3471
4356	3893	Louise	Goodson	Female	1218	F40	169		01:04:27	5014
4357	4311	Ewing	Hannah	Female	1219	F40	170		01:01:49	4443
4358	2848	Mat	Ewing	Male	3139	M40	425	Norfolk Harriers RC	01:01:48	4442
4359	5110	Wendy	Smith	Female	1220	F60	20	Norwich Road Runners	01:04:30	5022
4360	5090	Deirdre	Lynch	Female	1221	FO	741		00:57:04	3205
4361	4821	Jo	Fox	Female	1222	F45	131		01:02:44	4643
4362	5346	Rob	Dowe	Male	3140	M55	218		01:03:32	4845
4363	5187	Gemma	Chernin	Female	1223	F40	171		01:01:30	4381
4364	5804	Emma	Guyton	Female	1224	FO	742		01:01:29	4377
4365	2874	Joe	Drewery	Male	3141	MO	1761		01:08:11	5693
4366	4237	Taylor	Anderson	Male	3142	MO	1762		01:02:25	4567
4367	4003	Phillipa	France	Female	1225	F45	132	Norfolk Gazelles AC	01:03:25	4817
4368	6495	Karen	Davies	Female	1226	F60	21		00:59:54	3968
4369	6197	Michael	Sutton-croft	Male	3143	MO	1763		00:59:37	3896
4370	5975	David	Hannant	Male	3144	M55	219		00:58:49	3689
4371	4176	Polly	Eliel	Female	1227	F40	172		01:00:50	4217
4372	4774	Sharon	Conway	Female	1228	F60	22		01:01:29	4380
4373	4160	Alison	Beales	Female	1229	FO	743		01:04:50	5094
4374	4846	Leah	Edwards	Female	1230	FO	744		01:05:02	5131
4375	4912	Ethan	Goodwin	Male	3145	MO	1764		01:05:02	5130
4376	3711	Vicki	Main	Female	1231	FO	745		01:05:21	5199
4377	4840	Colin	Doherty	Male	3146	M40	426		01:01:03	4292
4378	6842	Emma	Lines	Female	1232	FO	746		00:57:10	3226
4379	2527	Jamie	Stringer	Male	3147	MO	1765		00:57:10	3222
4380	4008	Ieva	Sceponyte	Female	1233	FO	747		01:04:40	5062
4381	6000	Finn	Boyd	Male	3148	MO	1766		00:57:51	3416
4382	6054	Francesca	Tray	Female	1234	FO	748		00:59:48	3943
4383	5611	Thomas	Bailey	Male	3149	M45	323		00:57:55	3433
4384	5172	Barbara	Peek	Female	1235	F55	58		01:04:51	5097

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4385	5099	Andrew	Small	Male	3150	MO	1767		01:02:09	4510
4386	4422	Jenny	Burke	Female	1236	FO	749		01:01:37	4415
4387	4533	Lee	Spencer	Male	3151	MO	1768		00:59:37	3894
4388	4423	Louise	Ryan	Female	1237	FO	750		01:01:37	4414
4389	3652	Tom	Miller	Male	3152	M40	427		00:55:28	2805
4390	2471	Tom	Allen	Male	3153	M45	324		00:58:51	3699
4391	6123	Bronte	Farrage	Female	1238	FO	751		00:58:46	3669
4392	6814	Chelsea	Meredith	Female	1239	FO	752		00:55:13	2751
4393	7120	Todd	Jeffery	Male	3154	MO	1769		00:57:59	3448
4394	4261	Kai Ming	Chan	Male	3155	M45	325		01:05:00	5123
4395	7064	Simon	Bowles	Male	3156	M55	220		00:59:00	3732
4396	5608	Eleanor	Wendel	Female	1240	FO	753		00:58:47	3674
4397	7217	Felicity	Kosloff	Female	1241	F45	133		01:00:08	4036
4398	5238	Ruth	Howes	Female	1242	F45	134		01:02:10	4512
4399	6360	George	Mills	Male	3157	MO	1770		00:59:55	3972
4400	5212	Lucy	Bailey	Female	1243	FO	754		01:04:40	5066
4401	3709	Neil	Docherty	Male	3158	MO	1771		01:03:09	4760
4402	3325	Fay	Starling	Female	1244	FO	755	Wymondham AC	01:01:37	4411
4403	4323	Amy	Rounce	Female	1245	F40	173		01:05:01	5124
4404	2741	Daniel	Brady	Male	3159	MO	1772		01:03:09	4759
4405	3746	Felicity	Conway	Female	1246	FO	756		01:01:41	4426
4406	5183	Julie	Dilrew	Female	1247	F65	8		01:01:38	4417
4407	5788	Joe	Howard	Male	3160	MO	1773		00:56:19	3026
4408	7261	Gavin	Loud	Male	3161	M40	428		01:01:50	4445
4409	5426	Nicky	Hobson	Female	1248	F50	94	Lonely Goat RC	01:01:11	4321
4410	1121	Andrew	Dormer	Male	3162	M55	221	Great Yarmouth Road Runners	01:07:06	5512
4411	3590	Lucy	Hollidsy	Female	1249	F45	135	Great Yarmouth Road Runners	01:04:09	4968
4412	5495	Sarah	Alexander-williams	Female	1250	FO	757		01:03:02	4723
4413	3114	Mark	Routledge	Male	3163	M40	429		01:07:08	5516
4414	5282	Damian	Leslie	Male	3164	M45	326		01:05:11	5166
4415	5394	Ami	Dipple	Female	1251	FO	758		00:56:43	3112
4416	6288	Lauren	Hoare	Female	1252	FO	759		01:00:00	3991
4417	5451	James	Ketteringham	Male	3165	M50	254		01:03:58	4927
4418	6536	Luke	Gorman	Male	3166	MO	1774		01:00:13	4056
4419	4666	Enya	Tooke	Female	1253	FO	760		01:04:56	5107
4420	6910	Adam	Knight	Male	3167	M45	327		01:00:25	4112
4421	4625	Poppy	Rose	Female	1254	FO	761		01:05:28	5219
4422	3785	Tom	Carter	Male	3168	M40	430		01:03:05	4734
4423	6014	Daisy	Field	Female	1255	FO	762		01:00:10	4041
4424	4523	Georgia	Rickman	Female	1256	FO	763		01:01:04	4295
4425	4967	Claire	Wooliscroft	Female	1257	FO	764		01:03:35	4857
4426	5134	Tonya	Whittell	Female	1258	F50	95		01:05:24	5207
4427	4689	Lisa	Wright	Female	1259	F50	96		01:02:13	4521
4428	6355	Bethany	Hinchliffe	Female	1260	FO	765		00:57:51	3413
4429	5065	Elisabeth	Peck	Female	1261	F45	136		01:02:28	4582
4430	6527	George	Beacock	Male	3169	MO	1775		00:59:23	3824
4431	4303	Anna	Tibbles	Female	1262	FO	766		01:02:51	4676
4432	5843	James	Dale	Male	3170	M50	255		01:01:13	4329
4433	7220	Bethany	Earl	Female	1263	FO	767		00:57:53	3423
4434	5769	Stephanie	Harrold	Female	1264	FO	768		01:00:20	4086
4435	4613	Madelene	Aldridge	Female	1265	FO	769		01:00:20	4090
4436	4180	Naomi	Shelton	Female	1266	FO	770		01:04:58	5115
4437	4142	Adam	Harding	Male	3171	M40	431		01:02:07	4498

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
4438	5702	Denis	Udot	Male	3172	MO	1776		00:59:28	3842
4439	3948	Sarah	Lloyd-brown	Female	1267	FO	771		01:02:35	4610
4440	4704	Aileen	Nicholls	Female	1268	F40	174		01:02:06	4496
4441	6575	Edward	Elers	Male	3173	MO	1777		00:58:02	3468
4442	4581	Felicity	Hopper	Female	1269	F40	175	Norfolk Harriers RC	01:02:33	4599
4443	5844	Wayne	Manser	Male	3174	M45	328		01:01:17	4342
4444	4076	Rachel	Ollett	Female	1270	F50	97		01:04:06	4959
4445	5379	Steve	Woods	Male	3175	M45	329		01:05:06	5144
4446	4205	Magda	Rajczak	Female	1271	FO	772		01:05:19	5189
4447	4778	William	Cason	Male	3176	MO	1778		01:03:06	4737
4448	5032	Lily	Orr	Female	1272	FO	773		01:03:03	4730
4449	4002	Katie	Whitmore	Female	1273	F50	98	Wymondham AC	01:04:33	5035
4450	7019	Ruth	De Las Casas	Female	1274	F40	176		01:00:03	4006
4451	1697	Rebecca	Elmy	Female	1275	FO	774		01:00:26	4120
4452	6298	Jenny	Pulford	Female	1276	F40	177		00:57:46	3382
4453	5299	Rebecca	Lorimer	Female	1277	FO	775		01:04:02	4941
4454	5516	Max	Stone	Male	3177	MO	1779		00:59:10	3776
4455	4433	Kelly	Piesse	Female	1278	FO	776		01:03:24	4807
4456	753	Stephen	Knock	Male	3178	M40	432		01:02:40	4630
4457	5091	Sophie	Pearse	Female	1279	FO	777		01:02:41	4633
4458	5521	Jacek	Jodlowski	Male	3179	MO	1780		01:04:45	5083
4459	7113	Archie	Wilkins	Male	3180	MO	1781		00:59:11	3780
4460	6241	Alice	Hickling	Female	1280	FO	778		01:03:00	4712
4461	4249	Jamie	O'connor	Male	3181	MO	1782		01:02:24	4565
4462	6064	Becky	May	Female	1281	FO	779		00:58:39	3642
4463	5941	Ryan	Hancock	Male	3182	M40	433		01:00:10	4039
4464	5336	Calum	Widdrington	Male	3183	MO	1783		01:03:02	4724
4465	5401	Paige	Summers	Female	1282	FO	780		01:01:22	4355
4466	3869	Kate	Billing	Female	1283	FO	781		01:02:30	4587
4467	4665	Jane	Hunt	Female	1284	F60	23	Harleston Running Club	01:04:22	4993
4468	5040	Lauren	Russell	Female	1285	FO	782		01:03:58	4929
4469	6690	Zoe	Dixon	Female	1286	FO	783		01:00:27	4124
4470	4414	Joanna	Durrant	Female	1287	F45	137	Norfolk Gazelles AC	01:01:44	4433
4471	2641	Shane	Lutkin	Male	3184	M65	42		01:03:31	4840
4472	5194	Neil	Mitchell	Male	3185	M50	256		01:03:31	4839
4473	5659	Kelly	Tabiner	Female	1288	F45	138	Norfolk Gazelles AC	01:01:45	4435
4474	4790	Tom	Dickerson	Male	3186	MO	1784		01:05:28	5220
4475	5676	Darek	Schubert	Male	3187	M60	105		01:00:47	4198
4476	5296	Gemma	Noller	Female	1289	F40	178		01:02:59	4702
4477	5460	Ruth	Logan	Female	1290	F60	24		01:03:08	4748
4478	3870	Rebecca	Heard	Female	1291	FO	784		01:02:35	4609
4479	6947	Gerry	Watson	Male	3188	M65	43	Wymondham AC	00:59:00	3731
4480	5873	Bridget	Inyang	Female	1292	F60	25	Great Yarmouth Road Runners	00:59:59	3990
4481	5825	Emily	Jones	Female	1293	FO	785		01:00:46	4192
4482	1398	Elliott	Noller	Male	3189	M40	434		01:03:00	4711
4483	6958	Katy	Clark	Female	1294	F40	179		01:00:18	4078
4484	4562	Bryony	Radley	Female	1295	FO	786		01:04:02	4940
4485	5169	Tim	Orme	Male	3190	MO	1785		01:05:04	5137
4486	3511	Laura	Ridout	Female	1296	F40	180		01:04:30	5027
4487	9282	Keri	Ford	Female	1297	F50	99		01:03:07	4743
4488	3929	Oliver	Duval	Male	3191	M50	257		01:03:08	4750
4489	3686	Steven	Cole	Male	3192	MO	1786		01:05:35	5241
4490	4749	James	Ryan	Male	3193	M40	435		01:02:33	4596

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
4491	5718	Keith	Yaxley	Male	3194	M50	258		00:58:39	3637
4492	3906	Rochelle	Warren	Female	1298	FO	787		01:05:36	5244
4493	3385	Bethany	Griib	Female	1299	FO	788		01:08:23	5726
4494	6911	Neil	Thrush	Male	3195	M70	14		01:00:57	4247
4495	5960	Daniel	Armsby	Male	3196	MO	1787		01:00:55	4240
4496	4638	Craig	Birleson	Male	3197	MO	1788		01:02:40	4629
4497	5356	Barry	Rice	Male	3198	MO	1789		01:03:26	4818
4498	6434	Cherry	Buchanan	Female	1300	F45	139		00:59:30	3856
4499	8976	Gemma	Catchpole	Female	1301	FO	789		00:54:05	2482
4500	6344	Isabel	Diez	Female	1302	FO	790		00:57:52	3420
4501	2607	Dave	Wilson	Male	3199	M55	222		00:59:55	3970
4502	4011	Ruth	Dennis	Female	1303	F45	140	Wymondham AC	01:03:45	4882
4503	3237	Tony	Burch	Male	3200	MO	1790		01:03:09	4757
4504	6472	Kirsty	Reed	Female	1304	F40	181		01:01:00	4264
4505	2536	Jack	Osborne Prosser-james	Male	3201	MO	1791		01:05:38	5256
4506	2412	Paul	Baker	Male	3202	M45	330		01:08:20	5713
4507	3537	Emily	Keen	Female	1305	FO	791		01:04:13	4979
4508	3888	Alex	Fenn	Male	3203	MO	1792		01:04:41	5069
4509	5058	Susanna	Moore	Female	1306	F40	182		01:01:03	4285
4510	9088	Joshua	Avery	Male	3204	MO	1793		00:54:37	2594
4511	5853	Stephanie	Mitchell	Female	1307	FO	792		01:00:11	4044
4512	4942	Caitlin	Notley	Female	1308	F45	141		01:03:31	4838
4513	6747	Amy	Hemp	Female	1309	FO	793		01:05:44	5275
4514	7020	Antony	Gouldstone	Male	3205	M40	436		01:00:24	4109
4515	5322	Chris	Ducker	Male	3206	M50	259		01:05:24	5208
4516	6122	Catherine	Ciarleglio	Female	1310	F45	142		01:00:52	4227
4517	5895	Hanna	Davies	Female	1311	F55	59		01:01:01	4272
4518	5796	Jenny	Neave	Female	1312	F40	183		01:01:03	4287
4519	4108	Kaitlin	Sinden	Female	1313	FO	794		01:05:08	5151
4520	7218	Ethan	Grimbleby	Male	3207	MO	1794		00:59:31	3863
4521	5604	Trudy	Brandling-harris	Female	1314	F65	9		00:59:29	3848
4522	5294	Stephen	Oram	Male	3208	M45	331	Dereham Runners AC	01:05:10	5163
4523	5715	Matthew	Robinson	Male	3209	MO	1795		00:59:49	3948
4524	6245	Connor	Dobson	Male	3210	MO	1796		01:00:30	4141
4525	5741	Briony	Seeger	Female	1315	FO	795		01:00:52	4230
4526	5742	Glenn	Seeger	Male	3211	MO	1797		01:00:53	4233
4527	5214	Thomas	Thompson	Male	3212	MO	1798		01:00:59	4257
4528	5677	Iestyn	Hagland	Male	3213	MO	1799		00:59:00	3728
4529	6011	Jason	Pilbrow	Male	3214	M50	260		01:02:08	4504
4530	4062	David	Winch	Male	3215	M55	223		01:03:41	4877
4531	3439	Rachel	Browne	Female	1316	FO	796		01:10:06	6001
4532	407	Graham	Johnson	Male	3216	M55	224	Coltishall Jaguars RC	01:00:59	4256
4533	5746	Sandra	Johnson	Female	1317	F55	60		01:00:59	4261
4534	4904	Alice	Grimmer	Female	1318	FO	797		01:04:28	5017
4535	7115	Ryan	Jermy	Male	3217	MO	1800		00:59:15	3799
4536	5364	Lara	Douglass	Female	1319	F45	143		01:03:45	4883
4537	7391	Matthew	Crisp	Male	3218	MO	1801		01:00:04	4016
4538	5420	Nicky	Fairweather	Female	1320	F50	100		01:03:45	4887
4539	5312	Sally	Mellows	Female	1321	FO	798		01:03:08	4745
4540	7743	Ashley	Wood	Male	3219	MO	1802		00:51:58	1974
4541	3408	Vicky	Smith	Female	1322	FO	799	Tri-Anglia Triathlon Club	01:02:13	4520
4542	6853	Dexter	Breckons	Male	3220	MO	1803		01:01:20	4351

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
4543	4477	Marli	Ekkerd	Female	1323	F45	144		01:06:14	5369
4544	4684	Donna	Lorne	Female	1324	F50	101		01:05:25	5212
4545	7213	Gary	Staddon	Male	3221	M55	225		00:58:47	3678
4546	6143	Serena	Abbott	Female	1325	FO	800		01:00:45	4191
4547	5120	Siobhan	Laskey	Female	1326	F55	61		01:05:25	5214
4548	3701	James	Park	Male	3222	M50	261		01:06:24	5402
4549	7105	Sophie	Lane	Female	1327	FO	801		00:59:42	3917
4550	5845	John	Mccluskey	Male	3223	M45	332		01:02:05	4491
4551	4075	Chris	Kett	Male	3224	M40	437		01:06:31	5424
4552	1574	Mylena	Miranda	Female	1328	FO	802		01:08:57	5827
4553	2248	Charlotte	Dowson	Female	1329	FO	803	Wymondham AC	00:57:49	3402
4554	3509	Vassar	Loveland	Male	3225	MO	1804		01:10:28	6070
4555	7449	Lottie	Porter	Female	1330	FO	804		01:00:17	4074
4556	6967	Ollie	Whyte	Male	3226	M40	438		00:56:50	3141
4557	5190	Emily	Woodhouse	Female	1331	FO	805		01:02:50	4668
4558	6339	Laura	Robinson	Female	1332	FO	806		00:57:51	3411
4559	6283	Neil	Burrage	Male	3227	M50	262		01:01:05	4298
4560	3086	Andre	Fougo	Male	3228	MO	1805		01:05:38	5255
4561	4808	Karl	Hawkins	Male	3229	MO	1806		01:05:48	5284
4562	6282	Gareth	Broom	Male	3230	M50	263		01:01:07	4304
4563	4622	Nick	Paul	Male	3231	M40	439		01:00:12	4048
4564	6350	Tamzin	Paul	Female	1333	FO	807		01:00:13	4053
4565	6480	Craig	Blakemore	Male	3232	M40	440		00:56:21	3032
4566	1440	Simon	Walsworth	Male	3233	M40	441		01:05:50	5290
4567	5752	Duncan	Macdonald	Male	3234	M45	333		01:00:02	4005
4568	6686	Rachel	Donovan	Female	1334	FO	808		01:02:08	4505
4569	4681	Stephen	Plume	Male	3235	M45	334		01:06:34	5431
4570	6805	Orlagh	Marks	Female	1335	FO	809		01:02:09	4509
4571	6284	Ryan	Harris-smith	Male	3236	MO	1807		00:59:53	3963
4572	3954	Kate	Atkins	Female	1336	F45	145	Norfolk Gazelles AC	01:03:21	4791
4573	4291	Russell	Dick	Male	3237	M40	442		00:59:57	3981
4574	1555	James	Doggett	Male	3238	M40	443		01:02:28	4578
4575	7037	Thomas	Vallis	Male	3239	MO	1808		01:02:28	4579
4576	6615	Stephen	Keefe	Male	3240	M60	106		01:00:40	4167
4577	5332	Joanne	Wakeley	Female	1337	F45	146		01:05:18	5184
4578	5200	Kelly	Dodd	Female	1338	FO	810	Sneyd Striders	01:04:01	4936
4579	4080	Helaina	Bowater	Female	1339	FO	811		01:03:26	4821
4580	4154	Olly	Chaplin	Male	3241	MO	1809		01:06:33	5428
4581	5444	Lee	George	Male	3242	M40	444		01:02:49	4663
4582	7173	Martyn	Woodgate	Male	3243	M50	264		00:59:46	3935
4583	5089	Simon	Evans	Male	3244	M60	107		01:05:37	5250
4584	3356	Stephen	Curnow	Male	3245	M45	335		00:54:55	2675
4585	5387	Bethany	Jones	Female	1340	FO	812		01:03:23	4805
4586	5016	Nigel	Bradley	Male	3246	M65	44	Wymondham AC	01:04:16	4984
4587	3810	Lucy	Batt	Female	1341	FO	813		01:06:14	5371
4588	7228	Sophie	Collard	Female	1342	FO	814		00:58:57	3721
4589	6553	Stephen	Cage	Male	3247	M70	15		00:59:27	3833
4590	3820	Matthew	Hunton	Male	3248	MO	1810		01:06:15	5372
4591	5889	Georgia	Tiffin	Female	1343	FO	815		00:58:10	3503
4592	5696	Rebecca	Campbell	Female	1344	FO	816		01:01:08	4310
4593	7583	Abigail	Richards	Female	1345	FO	817		00:55:22	2787
4594	5075	Sarah	King	Female	1346	FO	818		01:06:31	5422
4595	4951	Barney	Goodman	Male	3249	M40	445		01:05:37	5248

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
4596	4491	Oliver	Dyer	Male	3250	MO	1811		01:02:34	4601
4597	4576	Dee	Hebron	Female	1347	F45	147		01:06:30	5419
4598	5313	Karen	Watson	Female	1348	F60	26		01:06:03	5335
4599	6114	Simon	Dyble	Male	3251	M40	446		01:01:34	4399
4600	3449	Imogen	Dungar	Female	1349	FO	819		01:03:49	4900
4601	6660	Andrew	Dougal	Male	3252	M65	45		01:01:51	4447
4602	6836	Rose	Copland	Female	1350	F60	27		01:01:58	4467
4603	300	John	Dungar	Male	3253	M45	336	Bure Valley Harriers	01:03:52	4910
4604	3936	Oliver	Morgan	Male	3254	M45	337		01:05:52	5299
4605	4452	Tom	Rose	Male	3255	MO	1812		01:03:14	4772
4606	5883	Lizzie	Hook	Female	1351	FO	820		01:00:32	4148
4607	6094	Stephanie	Flint	Female	1352	FO	821		01:00:35	4156
4608	3926	Charlotte	Boxall	Female	1353	FO	822		01:04:07	4962
4609	4405	Hannah	Varley	Female	1354	FO	823		01:00:51	4219
4610	6192	Rochelle	Catchpole	Female	1355	FO	824		01:01:32	4386
4611	6205	Leanne	Eldershaw	Female	1356	F40	184		01:04:08	4966
4612	2791	Thomas	Catchpole	Male	3256	M40	447		01:01:32	4387
4613	5520	Joanna	Beatham	Female	1357	FO	825		01:03:07	4742
4614	7267	Kerry	Leslie	Female	1358	F40	185		01:01:57	4465
4615	5178	Matthew	Ridden	Male	3257	M45	338		01:04:20	4990
4616	5939	Danielle	Lay	Female	1359	FO	826		01:01:03	4290
4617	5406	Alice	Bruce	Female	1360	FO	827		01:05:55	5306
4618	6754	Liv	Taylor	Female	1361	FO	828		00:59:30	3859
4619	78	Shane	Smith	Male	3258	MO	1813		00:59:31	3860
4620	484	Alistair	Shearer	Male	3259	M40	448		01:12:48	6421
4621	2045	Esme	Salmon	Female	1362	FO	829		01:02:42	4636
4622	7249	Ian	Guest	Male	3260	M65	46		01:01:53	4454
4623	5880	Katherine	Signal	Female	1363	F40	186		01:01:55	4460
4624	7361	Daniella	Sitch	Female	1364	FO	830		01:02:05	4489
4625	6297	Dan	Jones	Male	3261	MO	1814		00:58:25	3575
4626	9196	Helen	Watts	Female	1365	F50	102		00:58:39	3640
4627	4909	Clare	Walton	Female	1366	F45	148		01:01:48	4439
4628	4139	Kelly	Towell	Female	1367	F40	187		00:58:39	3639
4629	6130	Matt	Conway	Male	3262	M40	449		00:59:09	3772
4630	5438	Zoe	Steward	Female	1368	F40	188		01:07:20	5541
4631	4670	Debbie	Priest	Female	1369	F65	10	Diss and District AC	01:03:45	4884
4632	6239	Jonathan	Mills	Male	3263	M45	339		00:59:50	3951
4633	5057	Tom	Casey	Male	3264	MO	1815		01:05:26	5217
4634	3899	Devan	Harris	Male	3265	MO	1816		01:04:14	4981
4635	3448	Daniel	Timms	Male	3266	MO	1817	Ryston Runners	01:05:48	5285
4636	4973	Sarah	Douglass	Female	1370	F40	189		00:59:07	3765
4637	5470	Karen	Chapman	Female	1371	F55	62		01:03:55	4925
4638	4628	John	Johnson	Male	3267	M65	47		01:06:30	5420
4639	5318	Lewis	Cromack	Male	3268	MO	1818		01:04:18	4988
4640	4592	Louisa	Boyce	Female	1372	FO	831		01:05:57	5310
4641	4644	Debbie	Moore	Female	1373	F60	28	Runners-Next-the-Sea	01:05:31	5228
4642	3904	Jamie	Carter	Male	3269	MO	1819		01:03:52	4913
4643	7200	Lauren	Gimber	Female	1374	FO	832		00:59:58	3986
4644	4434	Thea	Brooman	Female	1375	FO	833		00:58:33	3612
4645	5456	Jenny	Hewson	Female	1376	FO	834		01:06:40	5442
4646	5323	Ben	Ablett	Male	3270	M50	265		01:05:21	5197
4647	4004	Bev	Bowler	Female	1377	F50	103		01:04:42	5075
4648	4171	Joshua	Fiddy	Male	3271	MO	1820		01:02:04	4485

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
4649	6348	Jackie	Bridges	Female	1378	F45	149		01:01:36	4404
4650	5669	Angela	King	Female	1379	F50	104		01:01:02	4282
4651	4995	Ruth	Sellex	Female	1380	FO	835		01:04:15	4983
4652	4498	Nicholas	Denny	Male	3272	MO	1821		01:06:41	5446
4653	4499	Charlie	Sewards	Male	3273	MO	1822		01:06:42	5447
4654	4915	Henry	Elliott	Male	3274	MO	1823		01:07:21	5542
4655	6137	Megan	Davies	Female	1381	F40	190		01:00:51	4221
4656	6421	Melissa	Hunt	Female	1382	FO	836		00:59:40	3909
4657	7230	Samuel	Leonard	Male	3275	M40	450		01:02:00	4472
4658	7242	Camilla	Parker	Female	1383	F60	29		01:01:25	4365
4659	5622	Zoe	Marsden	Female	1384	F40	191		01:01:42	4428
4660	6105	Pippa	Souster	Female	1385	FO	837		01:01:51	4448
4661	7232	Ben	Parker	Male	3276	MO	1824		00:59:28	3844
4662	5067	Gary	Mortishire	Male	3277	M40	451		01:06:21	5391
4663	4843	Rojen	Lojo	Female	1386	FO	838		00:59:54	3967
4664	4888	Greg	Gibson	Male	3278	M55	226		01:03:22	4798
4665	2671	Ben	Nuttall	Male	3279	MO	1825		01:01:16	4336
4666	5927	Gemma	Ambrose	Female	1387	F40	192		01:00:45	4190
4667	6733	Toby	Hands	Male	3280	MO	1826		01:00:08	4034
4668	4539	Fergus	Bobby	Male	3281	MO	1827		01:01:22	4354
4669	6927	Richard	Pyatt	Male	3282	M40	452		00:59:27	3834
4670	6719	Ruth	Fiddy	Female	1388	FO	839		01:02:14	4523
4671	6469	Ben	Allen	Male	3283	MO	1828		00:59:15	3797
4672	5293	Charlie	Casey-buckland	Male	3284	MO	1829		01:05:56	5309
4673	5450	Fiona	Houghton	Female	1389	F55	63	Waveney Valley AC	01:05:41	5264
4674	3645	Connor	Copsey	Male	3285	MO	1830		01:10:53	6135
4675	4552	Alan	Oakley	Male	3286	M65	48		01:03:37	4865
4676	7048	Renate	Bulvane	Female	1390	F40	193		00:59:41	3915
4677	6864	Nicoleta	Bilan	Female	1391	F60	30		01:10:59	6146
4678	5807	James	Bass	Male	3287	M45	340		01:00:05	4018
4679	3625	Kate	Dunbar	Female	1392	F60	31	Vegan Runners UK	01:01:11	4324
4680	7593	Megan	Charles	Female	1393	FO	840		00:54:40	2602
4681	5691	Daniel	Mitchell	Male	3288	MO	1831		00:58:30	3595
4682	5389	Ellie	Rose	Female	1394	FO	841		01:03:32	4843
4683	5652	Amelia	Rix	Female	1395	FO	842		00:58:31	3599
4684	5384	Teegan	Collier	Female	1396	FO	843		01:05:19	5188
4685	2604	Callum	Lawlor	Male	3289	MO	1832		00:58:53	3702
4686	5979	Emily	Player	Female	1397	FO	844		01:01:07	4306
4687	4115	Maxwell	Jones	Male	3290	MO	1833		01:06:00	5325
4688	4813	Robyn	Artherton	Female	1398	FO	845		01:06:01	5327
4689	3922	James	Stacey	Male	3291	MO	1834		01:04:08	4965
4690	6186	Allun	Overton	Male	3292	MO	1835		00:59:13	3789
4691	4694	Eloise	Mcfadden	Female	1399	FO	846	Bungay Black Dog RC	01:05:57	5311
4692	5605	James	Waller	Male	3293	M50	266		01:02:21	4553
4693	4478	Adam	Boughen	Male	3294	MO	1836		01:07:36	5578
4694	981	Charly	Willis	Female	1400	FO	847		00:59:05	3754
4695	8475	Millie	Buesnel	Female	1401	FO	848		00:59:05	3756
4696	4317	Peter	Mcnulty	Male	3295	MO	1837		01:00:42	4173
4697	7215	Lydia	Moll	Female	1402	FO	849		01:02:09	4507
4698	6667	Callan	Duffy	Male	3296	MO	1838		01:00:56	4245
4699	4952	Phil	Baron	Male	3297	M45	341		01:05:05	5140
4700	4536	Kevin	Ellis	Male	3298	M50	267		01:05:45	5277
4701	5399	Molly	Clifford	Female	1403	FO	850		01:02:14	4524

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
4702	7050	Josef	Want	Male	3299	MO	1839		01:01:43	4432
4703	4819	Amy	Griffiths	Female	1404	F40	194		01:01:34	4396
4704	8251	Joshua	Allsop	Male	3300	MO	1840		00:56:13	3003
4705	6731	Sarah	Bridges	Female	1405	FO	851		01:01:24	4363
4706	5701	John	Clarke	Male	3301	MO	1841		01:01:24	4364
4707	6188	Ripley	Hack	Female	1406	FO	852		01:02:43	4639
4708	3491	Daniel	Smith	Male	3302	M40	453		01:11:07	6165
4709	5268	David	Tullett	Male	3303	MO	1842		01:04:07	4963
4710	4723	Elly	Barker	Female	1407	FO	853		01:07:31	5569
4711	5810	John	Barton	Male	3304	MO	1843		01:01:33	4393
4712	5014	James	King	Male	3305	M40	454	Norfolk Harriers RC	01:04:44	5082
4713	6303	Max	Harrison	Male	3306	MO	1844		01:00:03	4013
4714	5634	Miles	Savage	Male	3307	M60	108		01:02:23	4560
4715	4579	Chris	Wiseman	Male	3308	M40	455		01:06:26	5409
4716	8225	Charlotte	Cork	Female	1408	FO	854		00:58:49	3683
4717	5327	Zoe	Reeve	Female	1409	FO	855		01:05:08	5150
4718	6823	Ben	Fulcher	Male	3309	MO	1845		01:01:17	4341
4719	9285	Charlotte	Ives	Female	1410	FO	856		00:54:34	2583
4720	1279	Stuart	Smith	Male	3310	M45	342		01:01:28	4376
4721	2955	Deborah	Lawrence	Female	1411	F60	32	Norwich Road Runners	01:11:06	6164
4722	6478	Sarah	Smith	Female	1412	F45	150		01:01:29	4378
4723	5797	Craig	Stephen	Male	3311	MO	1846		01:02:51	4674
4724	6952	Kerry	Hopper	Male	3312	M50	268		01:02:41	4632
4725	5366	Alex	Hammond	Male	3313	M40	456		01:07:40	5593
4726	5865	Amanda	Barmby	Female	1413	F45	151		01:02:50	4665
4727	1630	Caitlin	Richardson	Female	1414	FO	857		00:58:22	3563
4728	6096	Rebecca	Dyde	Female	1415	FO	858		01:02:19	4550
4729	3944	Loretta	Carron	Female	1416	FO	859		01:07:26	5558
4730	4339	Clare	Gooch	Female	1417	F50	105	Norwich Road Runners	01:03:47	4896
4731	4983	Murdoch	Macphee	Male	3314	M45	343		01:04:21	4992
4732	6681	Shannon	Warnes-lansley	Female	1418	FO	860		01:02:45	4647
4733	4015	Jasmine	Nabarro	Female	1419	FO	861		01:07:38	5586
4734	3663	Shaune	Gooch	Male	3315	M50	269	Norwich Road Runners	01:03:46	4888
4735	5872	Purvi	Patel	Female	1420	FO	862		01:02:38	4620
4736	6218	Robert	Sampson	Male	3316	M60	109	Petts Wood Runners	00:59:53	3960
4737	5009	Emily	Crowe	Female	1421	FO	863		01:07:40	5594
4738	7801	Suzanne	Pudney	Female	1422	F40	195		00:56:05	2971
4739	5358	Jazmine	Rennie	Female	1423	FO	864		01:02:32	4591
4740	5095	Shaun	Hudson	Male	3317	MO	1847		01:06:00	5324
4741	6778	Tracey-anne	Cleaver	Female	1424	F50	106		01:02:06	4494
4742	6222	Andrew	Mosur-bavington	Male	3318	MO	1848		01:01:34	4398
4743	6289	Lisa-marie	Jones	Female	1425	FO	865		01:02:24	4564
4744	6685	Vicky	Sayer	Female	1426	FO	866		01:02:34	4602
4745	6040	James	Dunne	Male	3319	M50	270		01:00:37	4161
4746	6988	Emily	Paton	Female	1427	FO	867		01:03:04	4731
4747	1653	Vince	Butler	Male	3320	M55	227		01:12:16	6347
4748	5464	Victoria	Berry	Female	1428	FO	868		01:06:51	5468
4749	5699	Matthew	Keogh	Male	3321	M55	228		00:59:34	3878
4750	5986	Simon	Fisher	Male	3322	M55	229		01:03:03	4728
4751	4494	Lewis	Allen	Male	3323	MO	1849		00:59:48	3941
4752	7088	John	Douglas-field	Male	3324	M50	271		01:02:39	4624
4753	8193	Lauren	Harmer	Female	1429	FO	869		00:56:39	3098
4754	4438	Mark Leon	Garrod	Male	3325	M60	110		01:03:09	4756

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
4755	5279	Cherry	Whitehouse	Female	1430	FO	870		01:05:02	5132
4756	5930	Alexander	Jay	Male	3326	M40	457		00:59:16	3804
4757	7183	Tara	Barnes	Female	1431	FO	871		01:00:52	4229
4758	3348	Emily	Savage	Female	1432	F40	196		01:11:06	6160
4759	6761	Kate	Collier	Female	1433	F45	152		01:04:48	5090
4760	5153	Darren	Gladden	Male	3327	M50	272		01:06:21	5393
4761	5969	Douglas	Watson	Male	3328	M45	344		01:00:02	4001
4762	6310	Maria	O'dowd	Female	1434	FO	872		00:59:12	3785
4763	5976	Danielle	Collard	Female	1435	FO	873		00:58:54	3706
4764	6960	Matthew	Earles	Male	3329	M40	458		00:58:59	3724
4765	6110	Shaun	Haylett	Male	3330	MO	1850		01:00:26	4119
4766	5720	Yvonne	Waymark	Female	1436	F45	153		01:03:06	4739
4767	6751	Micah	Hills	Male	3331	MO	1851		01:00:49	4207
4768	6201	David	Thornhill	Male	3332	M50	273		01:00:58	4251
4769	5125	Martin	Vacher	Male	3333	MO	1852		01:07:34	5570
4770	7111	Rhiannon	Dack	Female	1437	FO	874		01:02:45	4648
4771	5643	Romy	Garrard	Female	1438	FO	875		01:03:12	4767
4772	5457	Leah	Arthurton	Female	1439	FO	876		01:07:04	5504
4773	6458	Luke	Oakley	Male	3334	MO	1853		01:01:40	4424
4774	5378	Kim	Chase	Female	1440	F40	197		01:04:59	5118
4775	6627	Alison	Brown	Female	1441	F45	154		01:02:47	4653
4776	5665	Liam	Block	Male	3335	MO	1854		00:59:21	3817
4777	7236	Phill	Keen	Male	3336	M50	274		00:59:30	3852
4778	5045	Daniel	Patterson	Male	3337	MO	1855		01:05:55	5304
4779	4811	Rachel	Zabari	Female	1442	F40	198		01:06:12	5365
4780	4345	Lisa	Herrmann	Female	1443	FO	877		01:08:30	5748
4781	7202	Laura	Newton	Female	1444	FO	878		01:03:00	4708
4782	6271	Gayle	Cope	Female	1445	F45	155		01:02:52	4680
4783	4949	Michaela	Gooch	Female	1446	F55	64		01:06:39	5440
4784	4245	Rachael	Du Toit	Female	1447	FO	879	Beccles & Bungay Harriers	01:04:02	4939
4785	6031	Paul	Gavin	Male	3338	M55	230		01:03:27	4825
4786	5478	Paul	Chase	Male	3339	M40	459		01:05:07	5148
4787	4632	Stacey	Parkes	Female	1448	FO	880		01:08:31	5752
4788	3865	Michelle	Bull	Female	1449	F55	65		01:07:43	5602
4789	7153	Frank	Ellis	Male	3340	M75+	5	Tri-Anglia Triathlon Club	01:03:10	4762
4790	5414	Gemma	Worley	Female	1450	FO	881	Petts Wood Runners	01:05:50	5291
4791	6571	Zoe	Riches	Female	1451	F45	156		01:03:23	4804
4792	9119	Ella	Thorpe	Female	1452	FO	882		01:01:39	4422
4793	4367	Francis	Papica	Male	3341	MO	1856		01:01:02	4279
4794	5375	Kayley	Campling	Female	1453	FO	883		01:05:07	5149
4795	6078	Stephanie	Wenn	Female	1454	FO	884		01:00:19	4085
4796	6230	Amelia	Hunt	Female	1455	F55	66		01:01:04	4293
4797	5683	Peter	Wapshott	Male	3342	M75+	6		01:03:08	4749
4798	6907	Tarajyoti	Rudd	Female	1456	F60	33		01:01:03	4284
4799	7205	Frazer	Guy	Male	3343	MO	1857		01:00:25	4113
4800	6906	Chris	Richardson	Male	3344	M60	111		01:01:03	4289
4801	4117	Sophie	Waller	Female	1457	FO	885		01:06:02	5329
4802	3500	Lucy	Cook	Female	1458	F50	107		01:10:38	6093
4803	6880	Robert	Greenwood	Male	3345	M40	460		01:01:33	4394
4804	5469	Glenn	Harcourt	Male	3346	M65	49		01:06:46	5456
4805	5080	Lily	Hemmens	Female	1459	FO	886	Northampton Road Runners	01:07:31	5568
4806	6670	George	Worrall	Male	3347	MO	1858		01:00:03	4008
4807	6671	Graham	Worrall	Male	3348	M55	231		01:00:03	4007

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
4808	5910	Gary	Kennedy	Male	3349	M50	275		01:00:27	4125
4809	6955	Emily	Mackley	Female	1460	FO	887		01:06:21	5390
4810	6394	Nikki	Tarrant	Female	1461	F60	34		01:03:29	4830
4811	6268	Richard	Pestano	Male	3350	M45	345		01:02:15	4528
4812	6777	Mathew	Thompson	Male	3351	MO	1859		01:04:30	5028
4813	7159	Susanna	Moore	Female	1462	FO	888		01:02:07	4497
4814	3658	David	Clover	Male	3352	M55	232		01:04:32	5034
4815	4220	Tom	Chappell	Male	3353	MO	1860		01:07:13	5533
4816	4173	Angelica	Crisp	Female	1463	FO	889		01:05:08	5157
4817	4590	Alicia	Mcmartin	Female	1464	FO	890		01:05:01	5129
4818	5054	Katie	Lovegrove	Female	1465	FO	891		01:04:29	5019
4819	5165	Niall	Hickey	Male	3354	MO	1861		01:04:29	5021
4820	7234	Jasmine	Ives	Female	1466	FO	892		01:01:46	4437
4821	6559	Verity	Webster	Female	1467	F45	157		01:02:03	4482
4822	5035	Rebecca	Wilson	Female	1468	FO	893		01:04:23	5000
4823	5926	Oliver	Dougan	Male	3355	MO	1862		00:59:05	3759
4824	2534	Robert	Owen	Male	3356	MO	1863		01:11:40	6261
4825	5725	Samuel	Sutton	Male	3357	MO	1864		01:05:17	5177
4826	7125	Katy	O'doherty	Female	1469	F40	199		01:01:32	4389
4827	6301	Alexis	Worth	Female	1470	FO	894		01:03:22	4794
4828	8215	Imogen	Cox	Female	1471	FO	895		01:05:17	5179
4829	5107	Natacha	Partouns	Female	1472	FO	896		01:05:00	5122
4830	6173	Nick	Lawler	Male	3358	M40	461		01:02:14	4525
4831	6178	Gemma	Shrimpton	Female	1473	FO	897		01:03:51	4908
4832	6516	Jekaterina	Buinicka	Female	1474	FO	898		00:59:43	3920
4833	6994	Ben	Woodruff	Male	3359	MO	1865		01:02:45	4645
4834	5339	Francesca	Patient	Female	1475	FO	899		01:06:48	5460
4835	6769	Edward	Bass	Male	3360	M40	462		01:01:27	4374
4836	4679	Clare	Suter	Female	1476	F45	158	Wymondham AC	01:06:35	5433
4837	5449	Ruth	Spencer	Female	1477	F60	35		01:08:32	5758
4838	4619	Olivia	Slater	Female	1478	FO	900		01:05:56	5308
4839	4572	Tom	Fisher	Male	3361	MO	1866		01:05:56	5307
4840	6359	Martin	Forrest	Male	3362	M40	463		01:03:48	4897
4841	6221	Antonia	Otte	Female	1479	FO	901		01:02:49	4664
4842	6953	Jerry	Fuller	Male	3363	M50	276		01:01:01	4273
4843	1812	Adam	Creasy	Male	3364	MO	1867		00:57:18	3254
4844	1813	Marcus	Lekerman	Male	3365	MO	1868		00:57:19	3257
4845	4751	Alexander	Horth	Male	3366	MO	1869		00:56:01	2956
4846	7434	Helen	Anderson	Female	1480	FO	902		00:58:41	3649
4847	6948	Vicki	Long	Female	1481	F45	159		01:03:55	4924
4848	6601	Karl	Munnings	Male	3367	MO	1870		00:59:45	3928
4849	7176	Sev	Mokake	Male	3368	MO	1871		01:03:30	4834
4850	3879	Roma	Bernini	Female	1482	FO	903		01:08:21	5719
4851	6287	Conor	Powers	Male	3369	MO	1872		01:03:29	4829
4852	3898	Abi	Sharp	Female	1483	FO	904		01:07:03	5500
4853	2731	Richard	Cole	Male	3370	M45	346		01:10:28	6071
4854	7819	Stephen	Cunningham	Male	3371	M65	50		00:57:32	3311
4855	8018	Crystal	Stanley	Female	1484	F40	200		00:59:03	3747
4856	5482	Leanne	Whitman	Female	1485	FO	905		01:03:06	4741
4857	5832	Colin	Ford	Male	3372	M60	112		01:02:41	4631
4858	5867	Colin	Woodcock	Male	3373	M55	233		01:01:10	4315
4859	5805	Ben	Hare	Male	3374	MO	1873		01:01:57	4463
4860	7787	Emma	Hendrey	Female	1486	FO	906		00:54:07	2487

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
4861	4343	Carolyne	Holmes	Female	1487	F50	108		01:07:29	5563
4862	6345	Joe	Beardon	Male	3375	MO	1874		01:03:53	4917
4863	5326	Kirby	Garrett	Female	1488	FO	907		01:08:14	5704
4864	3250	Robbie	Dougal	Male	3376	M40	464		01:11:44	6273
4865	4905	Ben	Mitchell	Male	3377	MO	1875		01:05:44	5274
4866	7446	Katy	Maliphant	Female	1489	F50	109		01:03:31	4837
4867	6630	Danielle	Bacon	Female	1490	FO	908		01:01:23	4358
4868	4476	Jonathan	Evans	Male	3378	M45	347		01:03:31	4842
4869	4088	Stuart	Sayer	Male	3379	M65	51		01:08:37	5773
4870	5603	Branden	Prestney	Male	3380	MO	1876		01:04:03	4943
4871	2245	Mark	Bagnall	Male	3381	M50	277		01:06:41	5445
4872	6576	Abby	Wardlow	Female	1491	FO	909		01:02:39	4628
4873	5870	Hayley	Mayes	Female	1492	FO	910		01:03:25	4814
4874	7975	Ben	Beardon	Male	3382	MO	1877		00:55:43	2884
4875	4914	Thomas	Ryan	Male	3383	M40	465		01:07:53	5633
4876	6187	Amelia	Morgan	Female	1493	FO	911		01:04:07	4964
4877	3965	Margaret	Connarty	Female	1494	F50	110	Shropshire Shufflers	01:07:57	5648
4878	6626	Hayley	Gerrard	Female	1495	F55	67	Lonely Goat RC	01:05:01	5126
4879	6734	Claire	Hogston	Female	1496	F45	160		01:03:17	4782
4880	6157	Becky	Pick	Female	1497	FO	912		01:00:39	4165
4881	4439	Leigh	Symonds	Male	3384	MO	1878		01:04:57	5113
4882	6307	Liam	Sadd	Male	3385	MO	1879		01:01:10	4319
4883	4453	Brian	Weiser	Male	3386	MO	1880		01:04:50	5093
4884	6229	Gina	Hardingham	Female	1498	FO	913		01:01:20	4352
4885	6334	Carlos Eduardo	Gomes	Male	3387	M45	348	City Of Norwich AC	01:03:33	4849
4886	6437	Martin	Wood	Male	3388	M55	234	Attleborough Athletics Academy	01:03:21	4789
4887	6176	Polly	Mann	Female	1499	F40	201		01:01:34	4397
4888	5526	Emma	Ward	Female	1500	F50	111	Norwich Road Runners	01:02:19	4548
4889	1565	Philip	Nicholson	Male	3389	M50	278	Norwich Road Runners	01:09:32	5913
4890	4718	Georgia	Baker	Female	1501	FO	914		01:09:31	5908
4891	5837	Andrew	Carter	Male	3390	M50	279		01:03:05	4732
4892	4558	Jane	Buck	Female	1502	F50	112		01:07:09	5522
4893	4087	Emma	Bond	Female	1503	FO	915		01:03:35	4859
4894	1201	Richard	Sales	Male	3391	M60	113	Norwich Road Runners	00:57:52	3417
4895	7274	Connor	George	Male	3392	MO	1881		01:04:20	4989
4896	9296	Michelle	Sales	Female	1504	FO	916		00:57:52	3419
4897	5201	Nicholas	Powell	Male	3393	MO	1882		01:02:15	4529
4898	6066	Robin	Smith	Male	3394	MO	1883		01:03:57	4926
4899	7357	James	Colk	Male	3395	MO	1884		00:59:11	3783
4900	7041	Sheree	Thompson	Female	1505	FO	917		01:03:46	4890
4901	9190	Tracey	Armstrong	Female	1506	FO	918		01:02:31	4588
4902	6892	Tracey	Taylor	Female	1507	F55	68		01:01:31	4385
4903	7409	Alex	Gresham-scott	Male	3396	MO	1885		01:01:25	4367
4904	6552	Phoebe	Fortune	Female	1508	FO	919		01:04:12	4976
4905	4898	Hannah	Cole	Female	1509	FO	920		01:06:02	5331
4906	5113	Victoria	Howell	Female	1510	FO	921		01:06:07	5347
4907	5724	Janine	Howes	Female	1511	F50	113		01:03:09	4755
4908	4187	Freya	Newton	Female	1512	FO	922		01:06:25	5406
4909	5112	Cassy	Harrowven	Female	1513	FO	923		01:06:07	5349
4910	8463	Bijan	Arasteh	Male	3397	MO	1886		00:57:54	3431
4911	3934	Dave	Catchpole	Male	3398	M45	349	Waveney Valley AC	01:06:56	5482
4912	6646	Lucy	Rivett	Female	1514	F45	161		01:03:01	4716

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
4913	7443	Michael	Derby	Male	3399	M55	235		01:04:06	4953
4914	6290	Lora	Townsend	Female	1515	FO	924		01:04:06	4952
4915	5839	Carly	Heron	Female	1516	FO	925		01:02:51	4677
4916	5466	Donna	Jarvis	Female	1517	F50	114		01:09:41	5940
4917	4138	Evie	Savage	Female	1518	FO	926		01:08:25	5730
4918	7313	Emma	Cook	Female	1519	FO	927		01:05:57	5312
4919	7356	Ian	Rutherford	Male	3400	M60	114		01:03:45	4881
4920	6051	Alex	Goff	Male	3401	M45	350		01:03:22	4797
4921	5620	Richard	Draeger	Male	3402	M45	351		01:02:51	4672
4922	4962	Rob	Blowers	Male	3403	MO	1887	Norfolk Gazelles AC	01:03:22	4802
4923	4671	Sarah	Cubitt	Female	1520	F45	162		01:09:39	5936
4924	4255	Mitch	Hill	Male	3404	MO	1888		01:08:45	5804
4925	8006	Josie	Socratous	Female	1521	FO	928		01:03:46	4891
4926	3613	Michael	Protheroe	Male	3405	M55	236	Dereham Runners AC	01:02:53	4682
4927	7398	Helen	Nichols-buck	Female	1522	F45	163		01:03:07	4744
4928	6653	Sarah	Goldsmith	Female	1523	FO	929		01:04:26	5012
4929	5882	Philip	Starling	Male	3406	M60	115		01:03:59	4930
4930	5727	James	Watkins	Male	3407	MO	1889		01:04:15	4982
4931	8541	Dale	Willimott	Male	3408	M45	352		00:58:08	3492
4932	6454	Hayley	Ramm	Female	1524	FO	930		01:03:00	4709
4933	7892	Alicia	Davies	Female	1525	FO	931		00:59:03	3745
4934	5859	John	Elgood	Male	3409	M65	52		01:00:26	4117
4935	6199	Priyanka	Clark	Female	1526	FO	932		01:04:04	4946
4936	5944	Kevin	Chapman	Male	3410	M45	353		01:01:26	4372
4937	6703	James	Steel	Male	3411	MO	1890		01:04:00	4934
4938	3726	Timothy	Waddell	Male	3412	M45	354	Lowestoft Road Runners	01:02:39	4623
4939	5480	Elizabeth	Wilbourn	Female	1527	FO	933		01:04:26	5010
4940	6074	Laura	Gorman	Female	1528	FO	934		01:04:26	5009
4941	7792	Amy	Richards	Female	1529	FO	935		00:58:11	3510
4942	5320	Emma	Randall	Female	1530	F45	164		01:07:59	5649
4943	8688	Faye	Holland	Female	1531	FO	936		00:58:14	3527
4944	4791	Bettika	Bagnall	Female	1532	FO	937		01:07:22	5544
4945	5953	Kate	Duberley	Female	1533	FO	938		01:02:39	4627
4946	4263	Lauren	Thorne	Female	1534	FO	939		01:09:40	5938
4947	6108	Vicky	Land	Female	1535	F40	202		01:04:41	5072
4948	5443	Susan	Lines	Female	1536	F40	203		01:02:46	4650
4949	7647	Anne	Johnston	Female	1537	F50	115		01:00:54	4235
4950	7646	Alan Robert	Bell	Male	3413	M60	116		01:00:55	4239
4951	6323	Kevin	Southwell	Male	3414	M50	280		01:04:38	5056
4952	5782	Martin	Schmierer	Male	3415	MO	1891		00:59:29	3845
4953	7108	Jenny	Walker	Female	1538	F40	204		01:04:05	4950
4954	6594	Andy	Rea	Male	3416	MO	1892		01:02:47	4654
4955	5531	Ben	Dixon	Male	3417	MO	1893		01:07:50	5624
4956	5811	Ola	Barton	Female	1539	FO	940		01:03:32	4846
4957	4365	Connor	Phillips	Male	3418	MO	1894		01:07:14	5536
4958	5906	Danniella	Spicer	Female	1540	FO	941		01:02:48	4659
4959	4864	Joanna	Cooper	Female	1541	FO	942		01:05:49	5287
4960	4227	George	Hine	Male	3419	MO	1895		01:08:27	5736
4961	6899	Micha	Brown	Female	1542	FO	943		01:00:51	4224
4962	5281	Glen	Butcher	Male	3420	MO	1896		01:07:10	5524
4963	5307	Rachel	Townshend	Female	1543	F40	205		01:03:49	4903
4964	4863	Adam	Cooper	Male	3421	MO	1897		01:05:51	5293
4965	5812	Valentina	Emiliuci	Female	1544	FO	944		01:03:35	4862

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
4966	5813	Tylah	Nunes	Male	3422	MO	1898		01:03:35	4863
4967	4555	Jasmin Hague	Hague	Female	1545	FO	945		01:09:27	5894
4968	5750	Stu	Blazey	Male	3423	M45	355		01:04:33	5037
4969	4674	Tara	Howell	Female	1546	FO	946		01:06:55	5479
4970	4474	Stuart	Raynor	Male	3424	M45	356		01:09:55	5974
4971	4771	Sally	Owen	Female	1547	F45	165		01:07:00	5491
4972	6477	Lindsey	Hall	Female	1548	F45	166		01:03:08	4746
4973	5780	Ethan	Taylor	Male	3425	MO	1899		01:03:14	4773
4974	5142	Bruce	Kelf	Male	3426	MO	1900		01:08:48	5808
4975	9255	Rachel	Bowden	Female	1549	FO	947		00:58:18	3549
4976	5289	Jane	Neville	Female	1550	F55	69		01:09:09	5852
4977	7314	Terry	Caulfield	Male	3427	M65	53		01:04:36	5046
4978	5781	Sian	Poindexter	Female	1551	FO	948		01:02:34	4605
4979	713	Daniel	Giblett	Male	3428	MO	1901		01:02:34	4606
4980	6936	Lauren	Higginson	Female	1552	FO	949		01:01:45	4436
4981	7144	Andy	Sluckin	Male	3429	M70	16		01:03:54	4922
4982	5362	Julie	Williams	Female	1553	F60	36		01:06:05	5340
4983	5751	Summer	Blazey	Female	1554	FO	950		01:04:41	5071
4984	5647	Claire	Williamson	Female	1555	F45	167		01:00:44	4184
4985	6039	Rachel	Hutchinson	Female	1556	F45	168		01:04:40	5067
4986	5974	Sebina	Micheli	Female	1557	F45	169		01:00:50	4216
4987	6365	Jade	Bailey	Female	1558	FO	951		01:01:13	4328
4988	4829	Natalia	Morgulska	Female	1559	FO	952		01:09:55	5976
4989	5617	Stewart	Nash	Male	3430	M55	237		01:04:34	5041
4990	5393	Rose	Taylor	Female	1560	F45	170		01:06:00	5326
4991	5633	Jack	Fairhead	Male	3431	MO	1902		01:03:27	4823
4992	6567	Ben	Brown	Male	3432	M50	281		01:04:56	5109
4993	5735	Emily	Rudkin	Female	1561	FO	953		01:04:10	4971
4994	5488	Sarah	Brown	Female	1562	F45	171		01:04:55	5104
4995	6274	Joshua	Cartwright	Male	3433	M45	357		01:00:56	4244
4996	6259	Chris	Groves	Male	3434	M70	17	1485 Triathlon Club	01:01:36	4405
4997	6260	Louise	Watts	Female	1563	F55	70		01:04:56	5110
4998	693	Ernest Glenn	Blas	Male	3435	MO	1903		01:11:42	6270
4999	5943	David	Williams	Male	3436	M45	358		01:04:31	5032
5000	5430	Jessica	Moore	Female	1564	FO	954		01:08:37	5771
5001	4687	Joanna	Mullarney	Female	1565	FO	955		01:09:55	5973
5002	6558	Emma	Milligan	Female	1566	F45	172		01:03:48	4899
5003	5499	Philip	Powles	Male	3437	M50	282		01:08:45	5803
5004	5840	Nick	Wright	Male	3438	M55	238		01:03:53	4915
5005	6909	Tim	Brown	Male	3439	M45	359		01:04:40	5063
5006	5003	Beth	Halliday	Female	1567	FO	956		01:07:35	5576
5007	4968	Deb	Nichols	Female	1568	F60	37		01:07:37	5582
5008	7179	Lynne	Laws	Female	1569	F55	71		01:04:00	4933
5009	6668	Nicola	Holmes	Female	1570	F40	206		01:01:11	4320
5010	7231	Sally-ann	Edmonds	Female	1571	F55	72		01:05:05	5139
5011	5821	Jamie	White	Male	3440	M60	117		01:02:24	4562
5012	6012	Melissa	Daw	Female	1572	FO	957		01:05:03	5135
5013	7970	Pep	Giuliano	Male	3441	M40	466		00:55:36	2845
5014	5933	Hanna	Lindqvist	Female	1573	F45	173		01:02:38	4619
5015	4120	Gary	Wenn	Male	3442	M55	239		01:06:56	5483
5016	7576	Jake	Mowatt	Male	3443	MO	1904		00:58:44	3660
5017	4551	Kyle	Farr	Male	3444	MO	1905		01:08:57	5828
5018	4400	Michael	Luff	Male	3445	M55	240		01:09:37	5926

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
5019	6216	Courtney	Glanfield	Female	1574	FO	958		01:02:16	4537
5020	5795	Claire	Goldstone	Female	1575	F40	207	Brandon Fern Hoppers	01:02:55	4688
5021	5403	Brianne	Considine	Female	1576	F40	208		01:06:21	5395
5022	5894	Tara	Riches	Female	1577	F40	209		01:03:29	4832
5023	6337	John	Quinn	Male	3446	MO	1906		01:04:41	5070
5024	6764	John	Harris	Male	3447	M65	54		01:02:13	4518
5025	5641	Ella	Quinn	Female	1578	FO	959		01:04:42	5074
5026	7216	Kieran	Hack	Male	3448	MO	1907	Norwich Road Runners	01:04:37	5052
5027	7089	Sue	Mason	Female	1579	F60	38		01:03:18	4785
5028	2977	Bethany	Coombs	Female	1580	FO	960		01:06:13	5366
5029	7104	Fenella	Roberts	Female	1581	F50	116		01:02:41	4634
5030	5952	Neil	Barlow	Male	3449	M50	283		01:04:24	5002
5031	4064	Caroline	Clark	Female	1582	F55	73		01:09:37	5927
5032	8099	Aimee	Konieczny	Female	1583	FO	961		01:01:10	4318
5033	2978	Sharon	Theobald	Female	1584	F55	74	Norfolk Gazelles AC	01:06:15	5373
5034	1752	Josef	Konieczny	Male	3450	MO	1908		01:01:10	4316
5035	4451	William	Eaves	Male	3451	M40	467		01:07:08	5519
5036	6894	Emily	Nicholson	Female	1585	FO	962		01:02:34	4604
5037	5623	Georgia	Harman	Female	1586	FO	963		01:02:54	4687
5038	4337	Roger	Eglen	Male	3452	M75+	7		01:09:55	5972
5039	6529	Rosanna	Lynch	Female	1587	F40	210		01:04:22	4998
5040	4226	Thomas	Stead	Male	3453	MO	1909		00:56:40	3104
5041	5525	Laura-jane	Lonergan	Female	1588	F45	174		01:07:25	5553
5042	6888	Abigail	Dennison	Female	1589	F40	211		01:02:39	4625
5043	3303	Emmalucy	Wright	Female	1590	F45	175		01:12:23	6363
5044	4630	Samantha	Whitby	Male	3454	M40	468		01:08:39	5778
5045	6091	Jay	Mehta	Male	3455	M40	469		01:01:54	4456
5046	7012	Emma	Wright	Female	1591	FO	964		01:01:03	4291
5047	5625	Erin	Wright	Female	1592	FO	965		01:02:58	4701
5048	7702	Jake	Marshall	Male	3456	MO	1910		01:01:18	4344
5049	6799	Julia	Everson	Female	1593	F40	212		01:01:05	4299
5050	5408	Charlotte	Layt	Female	1594	FO	966		01:06:09	5357
5051	7327	Chloe	White	Female	1595	FO	967		01:03:24	4806
5052	7338	Rosie	Peters	Female	1596	FO	968		01:03:24	4810
5053	7429	Lauren	Milne	Female	1597	FO	969		01:03:22	4793
5054	5789	Jake	Newitt	Male	3457	MO	1911		01:02:50	4671
5055	3991	Sammy-jo	Edwards	Female	1598	FO	970		01:03:22	4800
5056	8178	Maddie	Gennery	Female	1599	FO	971		00:58:53	3704
5057	2621	Loren	Ellis	Male	3458	MO	1912		00:58:53	3701
5058	6042	Verity	Kelly	Female	1600	FO	972		01:01:31	4384
5059	6295	Charlotte	Carter	Female	1601	FO	973		01:04:37	5051
5060	6402	Beth	Brookes	Female	1602	FO	974		01:02:52	4678
5061	7448	Dipi	Mckernan	Female	1603	F45	176		01:02:19	4549
5062	7271	Sean	Taylor	Male	3459	MO	1913		01:03:22	4801
5063	5989	Jake	Soanes	Male	3460	MO	1914		01:03:53	4914
5064	5639	Cathy	Ambrose	Female	1604	F45	177		01:02:56	4691
5065	4450	Anna	Eaves	Female	1605	FO	975		01:07:19	5540
5066	5329	Katie	Jowett	Female	1606	FO	976		01:07:50	5622
5067	7135	Kevin	Townly	Male	3461	M60	118		01:02:54	4683
5068	7257	Rachael	Booty	Female	1607	FO	977		01:03:49	4902
5069	5301	Laura	Baxter	Female	1608	FO	978		00:59:02	3740
5070	6431	Adam	Brown	Male	3462	MO	1915		01:02:54	4684
5071	5695	Louise	Campbell	Female	1609	F50	117		01:04:54	5101

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
5072	8234	Kell	Tisdall	Male	3463	MO	1916		00:58:44	3661
5073	5487	Colin	Spencer	Male	3464	M45	360		01:07:09	5523
5074	4932	Kimberly	Boughton	Female	1610	F40	213		01:08:13	5697
5075	7091	Molly	Norman	Female	1611	FO	979		01:08:13	5699
5076	6133	Patrick	Aylmer	Male	3465	M55	241		01:04:49	5092
5077	6052	George	Aungier Peirce	Male	3466	MO	1917		01:04:04	4949
5078	6367	Kirstie	Stockell	Female	1612	FO	980		00:58:50	3698
5079	6013	Anna	Dean	Female	1613	F50	118		01:04:46	5086
5080	7290	Jordyn	Smith	Female	1614	FO	981		01:05:20	5193
5081	3908	Joanne	D	Female	1615	F50	119		01:05:32	5233
5082	6876	Emily	Percival	Female	1616	F40	214		01:04:06	4956
5083	3049	Ernesto	Blas	Male	3467	M50	284		01:12:17	6353
5084	1822	Glenda	Blas	Female	1617	F50	120		01:12:18	6354
5085	8807	Daisy	Dugdale	Female	1618	FO	982		01:05:25	5213
5086	7408	Graham	Bradford	Male	3468	M50	285		01:02:23	4561
5087	6633	Louise	Allen	Female	1619	FO	983		01:02:50	4669
5088	6589	Rose	Byrne	Female	1620	F55	75		01:04:31	5030
5089	8093	Melissa	Woodbridge	Female	1621	FO	984		00:58:41	3651
5090	8149	Catherine	Norton	Female	1622	F40	215		01:00:44	4187
5091	5021	Lisa	Wright	Female	1623	F40	216		01:08:52	5816
5092	6682	Jennifer	Rooza	Female	1624	F45	178		01:05:13	5170
5093	8676	Chris	Marshall	Male	3469	M50	286		01:00:00	3993
5094	5434	Stacey	Shiplee	Female	1625	FO	985	Beccles & Bungay Harriers	01:06:20	5386
5095	7118	Joanne	Grimwood	Female	1626	FO	986		01:01:44	4434
5096	5010	John	Leney	Male	3470	M55	242		01:04:33	5038
5097	5775	Amy	Harrington	Female	1627	F40	217		01:03:53	4916
5098	6817	Andy	Chan	Male	3471	M50	287		01:02:35	4611
5099	6391	Elisha	Maher	Female	1628	FO	987		01:05:14	5173
5100	6494	Kezia	Burton Ward	Female	1629	F40	218		01:03:05	4736
5101	4517	Tom	Marsden	Male	3472	MO	1918		01:07:57	5645
5102	6762	Amy	Duxbury	Female	1630	FO	988	Norfolk Gazelles AC	01:05:25	5209
5103	8191	Lou	Turner	Female	1631	F40	219		01:00:55	4242
5104	5686	Rebecca	Macphee	Female	1632	F40	220		01:00:56	4243
5105	3885	Debra	Bennetts	Female	1633	F45	179		01:08:49	5811
5106	4283	Isabel	Dhillon	Female	1634	FO	989		01:10:27	6067
5107	1972	Adam	Seaman	Male	3473	MO	1919		01:14:31	6630
5108	9194	Kirsty	Cooper	Female	1635	FO	990		01:07:22	5543
5109	6937	Christopher	Cooper	Male	3474	MO	1920		01:05:22	5203
5110	6292	Toby	Mcgarry	Male	3475	MO	1921		01:03:37	4866
5111	6036	Peter	Anthony	Male	3476	MO	1922		01:02:27	4575
5112	7547	Paul	Denny	Male	3477	M50	288		00:59:22	3818
5113	5794	Scott	Richards	Male	3478	MO	1923		01:05:25	5210
5114	5474	Karen	West	Female	1636	F60	39	North Norfolk Beach Runners	01:08:10	5691
5115	5167	Andrea	Howes	Female	1637	F50	121		01:09:25	5890
5116	6275	Mark	Reynolds	Male	3479	M40	470	Attleborough Athletics Academy	01:02:29	4584
5117	2154	Ellie	Sutton	Female	1638	FO	991		01:04:45	5084
5118	6158	Jennifer	Christian	Female	1639	F70	3		01:04:06	4958
5119	7840	Emma	Webster	Female	1640	F40	221		00:56:12	2995
5120	3574	Anjuli	Taylor	Female	1641	FO	992		01:02:43	4638
5121	6938	Stephanie	Brookes	Female	1642	FO	993		01:03:51	4909
5122	7403	Kirsty	Pond	Female	1643	F40	222		01:02:04	4486
5123	2073	Tom	Margitson	Male	3480	M40	471		01:16:28	6849
5124	6030	Macaulay	Barry	Male	3481	MO	1924		01:05:39	5258

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
5125	7995	Shaun	Buxton	Male	3482	MO	1925	City Of Norwich AC	01:01:03	4286
5126	2026	Philip	Neave	Male	3483	M75+	8	Bungay Black Dog RC	01:14:10	6595
5127	5848	Maddison	Bultitude	Female	1644	FO	994		01:05:17	5181
5128	4883	John Mark	Bowen	Male	3484	M65	55		01:07:51	5629
5129	5764	Steven	Chilvers	Male	3485	M65	56		01:02:58	4699
5130	5108	Michael	Tagg	Male	3486	MO	1926		01:08:04	5669
5131	4395	Amy	Bowdrey	Female	1645	FO	995		01:08:04	5670
5132	4761	Jon	Wendell	Male	3487	M60	119		01:06:55	5477
5133	6429	Charlotte	Connerty	Female	1646	FO	996		01:05:55	5305
5134	7341	Sarah	Lehane	Female	1647	F45	180		01:03:05	4735
5135	8572	Richard	Crosby	Male	3488	M65	57		00:58:45	3666
5136	6499	Vikki	Powell	Female	1648	F55	76		01:03:01	4719
5137	5601	Tony	Ludlam	Male	3489	M55	243	Great Yarmouth Road Runners	01:04:34	5042
5138	6962	Kim	Braim	Female	1649	FO	997		01:02:16	4535
5139	6561	Charles	Slaughter	Male	3490	MO	1927		01:04:28	5015
5140	7876	Jack	Crisp	Male	3491	MO	1928		00:57:26	3284
5141	6366	Hannah	Westwood	Female	1650	F40	223		01:05:27	5218
5142	5925	Alex	Mckibbin	Male	3492	MO	1929		01:03:34	4852
5143	5309	Katherine	Thomas	Female	1651	FO	998		01:10:05	5996
5144	6089	Megan	Hope	Female	1652	FO	999		01:05:43	5269
5145	6278	Anna	Cutting	Female	1653	FO	1000		01:03:52	4912
5146	6090	William	Hope	Male	3493	MO	1930		01:05:43	5272
5147	5626	Andrew	Kelsall	Male	3494	M50	289		01:07:00	5489
5148	5748	Sally	Crockett	Female	1654	F60	40		01:04:55	5106
5149	6353	Andrew	Dodd	Male	3495	M60	120		01:07:00	5490
5150	6524	Liane	Grey	Female	1655	F50	122		01:04:24	5005
5151	918	David	Barnfield	Male	3496	MO	1931		01:02:51	4673
5152	7406	Jaya	Sexton	Female	1656	FO	1001		01:02:50	4667
5153	6619	Rachel	Crickmore	Female	1657	F40	224		01:03:22	4795
5154	6465	Sean	Curtis	Male	3497	M55	244		01:02:12	4516
5155	4037	Eirini	Zormpa	Female	1658	FO	1002		01:09:27	5892
5156	6631	David	Robinson	Male	3498	M50	290		01:01:42	4430
5157	2867	Vicky	Bailey	Female	1659	F45	181	Norwich Road Runners	01:04:17	4985
5158	5437	Sarah	Scales	Female	1660	F50	123		01:11:17	6190
5159	5507	Tom	Wardle	Male	3499	M50	291		01:07:37	5581
5160	7321	Lucy	Ardizzone	Female	1661	F45	182		01:06:12	5364
5161	3930	Ellen	Blackie	Female	1662	FO	1003	Lowestoft Road Runners	01:10:58	6142
5162	6787	Jade	Nice	Female	1663	F55	77	Harleston Running Club	01:03:24	4812
5163	6644	Sara	Mcleod	Female	1664	FO	1004		01:05:00	5119
5164	5615	Laura	Foster	Female	1665	F50	124		01:05:38	5254
5165	7934	Keleigh	Self	Female	1666	FO	1005		00:59:44	3927
5166	4872	Sarah	Hurren	Female	1667	F55	78		01:02:28	4576
5167	8231	Isabel	Hurren	Female	1668	FO	1006		01:02:29	4583
5168	3110	David	Spurgeon	Male	3500	M40	472		01:07:46	5612
5169	7594	Marcus	Burren	Male	3501	MO	1932		00:57:50	3403
5170	5034	Esme	Hicks	Female	1669	F40	225		01:07:46	5611
5171	7626	Shaun	Crane	Male	3502	MO	1933		00:57:43	3368
5172	3878	Fred	Stanford	Male	3503	MO	1934		01:08:27	5740
5173	7047	Katy	Sturgeon	Female	1670	F40	226		01:02:23	4559
5174	5908	Nicholas	Thompson	Male	3504	M65	58		01:03:17	4783
5175	5980	Cecilia	Basnett	Female	1671	F50	125		01:05:57	5314
5176	6131	Neil	Mcdonald	Male	3505	M50	292		01:03:23	4803
5177	7676	Chelsea	Collison	Female	1672	FO	1007		01:01:38	4418

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
5178	6481	David	Woods	Male	3506	M40	473		01:04:11	4974
5179	5905	Carol	Riley	Female	1673	F45	183		01:07:04	5507
5180	7277	Francesca	Gowing	Female	1674	FO	1008		01:06:23	5398
5181	5424	Angela	Alford	Female	1675	F40	227		01:07:04	5506
5182	5712	Shannon	Moloney	Female	1676	FO	1009		01:05:32	5232
5183	4777	Mark	Ramsden	Male	3507	M55	245		01:08:22	5724
5184	6079	Lee	Harvey	Male	3508	M50	293		01:03:24	4808
5185	6616	Samantha	Appleyard-smith	Female	1677	F45	184		01:05:26	5215
5186	7374	Natalie	Egmore	Female	1678	F40	228		01:06:19	5385
5187	5945	Robyn	Freeman	Female	1679	FO	1010		01:06:27	5412
5188	6414	Anna	Palmer	Female	1680	F40	229		01:05:08	5153
5189	7770	David	Ellard	Male	3509	M50	294		00:59:30	3851
5190	5688	Chris	Lubbock	Male	3510	M70	18	Runners-Next-the-Sea	01:05:46	5278
5191	6954	Richard	Squibb	Male	3511	M45	361		01:06:06	5343
5192	8944	David	Amies	Male	3512	M65	59		00:58:28	3583
5193	5928	Joel	Fernandez	Male	3513	M50	295		01:06:08	5355
5194	5929	Theresa	Fernandez	Female	1681	F50	126		01:06:08	5352
5195	5513	Chris	Vines	Male	3514	M40	474		01:10:09	6011
5196	7014	Thea	Irvine	Female	1682	FO	1011		01:05:34	5236
5197	7005	Molly	Brockett	Female	1683	FO	1012		01:05:18	5185
5198	5991	Emma	Silk	Female	1684	FO	1013		01:03:31	4841
5199	6997	Claire	Self	Female	1685	F50	127		01:05:33	5235
5200	3952	Amanda	Curd	Female	1686	F50	128		01:03:34	4850
5201	7004	Aaron	Smart	Male	3515	MO	1935		01:02:26	4571
5202	5440	James	Crisp	Male	3516	MO	1936	Lowestoft Road Runners	01:02:27	4572
5203	5698	Jessica	Hawkins	Female	1687	FO	1014		01:03:34	4856
5204	3087	Andrea	Bell	Female	1688	F50	129		01:03:24	4809
5205	2588	Kyran	Thomas	Male	3517	MO	1937		01:15:07	6689
5206	4945	Joane	Sowden	Female	1689	F40	230		01:02:55	4689
5207	5632	Nigel	Corston	Male	3518	M60	121		01:03:39	4872
5208	5946	Jane	Stockings	Female	1690	F50	130		01:03:25	4815
5209	5476	Tim	Warner	Male	3519	M60	122		01:03:39	4871
5210	2320	Glynn	White	Male	3520	M65	60		01:03:37	4868
5211	6104	Andrew	Fuller	Male	3521	MO	1938		01:02:01	4477
5212	5635	Kerrie	Spooner	Female	1691	FO	1015		01:05:03	5136
5213	4393	Lauren	Howard	Female	1692	FO	1016		01:07:51	5628
5214	6930	Richard	Austin	Male	3522	M70	19		01:06:09	5358
5215	5193	Anna	Sayer	Female	1693	FO	1017		01:05:59	5318
5216	8415	Richard	Cox	Male	3523	MO	1939		01:00:05	4020
5217	5948	Max	Rockett	Male	3524	MO	1940		00:58:08	3491
5218	4987	Jonathan	Warren	Male	3525	M40	475		01:04:01	4938
5219	7414	Gemma	Spink	Female	1694	FO	1018		01:04:51	5096
5220	6050	Narelle	Fox	Female	1695	F40	231		01:03:25	4813
5221	7856	Abbie	Hammond	Female	1696	FO	1019		01:00:14	4060
5222	7433	Sarah	Wright	Female	1697	F40	232		01:04:44	5080
5223	6280	Carla	Cole	Female	1698	F45	185		01:05:51	5294
5224	5284	Jane	Aldous	Female	1699	F45	186		01:08:24	5729
5225	7441	David	Sorrell	Male	3526	M45	362		01:05:09	5159
5226	3243	Bradley	Butler	Male	3527	M45	363		00:58:44	3662
5227	8547	Jim	Davidson	Male	3528	M70	20		00:56:47	3129
5228	7718	Thomas	Miller	Male	3529	M40	476		01:00:18	4075
5229	4750	Tom	Bool	Male	3530	M45	364		01:06:25	5404
5230	8150	Alejandra	Bermejo	Female	1700	FO	1020		01:00:09	4038

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
5231	9213	Nathan	Henry	Male	3531	MO	1941		01:00:18	4077
5232	7982	Paisley	Gilmour	Female	1701	FO	1021		01:00:20	4087
5233	5302	Sarah	Bool	Female	1702	FO	1022		01:06:26	5408
5234	6973	Dawn	Maidstone	Female	1703	FO	1023		01:05:10	5161
5235	6503	James	Morling	Male	3532	MO	1942		01:05:34	5238
5236	3732	Dominik	Grzyb	Male	3533	M40	477		01:11:26	6220
5237	4773	Anneliese	Merrikin	Female	1704	F40	233		01:05:43	5268
5238	3731	Agnieszka	Grzyb	Female	1705	F45	187		01:11:26	6221
5239	6504	Katie	Stent	Female	1706	FO	1024		01:05:36	5247
5240	7350	James	Greenacre	Male	3534	MO	1943		01:05:20	5191
5241	5777	Jo	House	Female	1707	F45	188		01:05:18	5187
5242	6159	Bethany	Grimshaw	Female	1708	FO	1025		01:06:42	5448
5243	8017	Tomas	Bates	Male	3535	MO	1944		00:59:59	3989
5244	5657	Harriet	Taylor	Female	1709	FO	1026		01:04:17	4986
5245	7110	Amy	Bobbins	Female	1710	F40	234		01:01:38	4419
5246	4825	Morgan	Laskey	Male	3536	MO	1945		01:10:20	6041
5247	5868	Isabelle	Woodcock	Female	1711	FO	1027		01:04:04	4947
5248	6224	Hannah	Robinson	Female	1712	FO	1028		01:01:37	4416
5249	6869	Julie	Ambrose	Female	1713	F40	235		01:05:16	5175
5250	7333	J'lean	Ferreira	Female	1714	FO	1029		01:05:07	5146
5251	3328	Fiona	Hinton	Female	1715	F45	189	FORDY RUNS Running Club	01:13:30	6508
5252	5954	Leah	Reidy	Female	1716	FO	1030		01:03:58	4928
5253	4764	Lily	Pascoe	Female	1717	FO	1031		01:08:40	5788
5254	4754	Beatrice	Lovell	Female	1718	FO	1032		01:08:39	5781
5255	5283	Rosalind	Paterson	Female	1719	F45	190		01:11:48	6282
5256	5618	Kara	Pull	Female	1720	F40	236		01:06:38	5439
5257	8230	Damian	Artherton	Male	3537	MO	1946		00:59:20	3815
5258	4895	Danniella	Phillips	Female	1721	FO	1033		01:10:39	6097
5259	6518	Bengi	Karakus	Female	1722	FO	1034	Zoom Tri Club Bournemouth	01:03:02	4722
5260	8389	Helen	Yapp	Female	1723	FO	1035		01:00:15	4064
5261	7480	Sarah	Quayle	Female	1724	F50	131		01:03:22	4792
5262	6378	Pete	Debenham	Male	3538	MO	1947		01:02:34	4603
5263	6617	Rachel	Appleton-burwood	Female	1725	F50	132		01:06:39	5441
5264	4885	Emily	Thomson	Female	1726	FO	1036		01:05:47	5280
5265	6872	Mary	Stokes	Female	1727	FO	1037		01:06:24	5403
5266	5685	Liam	Chapman	Male	3539	MO	1948		01:05:50	5292
5267	5602	Alice	Brown	Female	1728	FO	1038		01:04:39	5060
5268	5316	Olivia	Slater	Female	1729	FO	1039		01:04:39	5061
5269	6696	Victoria	Temple	Female	1730	F45	191		01:06:29	5418
5270	7270	Rachel	Thompson	Female	1731	F40	237		01:06:36	5435
5271	6585	Amy	Jones	Female	1732	F40	238		01:06:02	5330
5272	6658	Sarah	Shiplee	Female	1733	F60	41		01:06:50	5465
5273	4428	Andrew	Hopkins	Male	3540	M55	246		01:06:56	5484
5274	8090	Olivia	Roberts	Female	1734	FO	1040		01:02:28	4580
5275	6416	Beth	Soanes	Female	1735	FO	1041		01:06:43	5453
5276	7664	Scott	Sizer	Male	3541	MO	1949		00:59:29	3847
5277	5628	Andrew	Buchan	Male	3542	M45	365		01:04:42	5076
5278	5462	George	Brownsell	Male	3543	MO	1950		01:08:56	5826
5279	8781	Steven	Simpson	Male	3544	M40	478		00:57:16	3250
5280	4169	Paul	Hurren	Male	3545	M65	61		01:03:22	4799
5281	4958	Steven	Bailey	Male	3546	MO	1951		01:06:34	5429
5282	5673	Andrew	Woodhouse	Male	3547	M60	123		01:03:45	4886
5283	6796	Louise	Thacker	Female	1736	F40	239		01:05:00	5121

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
5284	6771	Ellie	Robinson	Female	1737	FO	1042		01:04:27	5013
5285	7820	Jake	Lakey	Male	3548	MO	1952		01:00:05	4019
5286	9028	Andrew	Rowlandson	Male	3549	M40	479		01:00:22	4099
5287	4783	Eleanor	Huggett	Female	1738	FO	1043		01:12:29	6376
5288	5331	Richard	Daly	Male	3550	M50	296		01:08:44	5798
5289	6851	James	Taylor-lawrence	Male	3551	M40	480		01:05:00	5120
5290	5841	Daisy	Egmore	Female	1739	FO	1044		01:03:39	4873
5291	6772	Shelley	Robinson	Female	1740	F50	133		01:04:29	5020
5292	5423	Matt	Rump	Male	3552	M40	481		01:11:28	6225
5293	7533	Alison	Oneill	Female	1741	F45	192		00:59:03	3743
5294	7562	James	Phillippo	Male	3553	MO	1953		01:00:52	4228
5295	5328	James	Bleach	Male	3554	MO	1954		01:06:08	5350
5296	5907	Marie	Hicks	Female	1742	F50	134		01:05:06	5141
5297	6120	Hannah	Wild	Female	1743	FO	1045		01:03:34	4851
5298	6119	David	Graham	Male	3555	M55	247	Lowestoft Road Runners	01:03:34	4854
5299	7193	Susan	Glazer	Female	1744	F70	4	Bungay Black Dog RC	01:06:07	5348
5300	7053	Tony	Mowles	Male	3556	M55	248		01:06:05	5341
5301	7287	Megan	Pitchfork	Female	1745	FO	1046		01:07:08	5518
5302	6965	Nick	Masters	Male	3557	M60	124		01:06:18	5381
5303	6903	Katie	Mann	Female	1746	FO	1047		01:02:37	4615
5304	6449	Angharad	Williams	Female	1747	FO	1048		01:03:15	4777
5305	6423	Henry	Nettleton	Male	3558	MO	1955		01:04:55	5105
5306	7025	Eleanor	Tomkins	Female	1748	FO	1049		01:06:01	5328
5307	6083	Sophie	Futter	Female	1749	FO	1050		01:07:27	5561
5308	7923	Holly	Sandiford	Female	1750	F45	193		01:03:26	4819
5309	6595	Emma	Copperwheat	Female	1751	F40	240		01:07:11	5528
5310	7964	Trevor	Holden	Male	3559	M60	125		01:00:17	4072
5311	7076	Bailey	Pittaway	Male	3560	MO	1956		01:02:18	4545
5312	6781	Abby	Lambert	Female	1752	FO	1051		01:02:58	4700
5313	4881	Vikki	Tungate	Female	1753	F45	194	Great Yarmouth Road Runners	01:09:38	5934
5314	5000	Emma	Yardy	Female	1754	F45	195		01:08:36	5770
5315	6826	Carl	Tyas	Male	3561	M45	366		01:08:54	5824
5316	3786	Mo	Ali	Male	3562	M40	482		01:10:01	5990
5317	6809	Amy	Poynton	Female	1755	F45	196		01:05:21	5201
5318	5749	Sarah	Law	Female	1756	F55	79		01:04:57	5114
5319	6989	Jack	O'pray	Male	3563	MO	1957		01:04:47	5089
5320	6242	Nathan	Symon-boyce	Male	3564	MO	1958		01:05:08	5154
5321	6896	Paul	Wickens	Male	3565	M60	126		01:02:27	4573
5322	6126	Denise	Lancaster	Female	1757	F55	80		01:07:45	5609
5323	5078	Ka Fai Stephen	Lau	Male	3566	M50	297		01:08:30	5750
5324	7124	Andrew	Beech	Male	3567	M65	62		01:05:58	5316
5325	6728	Naomi	Glew	Female	1758	FO	1052		01:06:21	5394
5326	6256	Tim	Royds	Male	3568	M60	127		01:03:41	4878
5327	4664	Jordy	Feeney	Female	1759	FO	1053		01:09:20	5876
5328	1556	Geoffrey	Green	Male	3569	MO	1959		01:05:43	5271
5329	6097	Eve	Chadwick	Female	1760	FO	1054		01:05:43	5270
5330	5817	Mariana	Marimon	Female	1761	FO	1055		01:07:23	5547
5331	7150	Caitlin	Mason	Female	1762	FO	1056		01:04:46	5087
5332	7569	Morgan	Settle	Male	3570	MO	1960		01:00:01	3996
5333	7130	Jodie	Stalker	Female	1763	FO	1057		01:07:16	5537
5334	7824	Craig	Thompson	Male	3571	MO	1961		01:00:32	4144
5335	5687	Georgina	Jones	Female	1764	F40	241		01:06:53	5472

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
5336	4128	Jessica	Hale	Female	1765	FO	1058		01:09:32	5914
5337	6257	Kelly	Kenny	Female	1766	F60	42		01:07:18	5538
5338	6459	Geraint	Castleton-white	Male	3572	M65	63	Harleston Running Club	01:07:43	5604
5339	6328	Mike	Jones	Male	3573	M40	483		01:01:25	4368
5340	7829	Lucy	Fagan	Female	1767	F45	197		01:04:11	4972
5341	3919	Melanie	O'connor	Female	1768	F40	242	Dereham Runners AC	01:10:02	5992
5342	6850	Shaun	Sadler	Male	3574	MO	1962		01:05:22	5204
5343	6820	David	Paine	Male	3575	M40	484		01:03:16	4781
5344	7395	Bryony	Knights	Female	1769	FO	1059		01:04:30	5024
5345	7284	Meghan	Jones	Female	1770	FO	1060		01:05:01	5125
5346	744	Elena	Vincelovic	Female	1771	FO	1061		01:19:09	7116
5347	6586	Luke	Jones	Male	3576	M40	485		01:05:30	5224
5348	6342	Chanelle	Brooks	Female	1772	FO	1062		01:03:06	4740
5349	6075	Roxy	Alderton	Female	1773	F40	243		01:07:38	5583
5350	6699	Paul	Hardwick	Male	3577	M45	367		01:06:16	5375
5351	8010	Jamie	Sutton	Male	3578	MO	1963		01:00:32	4145
5352	7345	Jack	Dallain	Male	3579	MO	1964		01:09:25	5889
5353	6700	Katie	Hunt	Female	1774	F40	244		01:06:16	5376
5354	4877	Carla	Dyke	Female	1775	F40	245		01:05:25	5211
5355	7751	Kim	Woodcock	Female	1776	F50	135		01:00:24	4107
5356	3638	Laura	Roden	Female	1777	FO	1063		01:05:26	5216
5357	8223	Nicole	Watkins	Female	1778	FO	1064		01:01:32	4388
5358	6718	Laura	Triana Africano	Female	1779	FO	1065		01:04:53	5100
5359	6117	Maggie	Godfrey	Female	1780	F55	81		01:02:56	4693
5360	6118	Allison	Lock	Female	1781	F55	82		01:02:56	4695
5361	5987	Jonathan	Peppiatt	Male	3580	M50	298		01:08:40	5789
5362	6058	Daniel	Bullion	Male	3581	MO	1965		01:06:47	5459
5363	8954	Siyu	Song	Female	1782	FO	1066		01:01:06	4301
5364	5860	Caroline	Cox-hartigan	Female	1783	FO	1067	Bungay Black Dog RC	01:05:21	5198
5365	7168	Nigel	Sayer	Male	3582	M60	128		01:06:08	5356
5366	8445	Josh	Hilsley	Male	3583	MO	1966		00:58:07	3490
5367	5918	Sharon	Warrent	Female	1784	F50	136		01:05:37	5249
5368	4982	Jordan	Frost	Male	3584	MO	1967		01:09:44	5946
5369	7927	Donna	Coleman	Female	1785	F40	246		01:03:06	4738
5370	6092	Amelia	Betts	Female	1786	FO	1068		01:03:34	4853
5371	5924	Hannah	Lambert	Female	1787	FO	1069		01:04:13	4980
5372	6500	Emma	Chambers	Female	1788	F40	247		01:05:33	5234
5373	5459	Matthew	Betts	Male	3585	M50	299		01:03:35	4860
5374	7529	Daniel	Draper	Male	3586	MO	1968		01:00:33	4153
5375	3083	Amy	Palmer	Female	1789	FO	1070		01:08:02	5663
5376	7029	Alice	Palmer	Female	1790	FO	1071		01:08:02	5664
5377	2970	Eammon	Mesetfi	Male	3587	MO	1969		01:09:38	5932
5378	7984	Charley	Cullum	Female	1791	F40	248		01:02:59	4704
5379	6549	Samantha	Bron	Female	1792	F40	249		01:05:52	5298
5380	9120	Sarah	Frost	Female	1793	FO	1072		01:01:16	4340
5381	7634	Sarah	Ward	Female	1794	F50	137		01:00:40	4168
5382	5762	Dean	Oliphant	Male	3588	M50	300		01:06:54	5474
5383	5348	Clare Millie	Carter	Female	1795	FO	1073		01:04:37	5053
5384	7605	Chris	Jakes	Male	3589	M40	486		01:00:49	4208
5385	7078	John	Bennett-reilly	Male	3590	MO	1970		01:05:30	5226
5386	4626	Ella	Saunders	Female	1796	FO	1074		01:10:02	5991
5387	5297	Laura	Brown	Female	1797	F50	138		01:06:02	5332
5388	4676	Helena	Mahendra	Female	1798	FO	1075		01:06:55	5480

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
5389	6438	Nicola	Armstrong	Female	1799	F45	198		01:06:17	5379
5390	6111	Amit	Tiwari	Male	3591	M40	487		01:07:57	5647
5391	4677	Prasanna	Mahendra	Male	3592	M40	488		01:06:56	5481
5392	4911	Kristi	Padreddii	Female	1800	F40	250		01:04:26	5011
5393	7322	Sarah	Pickett	Female	1801	F40	251		01:05:16	5176
5394	5690	Frankie	Knight	Male	3593	MO	1971		01:00:12	4047
5395	6588	Elijah	Britton	Female	1802	FO	1076		01:08:25	5731
5396	7450	Helen	Hall	Female	1803	F55	83		01:08:16	5706
5397	4510	Phil	Gardner	Male	3594	M50	301		01:04:34	5043
5398	5104	Phoebe	Perry	Female	1804	FO	1077		01:04:35	5044
5399	5785	Elizabeth	Wright	Female	1805	F60	43		01:05:36	5246
5400	6886	Mark	Bunn	Male	3595	M50	302		01:05:31	5227
5401	7407	Charlotte	Ball	Female	1806	FO	1078		01:08:04	5668
5402	7572	Victoria	Hook	Female	1807	F60	44		01:01:15	4332
5403	5786	Peter	Wright	Male	3596	M60	129		01:05:37	5253
5404	6887	Zoe	Darwin-bunn	Female	1808	F50	139		01:05:31	5230
5405	7439	Dale	Forder	Male	3597	MO	1972		01:04:04	4948
5406	6758	Natasha	Sumner	Female	1809	F50	140	North Norfolk Beach Runners	01:05:59	5317
5407	7141	Janet	Hunt	Female	1810	F65	11		01:06:03	5333
5408	6780	Mark	Grint	Male	3598	M45	368		01:09:36	5925
5409	6963	Michael	Wonnacott	Male	3599	MO	1973		01:04:41	5068
5410	7730	Tim	Bishop	Male	3600	M65	64		01:02:00	4471
5411	6237	Andrew	Brown	Male	3601	M50	303		01:08:19	5712
5412	7101	Peter	Russell	Male	3602	M50	304		01:07:55	5640
5413	8228	Sophie	De Main	Female	1811	F40	252		01:03:33	4847
5414	6455	Katrina	Mcdonough	Female	1812	FO	1079		01:05:07	5147
5415	7370	Emily	Rivers-day	Female	1813	FO	1080		01:06:53	5471
5416	5270	Gavin	Norman	Male	3603	M40	489		01:08:27	5735
5417	7011	Amelia	Heard	Female	1814	FO	1081		01:08:33	5764
5418	6302	Rachel	Duke	Female	1815	F40	253		01:08:21	5718
5419	5419	Nikki	Collins	Female	1816	F45	199		01:11:51	6291
5420	5432	Hannah	Boyd	Female	1817	F40	254		01:11:51	6292
5421	2027	Bethany	Studd	Male	3604	MO	1974	Bungay Black Dog RC	01:08:21	5722
5422	3892	Nicola	Rivett	Female	1818	F50	141		01:09:41	5941
5423	4930	Ricky	Sparkes	Male	3605	MO	1975		01:09:27	5893
5424	4152	Kevin	England	Male	3606	MO	1976		01:09:59	5981
5425	5177	Gary	Gannon	Male	3607	M55	249	Norwich Road Runners	01:09:20	5877
5426	7222	Melissa	Fiddes	Female	1819	FO	1082		01:03:29	4831
5427	6405	Lesley	Hanner	Female	1820	F65	12		01:06:09	5359
5428	7714	Chris	Lewer	Male	3608	MO	1977		00:58:35	3621
5429	5158	Adam	Patterson	Male	3609	M40	490		01:12:10	6330
5430	7907	Ella	Carman	Female	1821	FO	1083		01:05:08	5152
5431	4894	Lucy	Hewitt	Female	1822	FO	1084		01:05:08	5156
5432	5963	Elle	French	Female	1823	FO	1085		01:08:01	5658
5433	4875	Jenny	Boyle	Female	1824	FO	1086		01:12:29	6377
5434	6015	Sarah	Gidlow	Female	1825	F65	13		01:08:32	5760
5435	7976	Fay	Spencer	Female	1826	FO	1087		01:01:06	4302
5436	8013	Jack	Larter	Male	3610	MO	1978		01:02:22	4556
5437	7536	Sarah	Lewis	Female	1827	F55	84		01:04:03	4942
5438	8461	Lee	Bedwell	Male	3611	M40	491		01:02:04	4484
5439	8462	Ross	Bedwell	Male	3612	MO	1979		01:02:03	4483
5440	6190	Stuart	Bailey	Male	3613	M50	305		01:07:48	5617
5441	6643	Christopher	Golden	Male	3614	M40	492		01:06:08	5351

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
5442	6099	Sally	Gilding	Female	1828	F45	200	City Of Norwich AC	01:07:36	5580
5443	7387	Sophie	Bishop	Female	1829	FO	1088		01:06:32	5426
5444	7342	Lauren	Yaxley	Female	1830	FO	1089		01:04:21	4991
5445	1491	Simon	Nunn	Male	3615	MO	1980		01:05:40	5262
5446	5900	Hannah	Yaxley	Female	1831	FO	1090		01:04:22	4996
5447	5337	Stephen	Edwards	Male	3616	MO	1981		01:05:23	5205
5448	6665	Cheryl	Crisp	Female	1832	F55	85		01:05:42	5267
5449	4743	James	Massey	Male	3617	MO	1982		01:10:46	6114
5450	8825	Sam	Harrison	Male	3618	MO	1983		01:01:55	4459
5451	8616	David	Bates	Male	3619	M40	493		01:02:26	4570
5452	6446	Charlotte	Murawski	Female	1833	FO	1091		01:07:39	5590
5453	6142	Simon	Piff	Male	3620	M60	130		01:06:03	5336
5454	7343	Christopher	Locksmith	Female	1834	FO	1092		01:08:29	5745
5455	5280	Carol	Smith	Female	1835	F50	142		01:13:07	6467
5456	6214	Tim	Weston	Male	3621	M45	369		01:05:18	5182
5457	5854	Sarah	Mason	Female	1836	F55	86		01:08:52	5817
5458	8592	Louise	Smalley	Female	1837	F40	255		01:02:27	4574
5459	5871	Mike	Kingston	Male	3622	MO	1984		01:05:38	5257
5460	5345	Lauren	Flannery	Female	1838	F40	256		01:05:18	5186
5461	7733	Laura	Utting	Female	1839	FO	1093		01:02:33	4595
5462	8175	Charlotte	Worth	Female	1840	FO	1094		01:04:44	5081
5463	7106	Paul	Minns	Male	3623	M60	131		01:04:00	4935
5464	6236	Neil	Goward	Male	3624	M60	132		01:04:07	4960
5465	6861	Laura	Aldridge	Female	1841	FO	1095		01:08:47	5806
5466	6473	Molly	Howes	Female	1842	FO	1096		01:02:33	4592
5467	6493	Laura	Janikunaite	Female	1843	F40	257		01:06:24	5399
5468	7373	Sarah	Kimberley	Female	1844	F45	201		01:09:06	5843
5469	7985	Samantha	Frisby	Female	1845	F55	87		01:02:32	4590
5470	7383	Martha	Frosdick	Female	1846	FO	1097		01:06:24	5401
5471	4727	Trevor	Smith	Male	3625	M60	133	Wymondham AC	01:11:41	6266
5472	6103	Shaun	Potter	Male	3626	M55	250		01:06:15	5374
5473	3972	Morgan	Saunders	Male	3627	MO	1985		00:59:30	3854
5474	6106	Flash	Barwick	Male	3628	M55	251		01:06:00	5322
5475	7908	Jonas	Berlinskaskas	Male	3629	MO	1986		01:00:59	4262
5476	7795	Yashraj	Solanki	Male	3630	MO	1987		01:02:38	4617
5477	6439	Caroline	Hill	Female	1847	F40	258		01:05:32	5231
5478	5921	Stephen	Page	Male	3631	M50	306		01:06:19	5383
5479	5836	Claire	Hindley	Female	1848	F45	202		01:05:18	5183
5480	6862	Andy	Ireland	Male	3632	M60	134		01:06:27	5414
5481	4155	Alice	Smith	Female	1849	FO	1098		01:11:15	6185
5482	4312	David	Taylor	Male	3633	M45	370		01:11:34	6244
5483	7739	Paul	Taylor	Male	3634	M40	494		01:01:08	4312
5484	5802	Himan	Amarawickrama	Male	3635	M50	307		01:05:06	5145
5485	7214	Hannah	Watson	Female	1850	FO	1099		01:04:37	5054
5486	7932	Charlotte	Strachan	Female	1851	FO	1100		01:01:59	4469
5487	9231	Finlay	Pattinson	Male	3636	MO	1988		01:02:48	4657
5488	6664	Sally	Erskine	Female	1852	F40	259		01:09:16	5868
5489	3932	Charlie	Peasgood	Male	3637	MO	1989		01:10:57	6141
5490	7638	Alex	Short	Male	3638	MO	1990		01:02:45	4646
5491	7447	Chris	Lawson	Male	3639	M50	308		01:05:28	5221
5492	5229	Rachel	Prendergast	Female	1853	F40	260		01:12:02	6317
5493	6184	Bryony	Skipper	Female	1854	FO	1101		01:05:46	5279
5494	5186	Sarah	Price	Female	1855	FO	1102		01:05:47	5282

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
5495	4131	Levi	Bensley	Male	3640	MO	1991		00:58:56	3717
5496	5624	Rita	Norry	Female	1856	F65	14		01:05:35	5240
5497	8501	Sandy	Perez-robles	Female	1857	FO	1103	Other	01:01:27	4375
5498	3005	Paul	Sheldrake	Male	3641	M50	309		01:16:53	6883
5499	6471	Tansy	Jones	Female	1858	FO	1104		01:05:55	5301
5500	7096	Florin	Stoian	Male	3642	M40	495		01:08:08	5679
5501	7095	Steluta	Mangiurea	Female	1859	F40	261		01:08:09	5684
5502	7043	Steve	Bliss	Male	3643	M50	310		01:09:19	5875
5503	6791	Jason	Allman	Male	3644	MO	1992		01:05:08	5155
5504	8418	Uma	Rai	Female	1860	FO	1105		01:02:46	4649
5505	5637	Samantha	Vassallo	Female	1861	F50	143		01:05:10	5162
5506	8539	Georgina	Fellas	Female	1862	FO	1106		01:02:21	4552
5507	9201	Elise	Gedge	Female	1863	FO	1107		01:02:57	4696
5508	6730	Tracey	Harrold	Female	1864	F50	144		01:04:56	5108
5509	5505	Elisha	Owen	Female	1865	F45	203		01:08:21	5720
5510	8434	Kyla	Harwood	Female	1866	FO	1108		01:02:33	4600
5511	6757	Jessica	Youngs	Female	1867	F45	204		01:07:04	5508
5512	6369	Thomas	Wiggins	Male	3645	MO	1993		01:05:01	5128
5513	6605	Charlotte	Franklin	Female	1868	FO	1109		01:07:04	5503
5514	6240	Roberta	Willner	Female	1869	FO	1110		01:09:06	5844
5515	5670	Charlie	King	Male	3646	M60	135		01:08:13	5701
5516	6125	Vinnie	Woolnough	Male	3647	MO	1994		01:06:20	5388
5517	8209	Annie	Whitham	Female	1870	FO	1111		01:02:53	4681
5518	9100	Steven	Copplestone	Male	3648	M55	252		01:03:01	4714
5519	6678	Amy	Morfitt	Female	1871	F45	205		01:07:29	5565
5520	7584	Ricky	Lai	Male	3649	M50	311		01:05:47	5283
5521	5013	Yvonne	Barrett	Female	1872	F50	145		01:07:29	5564
5522	7308	Natasha	Ellis	Female	1873	FO	1112		01:07:08	5517
5523	6803	Carlene	White	Female	1874	FO	1113		01:08:27	5738
5524	7609	Ryan	Downing	Male	3650	MO	1995		01:03:02	4721
5525	5501	Joshua	Jones	Male	3651	MO	1996		01:11:06	6163
5526	4557	Joseph	Jones	Male	3652	MO	1997		01:11:06	6159
5527	8884	Lilliana	Brannan	Female	1875	FO	1114		01:02:18	4546
5528	7008	Alice	Harvey	Female	1876	FO	1115		01:08:10	5689
5529	7102	Darren	Leck	Male	3653	M50	312		01:04:33	5036
5530	8871	Pawnee	Dekeyser	Female	1877	FO	1116		01:03:01	4718
5531	6507	Jake	Hardiman	Male	3654	MO	1998		01:06:17	5380
5532	6727	Keith	Burnett	Male	3655	M55	253	Beccles Triathlon Club	01:07:43	5605
5533	5030	Victoria	Leggett	Female	1878	F40	262		01:04:06	4957
5534	2834	Luke	Farrow	Male	3656	MO	1999		01:03:10	4763
5535	4940	Kat	Navarro	Female	1879	F45	206		01:11:17	6193
5536	5100	Rich	Caplin	Male	3657	M50	313		01:05:55	5302
5537	7072	Rebecca	Anderson	Female	1880	FO	1117		01:02:15	4530
5538	6978	Tracey	Renshaw	Female	1881	F55	88	Norfolk Gazelles AC	01:09:09	5855
5539	3875	Andrew	Hounslow	Male	3658	MO	2000		01:10:16	6031
5540	6523	Emma	Ball	Female	1882	FO	1118		01:05:44	5273
5541	5950	Hugh	Furness	Male	3659	M55	254		01:09:22	5881
5542	3927	Ellen	Saw	Female	1883	FO	1119		01:11:21	6206
5543	5902	Stephen	Scott	Male	3660	M65	65		01:06:26	5407
5544	4571	Hannah	Monsey	Female	1884	F40	263		01:09:39	5935
5545	7156	Angie	Marshall	Female	1885	F60	45		01:07:01	5496
5546	6985	Martin	Betts	Male	3661	M45	371		01:08:06	5675
5547	7192	Chris	Newby	Male	3662	M40	496		01:01:42	4429

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
5548	4455	Frances	Irwin	Female	1886	FO	1120		01:10:37	6089
5549	4827	Joel	Taylor	Male	3663	MO	2001		01:02:02	4480
5550	3971	Ellexia	Velez	Female	1887	FO	1121		01:00:38	4163
5551	5655	Angela	Jones	Female	1888	F65	15		01:07:38	5585
5552	5656	Mark	Jones	Male	3664	M65	66		01:07:39	5587
5553	4446	Will	Rowe	Male	3665	MO	2002		01:12:22	6360
5554	6752	Tony	Kane	Male	3666	M40	497		01:06:21	5392
5555	7971	Giovanni	Foglia	Male	3667	M45	372		01:00:13	4055
5556	7478	Jane	Thomas	Female	1889	F50	146		01:08:33	5762
5557	6590	Kate	Fleming	Female	1890	F55	89		01:08:39	5780
5558	7087	Katie	Pether	Female	1891	FO	1122		01:05:21	5196
5559	6807	Steve	Petch	Male	3668	M55	255		01:08:16	5707
5560	6832	James	Loftus	Male	3669	MO	2003		01:08:28	5741
5561	5445	Margaret	Kilner	Female	1892	F60	46		01:12:53	6431
5562	6705	Sunny	Petch	Female	1893	FO	1123		01:08:17	5708
5563	5663	Charli	Bloom	Female	1894	FO	1124		01:04:35	5045
5564	6393	Scarlett	Standley	Female	1895	FO	1125		01:05:57	5315
5565	7987	Dylan	Hunt	Male	3670	MO	2004		01:08:08	5678
5566	6766	Alastair	Notley	Male	3671	M40	498		01:08:17	5709
5567	4738	Paul	Elliott	Male	3672	M60	136	Reepham Runners	01:07:25	5552
5568	5958	Kieron	Loane	Male	3673	MO	2005		01:06:42	5449
5569	7248	Liam	Pells	Male	3674	MO	2006		01:08:09	5686
5570	5842	Amelia	David	Female	1896	FO	1126		01:08:06	5676
5571	5831	Jonathan	Bates	Male	3675	M50	314		01:09:29	5899
5572	6511	Sara	Scott	Female	1897	F45	207		01:07:24	5550
5573	5830	Emily	Bates	Female	1898	FO	1127		01:09:30	5906
5574	6775	Lindsay	Venn	Female	1899	F40	264		01:08:20	5715
5575	1024	William	Bates	Male	3676	MO	2007		01:09:31	5910
5576	5473	Jo	Bartelsmeier	Female	1900	F40	265		01:08:21	5721
5577	7961	Anna	Cislo	Female	1901	FO	1128		01:00:42	4172
5578	6361	Katie	Murdoch	Female	1902	FO	1129		01:07:34	5571
5579	7243	Mark	Barham	Male	3677	M60	137		01:07:35	5573
5580	5697	Neil	Sharpe	Male	3678	M45	373		01:08:01	5661
5581	6620	Alexandra	Rannik	Female	1903	F40	266		01:07:29	5566
5582	5847	Andrew	Secker	Male	3679	M55	256		01:08:23	5727
5583	5846	Louise	Roberts	Female	1904	F45	208		01:08:23	5728
5584	5916	Zak	Speer	Male	3680	MO	2008		01:08:59	5834
5585	7860	Andy	Milne	Male	3681	M40	499		01:03:24	4811
5586	9019	Lee	Scarfe	Male	3682	M45	374		01:03:35	4861
5587	6901	Jenny	Simpson	Female	1905	F50	147		01:06:24	5400
5588	5410	Laura	Freeman	Female	1906	FO	1130		01:08:10	5688
5589	5210	Noel	Bird	Male	3683	M45	375		01:13:04	6461
5590	7330	Gwyneth	Jones	Female	1907	F65	16		01:08:32	5756
5591	8800	Nicole	Patterson	Female	1908	FO	1131		01:09:47	5953
5592	8422	Mark	Charlesworth	Male	3684	M55	257		01:02:30	4586
5593	5852	Abdulai	Fofanah	Male	3685	MO	2009		01:09:16	5867
5594	202	Kegan	Charlesworth	Male	3686	MO	2010		01:22:11	7350
5595	7916	Rachel	Miller	Female	1909	FO	1132		01:03:32	4844
5596	6680	William	Kemp	Male	3687	MO	2011	Bungay Black Dog RC	01:08:05	5672
5597	8776	Katie	Davison	Female	1910	FO	1133		01:03:40	4875
5598	6048	Ben	Martin	Male	3688	MO	2012		01:05:47	5281
5599	7568	Reece	Goffin	Male	3689	MO	2013		01:02:28	4577
5600	6650	Victoria	Roberts	Female	1911	FO	1134		01:03:46	4889

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
5601	4175	Scott	Robinson	Male	3690	MO	2014	Wymondham AC	01:12:05	6322
5602	7103	Charlotte	Morton	Female	1912	FO	1135		01:10:03	5995
5603	7134	Ruth	Norton	Female	1913	F50	148		01:07:05	5509
5604	6234	Hannah	Dryland	Female	1914	F50	149		01:07:05	5511
5605	5343	Sheryl	Kemp	Female	1915	F45	209		01:08:08	5680
5606	7915	Anna	Baillie-johnson	Female	1916	FO	1136		01:03:37	4867
5607	6959	Karina	Shipley	Female	1917	F40	267		01:08:38	5777
5608	7426	Justin	Sizeland	Male	3691	MO	2015		01:07:41	5596
5609	7229	Sarah	Gough	Female	1918	F40	268		01:08:39	5779
5610	6528	Kirsty	Frery	Female	1919	F45	210		01:10:21	6049
5611	6476	Heather	Dagraca	Female	1920	F45	211	Norfolk Gazelles AC	01:10:22	6054
5612	6548	Jenny	Henry	Female	1921	F45	212		01:10:23	6055
5613	6539	Rebecca	Wright	Female	1922	FO	1137		01:07:51	5627
5614	7528	Edward	Chamberlain	Male	3692	MO	2016		01:03:19	4786
5615	6765	Tom	Fifield	Male	3693	MO	2017		01:07:49	5620
5616	7573	Matthew	Musk	Male	3694	M45	376		01:02:48	4658
5617	7918	Samantha	Causton	Female	1923	F40	269		01:03:53	4919
5618	6375	Daniel	Tickle	Male	3695	MO	2018		01:10:08	6005
5619	3962	Ben	Binder	Male	3696	MO	2019		01:10:08	6009
5620	5246	Paige	Simmons	Female	1924	FO	1138		01:08:31	5751
5621	7059	Carl	Lake	Male	3697	M40	500		01:09:17	5869
5622	5298	Elise	Gomes	Female	1925	FO	1139		01:09:16	5864
5623	7869	Oliver	Matthews	Male	3698	M50	315		01:03:47	4894
5624	7057	Erin	Matthews	Female	1926	FO	1140		01:03:47	4893
5625	3424	Robert	Cracknell	Male	3699	M40	501		01:05:54	5300
5626	5672	Naomi	Parfitt	Female	1927	FO	1141		01:08:08	5682
5627	6607	Rebecca	Powell	Female	1928	FO	1142		01:05:55	5303
5628	7026	Eve	Cook	Female	1929	F40	270		01:07:57	5646
5629	3857	Rosie	Armes	Female	1930	FO	1143		01:03:50	4905
5630	8277	Jessica	Miller	Female	1931	FO	1144		01:03:50	4906
5631	7399	Emily	Fiddy	Female	1932	FO	1145		01:09:06	5845
5632	8828	Devkant	Krishnatrey	Male	3700	M45	377		01:03:25	4816
5633	7332	Megan	Cook	Female	1933	FO	1146		01:10:24	6058
5634	4978	Stuart	Ellis	Male	3701	MO	2020		01:00:48	4206
5635	7139	Phil	Gulley	Male	3702	M60	138		01:08:58	5833
5636	6400	Lynsey	Davison	Female	1934	F40	271		01:09:32	5912
5637	6818	Jessica	Gedge	Female	1935	FO	1147		01:10:20	6042
5638	6076	Lucy	Bezants	Female	1936	FO	1148		01:07:40	5595
5639	7421	Kynleigh	Parker	Female	1937	FO	1149		01:07:28	5562
5640	3392	Daniel	Gilbert	Male	3703	M45	378		01:09:51	5961
5641	6721	Deborah	Gilbert	Female	1938	F45	213		01:09:52	5964
5642	6592	Stephanie	Griffin	Female	1939	FO	1150		01:10:13	6025
5643	7479	Rosey	Leuw	Female	1940	FO	1151		01:07:01	5494
5644	6043	Bahar	Ghezelayagh	Female	1941	F40	272		01:08:39	5785
5645	5855	Jayne	Asker	Female	1942	F55	90		01:05:42	5266
5646	7940	Alex	Pitcher	Male	3704	MO	2021		01:03:11	4766
5647	5491	Nicola	Ireson	Female	1943	F45	214		01:13:09	6472
5648	7266	Kirstina	Standley	Female	1944	F55	91		01:06:43	5451
5649	5607	Monika	Woolley	Female	1945	FO	1152		01:08:04	5667
5650	8486	Katie	Thomas	Female	1946	F45	215		01:06:55	5478
5651	6689	Jodie	Cole	Female	1947	F40	273		01:06:55	5476
5652	7281	Lucy	Cole	Female	1948	FO	1153		01:08:37	5774
5653	7445	Joanna	Keable	Female	1949	F50	150		01:09:31	5907

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5654	7502	Gary	Hurrell	Male	3705	M50	316	Norwich Road Runners	01:04:56	5111
5655	5801	Tom	Bailey	Male	3706	M45	379		01:09:23	5884
5656	7167	Chloe	Carter	Female	1950	FO	1154		01:09:54	5970
5657	1388	Samantha	Ryan	Female	1951	FO	1155		01:05:41	5263
5658	7621	Martyn	Dewis	Male	3707	M55	258		01:06:11	5363
5659	6652	Anita	Talby	Female	1952	F50	151		01:08:00	5654
5660	5285	Gautam	Sharma	Male	3708	M40	502		01:06:14	5370
5661	6486	Sarah	Colk	Female	1953	F40	274		01:07:43	5601
5662	4816	Anastasiya	Varvel	Female	1954	FO	1156		01:13:58	6573
5663	6793	Ziggy	Nash	Male	3709	MO	2022		01:07:10	5527
5664	5803	Emily	Butler	Female	1955	FO	1157		01:10:13	6023
5665	6510	Adele	Rix	Female	1956	FO	1158	Harleston Running Club	01:07:39	5589
5666	6526	Josh	Vertigan	Male	3710	MO	2023		01:09:16	5866
5667	6072	Stephen	Charman	Male	3711	M40	503		01:06:57	5485
5668	6027	Simon	Ludkin	Male	3712	M50	317	Bungay Black Dog RC	01:07:26	5556
5669	5636	Hilary	Ball	Female	1957	F45	216	Bungay Black Dog RC	01:07:26	5557
5670	6432	Lucie	Morran	Female	1958	F55	92	Bungay Black Dog RC	01:07:27	5560
5671	8054	Megan	Rivett	Female	1959	FO	1159		01:03:59	4931
5672	6325	Joel	Pailes	Male	3713	M45	380		01:10:16	6030
5673	6929	Alex	Cuffley	Male	3714	MO	2024		01:11:38	6253
5674	6694	Penelope	Stoner	Female	1960	F55	93		01:08:20	5716
5675	7637	Carl	Bradley	Male	3715	MO	2025		01:04:22	4997
5676	7204	Robert	Mckenna	Male	3716	M60	139	Celtic Tri	01:09:15	5862
5677	7704	Demi	Dunwoody	Female	1961	FO	1160		01:00:26	4118
5678	1387	Emil	Armas	Male	3717	M40	504		01:08:40	5786
5679	6389	Louise	Adamson	Female	1962	F65	17		01:06:43	5452
5680	7991	Sherralyn	Knights	Female	1963	F55	94		01:04:09	4969
5681	5352	Sophie	Randall	Female	1964	FO	1161	York Knavesmire Harriers	01:12:21	6357
5682	7307	Kirsten	Bishop	Female	1965	FO	1162		01:08:35	5769
5683	6412	Lisa	Raby	Female	1966	F40	275		01:08:11	5695
5684	8404	Maja	Maciejewska	Female	1967	F40	276		01:04:30	5025
5685	6828	Peter	Nice	Male	3718	M60	140	Harleston Running Club	01:08:44	5799
5686	7254	Francesca	De Lacey	Female	1968	F40	277		01:10:24	6057
5687	6974	Andrew	Jackson	Male	3719	M40	505		01:04:30	5026
5688	8133	Tom	Lloyd	Male	3720	MO	2026		01:02:50	4666
5689	7882	Emmeline	Vincent	Female	1969	FO	1163		01:03:38	4869
5690	4833	Glenn	Shiplee	Male	3721	M60	141		01:12:47	6418
5691	8131	Christopher	Key	Male	3722	M40	506		01:04:33	5039
5692	5195	Ashley	Armstrong	Male	3723	MO	2027		01:12:46	6416
5693	7034	Jessica	Brunet	Female	1970	FO	1164		01:09:51	5960
5694	7701	Victoria	Pollington	Female	1971	F40	278		01:03:33	4848
5695	6182	Alastair	Mccartney	Male	3724	M45	381		01:07:18	5539
5696	7283	Aalyiah	Mcguire	Female	1972	FO	1165		01:10:33	6080
5697	5060	Isabelle	Blomfield	Female	1973	FO	1166		01:09:44	5947
5698	4801	Emma	Softley	Female	1974	FO	1167		01:07:26	5559
5699	6711	Kate	Smith	Female	1975	F45	217		01:10:05	5998
5700	6379	Tanya	Barnes	Female	1976	F40	279		01:09:34	5919
5701	5614	Kiran	Azam	Female	1977	F40	280		01:12:12	6337
5702	6599	Katy	Gooch	Female	1978	F40	281		01:07:24	5549
5703	6661	Alison	Morrey	Female	1979	F60	47		01:07:24	5551
5704	7453	Ellie	Moore	Female	1980	FO	1168		01:04:38	5059
5705	6285	Sarah	Reynolds	Female	1981	FO	1169		01:08:01	5660
5706	6451	Carl	Fiander	Male	3725	M50	318		01:10:48	6118

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5707	6815	Ian	Richmond	Male	3726	M60	142		01:08:12	5696
5708	8658	Michael	Murphy	Male	3727	M60	143		01:04:22	4994
5709	2876	Gordon	Mcateer	Male	3728	M60	144	Reepham Runners	01:08:02	5666
5710	6874	Mary	Chapman	Female	1982	F40	282		01:10:12	6021
5711	7292	Michelle	Mussett	Female	1983	F40	283		01:08:02	5665
5712	8304	Robert	Franklin	Male	3729	M50	319		01:01:49	4444
5713	6427	Megan	Simmons	Female	1984	FO	1170		01:08:49	5810
5714	6669	Billie	Wilkinson	Male	3730	MO	2028		01:10:51	6127
5715	4737	Melanie	Elliott	Female	1985	F55	95	Reepham Runners	01:08:42	5794
5716	7286	Dawn	Osborne	Female	1986	F55	96		01:08:42	5792
5717	7028	Irene	Gonzales	Female	1987	FO	1171		01:10:09	6012
5718	4560	Dannielle	Crane	Female	1988	F40	284		01:04:43	5077
5719	6551	Frances	Wynn	Female	1989	F40	285		01:09:46	5951
5720	5606	Rhys	Sadler	Male	3731	MO	2029		01:10:37	6090
5721	7756	Amelia	Cawcutt	Female	1990	FO	1172		01:05:52	5297
5722	8778	Andrew	Thomas	Male	3732	MO	2030		01:06:04	5338
5723	8777	Daisy	Mattinson	Female	1991	FO	1173		01:06:04	5339
5724	6925	Martyn	Holmes	Male	3733	MO	2031		01:09:34	5918
5725	6926	Lauren	Jarvis	Female	1992	FO	1174		01:09:34	5921
5726	6484	Zoe	Maufe	Female	1993	FO	1175		01:10:21	6050
5727	6483	Sebastian	Maufe	Male	3734	MO	2032		01:10:21	6051
5728	6596	Fiona	Fogg	Female	1994	F40	286		01:09:33	5916
5729	4824	Danielle	Bussey	Female	1995	FO	1176		01:14:41	6646
5730	7311	Heather	Newton	Female	1996	FO	1177		01:07:50	5623
5731	6023	Nina	Green	Female	1997	F45	218		01:11:19	6201
5732	7768	Tanya	Rejek	Female	1998	FO	1178		01:06:32	5425
5733	6029	Daniel	Napierala	Male	3735	M45	382		01:09:19	5873
5734	7318	Sadie	Curtis	Female	1999	F50	152		01:07:13	5534
5735	8495	Karan	Botsford	Female	2000	F45	219		01:04:08	4967
5736	5679	Hayley	Smith	Female	2001	F40	287	Coltishall Jaguars RC	01:10:43	6108
5737	7364	David	Sparkes	Male	3736	M70	21		01:06:40	5443
5738	6839	Greg	Gladwell	Male	3737	M60	145		01:10:26	6063
5739	6371	Christopher	Gladwell	Male	3738	MO	2033		01:10:26	6064
5740	7843	Deborah	Kennedy	Female	2002	F60	48		01:04:52	5098
5741	7010	Bradley	Spanton	Male	3739	MO	2034		01:07:44	5606
5742	7077	Lucie	Egleton-dagg	Female	2003	F45	220		01:07:46	5610
5743	6468	Holly	Sweatman	Female	2004	FO	1179		01:07:42	5600
5744	6729	Ryan	Ward	Male	3740	MO	2035		01:00:54	4237
5745	7273	Naomi	Hunter	Female	2005	FO	1180		01:07:35	5574
5746	6877	Jamie	Carter	Male	3741	MO	2036		01:07:38	5584
5747	7503	Julia	Mason	Female	2006	F50	153	Norwich Road Runners	01:05:42	5265
5748	7252	Isabelle	Wardlow	Female	2007	FO	1181		01:09:59	5982
5749	7247	Brenda	Fee	Female	2008	F75+	2	Barnet & District AC	01:08:20	5714
5750	6264	Charlie	Hawkins	Male	3742	MO	2037		01:07:02	5498
5751	8152	Lucy	Holloway	Female	2009	FO	1182		01:04:55	5103
5752	7980	Samantha	Parker	Female	2010	FO	1183		01:04:44	5079
5753	8963	Abbie	Lyon	Female	2011	FO	1184		01:04:52	5099
5754	6428	Suzanne	Phillips	Female	2012	F55	97		01:07:03	5501
5755	7145	Hayley	Young	Female	2013	FO	1185		01:11:05	6157
5756	7861	Patricia	Audis	Female	2014	F70	5	Hastings Runners	01:08:09	5683
5757	7132	Paullette	Judd	Female	2015	F55	98		01:09:07	5848
5758	7452	Lily	Woods	Female	2016	FO	1186		01:11:21	6207
5759	8123	Malcolm	Black	Male	3743	M70	22		01:01:07	4307

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5760	6398	Liberty	Porter	Female	2017	FO	1187		01:08:29	5744
5761	6445	Wendy	Brett-reynolds	Female	2018	F50	154		01:08:48	5809
5762	6532	Aaron	Nice	Male	3744	MO	2038		01:10:18	6036
5763	6533	Nicola	Nice	Female	2019	FO	1188		01:10:18	6038
5764	6535	Caitlin	Avery	Female	2020	FO	1189		01:10:13	6027
5765	5993	Amanda	Bobby	Female	2021	F60	49		01:10:35	6087
5766	6262	Fay	Baker	Female	2022	F50	155		01:07:06	5514
5767	8350	Pai	Pai	Female	2023	FO	1190		01:04:42	5073
5768	7038	Stephen	Pengilley	Male	3745	M45	383		01:09:00	5836
5769	8465	Richard	Bowler	Male	3746	M60	146		01:04:07	4961
5770	6556	Stuart	Alexander	Male	3747	M45	384		01:10:38	6095
5771	7369	Lisa	Blogg	Female	2024	F40	288		01:07:49	5621
5772	3817	Joshua	Morley	Male	3748	MO	2039		01:10:39	6096
5773	6506	Lisa	Xuereb	Female	2025	F50	156		01:10:33	6081
5774	6610	David	Gordon	Male	3749	M55	259		01:07:31	5567
5775	2869	Ruben	Xuereb	Male	3750	MO	2040		01:10:34	6083
5776	6443	Darren	Taylor	Male	3751	M50	320		01:11:19	6199
5777	7223	Klein	Bath	Male	3752	MO	2041		01:08:09	5685
5778	7845	Bethany	Dunthorne	Female	2026	FO	1191		01:05:06	5143
5779	6801	Daniel	Shurey	Male	3753	MO	2042		01:08:39	5783
5780	4721	Amy	Edye	Female	2027	F40	289		01:15:18	6707
5781	5790	Georgina	Postlethwaite	Female	2028	F60	50		01:10:17	6034
5782	6279	Alastair	Linton	Male	3754	MO	2043		01:08:26	5732
5783	6800	Abby	Shurey	Female	2029	FO	1192		01:08:43	5795
5784	6920	Emma	Goldsmith	Female	2030	F50	157		01:09:19	5871
5785	5734	Rachel	Turnbull	Female	2031	FO	1193		01:08:50	5812
5786	5966	Paul	Bray	Male	3755	M55	260		01:11:46	6277
5787	7368	Chris	Blogg	Male	3756	M55	261		01:08:00	5655
5788	8015	Jordan	Fisher	Male	3757	M40	507		01:05:01	5127
5789	7636	Cesaree	Morier-gxoyiya	Female	2032	FO	1194		01:03:15	4778
5790	5400	Lily	Pomfret	Female	2033	FO	1195		01:08:41	5791
5791	7903	Lynn	Greenfield	Female	2034	F50	158		01:06:54	5473
5792	6822	Kayleigh	Thomas	Female	2035	FO	1196		01:07:41	5599
5793	9135	David	Ward	Male	3758	M50	321		01:05:02	5133
5794	7884	Brenda	Mionki	Female	2036	FO	1197		01:03:18	4784
5795	5719	Ivor	Mcnaugher	Male	3759	M60	147		01:11:14	6182
5796	7675	Adam	Collison	Male	3760	M40	508		01:07:11	5530
5797	7936	Naomi	Hughes	Female	2037	FO	1198		01:05:11	5164
5798	5386	Hayley	Aylmer	Female	2038	F55	99		01:13:25	6501
5799	7937	Sue	Southgate	Female	2039	F60	51		01:05:12	5168
5800	6702	Rachael	Aitken	Female	2040	F45	221		01:10:13	6022
5801	4907	Jessica	Flack	Female	2041	FO	1199		01:11:32	6236
5802	5823	Thomas	Lunken	Male	3761	M40	509		01:11:33	6239
5803	7697	Edita	Vrbova	Female	2042	F45	222		01:06:44	5454
5804	7410	Chris	Barton	Male	3762	M45	385		01:06:37	5438
5805	7304	Martha	Russell	Female	2043	F45	223		01:11:33	6237
5806	5619	Lauren	Winterburn	Female	2044	FO	1200		01:11:15	6187
5807	7235	Abi	Wilkinson	Female	2045	FO	1201		01:11:33	6240
5808	8097	Kim	Wilkinson	Female	2046	FO	1202		01:11:33	6238
5809	6995	Ruth	Harding	Female	2047	F40	290		01:10:30	6074
5810	5771	Caitlin	O'malley	Female	2048	FO	1203		01:07:12	5532
5811	7310	William	Knights	Male	3763	MO	2044		01:08:06	5677
5812	4634	Dale	Holloway	Male	3764	MO	2045		01:10:51	6125

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5813	6871	Laura	Oldham	Female	2049	FO	1204		01:11:20	6202
5814	6084	Alastair	Pamment	Male	3765	M40	510		01:07:54	5636
5815	4633	Kerri	Ely	Female	2050	FO	1205		01:10:52	6128
5816	8172	Ruth	Barker	Female	2051	FO	1206		01:04:03	4944
5817	7278	Katie	Dix	Female	2052	FO	1207		01:09:45	5950
5818	6565	Jim	Dart	Male	3766	M60	148	Norfolk Gazelles AC	01:08:26	5733
5819	8196	Kara	Tuttle	Female	2053	FO	1208		01:06:36	5437
5820	8490	Eleanor	Gillard	Female	2054	F40	291		01:05:34	5237
5821	6634	Stanley	Hamilton	Male	3767	M70	23		01:11:55	6299
5822	7306	Mark	Cole	Male	3768	M50	322		01:10:10	6014
5823	8014	Kirsty	Fisher	Female	2055	FO	1209		01:05:20	5194
5824	3381	Bethany	Rout	Female	2056	FO	1210		01:19:36	7160
5825	5722	Graham	Parfitt	Male	3769	M55	262		01:11:25	6217
5826	5721	Cathryn	Parfitt	Female	2057	FO	1211		01:11:25	6218
5827	5357	Sarah	Preston	Female	2058	F50	159		01:07:55	5638
5828	7969	Fiona	Bartle	Female	2059	F55	100		01:07:46	5613
5829	7210	Courtney	Farrow	Female	2060	FO	1212		01:05:10	5160
5830	7317	Anne-marie	Palmer	Female	2061	F55	101		01:12:13	6338
5831	6841	Sally	Garman	Female	2062	F50	160		01:02:05	4488
5832	7780	Layla	Bedford	Female	2063	F50	161		01:03:52	4911
5833	6606	Samantha	Rose	Female	2064	FO	1213		01:10:11	6017
5834	7157	Leanne	Giles	Female	2065	FO	1214		01:10:39	6098
5835	7158	Simon	Giles	Male	3770	MO	2046		01:10:40	6099
5836	4695	Rob	Mckillop	Male	3771	M55	263		01:13:39	6530
5837	4696	Laura	Waters	Female	2066	F50	162		01:13:40	6534
5838	6497	Kelly	Sykes	Female	2067	FO	1215		01:11:48	6284
5839	6430	Stuart	Dix	Male	3772	M50	323		01:10:25	6059
5840	6829	Kit	Gill	Male	3773	MO	2047		01:07:55	5639
5841	7608	Simon	Hartshorne	Male	3774	M60	149	Norfolk Gazelles AC	01:01:52	4449
5842	4815	Katherine	Butler	Female	2068	FO	1216		01:11:50	6289
5843	7114	Claire	Wilkins	Female	2069	F50	163		01:10:50	6123
5844	6949	Ian	Moore	Male	3775	M45	386		01:12:09	6329
5845	6482	Charlie-saunders	Huckle	Male	3776	MO	2048		01:11:26	6219
5846	8001	Lilli	Dack	Female	2070	FO	1217		01:05:45	5276
5847	6855	Alice	Bodger	Female	2071	F40	292		01:09:52	5962
5848	9241	Tyler	Webb	Male	3777	MO	2049		01:02:20	4551
5849	6463	Katie	Mayer	Female	2072	F40	293		01:10:00	5983
5850	5875	Chloe	Whiterod	Female	2073	FO	1218		01:04:06	4954
5851	7757	Paul	Whiterod	Male	3778	M60	150		01:04:06	4951
5852	4920	Joanna	Shinn	Female	2074	F50	164		01:16:35	6855
5853	4931	Salina	Cumbridge	Female	2075	F55	102	Ryston Runners	01:16:35	6856
5854	6987	Luke	Watson	Male	3779	MO	2050		01:10:01	5987
5855	8398	Becky	Brooks	Female	2076	F40	294		01:05:30	5223
5856	5851	Natasha	Ward	Female	2077	FO	1219		01:08:41	5790
5857	6986	Sinead	Delaney	Female	2078	FO	1220		01:10:00	5986
5858	5225	Adam	Stoakley	Male	3780	MO	2051		01:05:31	5229
5859	5707	Lewis	Cook	Male	3781	MO	2052		01:09:48	5954
5860	4715	Ross	Mckie	Male	3782	MO	2053		01:04:50	5095
5861	5042	Joe	Pennington	Male	3783	MO	2054		01:11:12	6179
5862	8756	Lisa	Hurry	Female	2079	F60	52		01:11:56	6301
5863	7123	Simon	Fields	Male	3784	M55	264		01:11:56	6302
5864	7904	Zara	Logan	Female	2080	FO	1221		01:05:52	5295

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
5865	6806	Jack	Bonham	Male	3785	MO	2055		01:05:04	5138
5866	8293	Adam	Ford	Male	3786	M40	511		01:05:57	5313
5867	2142	Luke	Shacklock	Male	3787	MO	2056		01:19:04	7109
5868	8153	Stephanie	Delaney	Female	2081	F65	18		01:04:46	5085
5869	7260	Menaka	Thavarajah	Female	2082	F40	295		01:09:57	5980
5870	7299	Sarah	Hunt	Female	2083	F40	296		01:10:21	6045
5871	7147	Kate	Lawrence	Female	2084	F45	224		01:10:59	6145
5872	6648	Donald	Harold	Male	3788	M60	151		01:07:35	5575
5873	6217	Laura	Browning	Female	2085	FO	1222		01:08:18	5711
5874	8443	Aine	Lincoln	Female	2086	F40	297		01:06:03	5337
5875	6683	Jane	Kilbourn	Female	2087	F50	165		01:11:19	6198
5876	6939	Chris	Cheang	Female	2088	FO	1223		01:06:03	5334
5877	5770	Becs	O'malley	Female	2089	F55	103		01:07:51	5630
5878	3576	Samantha	Hunter	Female	2090	F40	298		01:10:10	6013
5879	9130	Hannah	Cowles	Female	2091	FO	1224		01:06:17	5378
5880	3891	Richard	Kerrison	Male	3789	MO	2057		01:14:34	6632
5881	2628	Bobie	Lown	Male	3790	M40	512		01:21:01	7281
5882	2627	Anna	Lown	Female	2092	FO	1225		01:21:01	7280
5883	9131	Aaron	Dougal	Male	3791	MO	2058		01:06:18	5382
5884	5048	Victoria	Reynolds	Female	2093	F40	299		01:17:44	6990
5885	8835	Holly	Roe	Female	2094	FO	1226		01:03:34	4855
5886	5518	Richard	Potts	Male	3792	M50	324		01:18:05	7022
5887	6071	Edward	Brooks	Male	3793	M40	513		01:05:49	5288
5888	5325	Jude	Channell	Female	2095	FO	1227		01:14:11	6599
5889	6033	Sylvia	Webster	Female	2096	F70	6	Wymondham AC	01:12:38	6398
5890	8519	Liam	Andrews	Male	3794	MO	2059		01:05:03	5134
5891	7251	Stephen	Burnett	Male	3795	M70	24		01:10:07	6003
5892	7428	Faith	Whiting	Female	2097	FO	1228		01:07:39	5591
5893	6647	Kate	Patel	Female	2098	F50	166		01:07:39	5588
5894	7348	Benjamin	Shaw	Male	3796	MO	2060		01:11:40	6259
5895	6418	Georgette	Ward	Female	2099	F50	167	Great Yarmouth Road Runners	01:10:56	6139
5896	7939	Trudy	Piggott	Female	2100	F40	300		01:04:59	5117
5897	5689	Alex	Keogh	Male	3797	MO	2061		01:06:22	5397
5898	6537	George	Vaughan	Male	3798	MO	2062		01:10:08	6007
5899	4392	Brogan	Burrell	Male	3799	MO	2063		01:14:09	6594
5900	4614	Holly	Foster	Female	2101	FO	1229		01:17:52	7006
5901	6980	Sam	Dale	Male	3800	MO	2064		01:10:25	6061
5902	6181	Kevin	Singleton	Male	3801	M45	387		01:12:41	6407
5903	6180	Aisha	Singleton	Female	2102	F40	301		01:12:41	6406
5904	6544	Amelia	Tayt	Female	2103	F40	302		01:12:55	6434
5905	7706	Jess	Morgan	Female	2104	F40	303		01:05:12	5169
5906	8205	Stephen	Mansfield	Male	3802	M65	67		01:04:38	5058
5907	6779	Richard	Levell	Male	3803	M60	152		01:08:50	5814
5908	6868	Sandra	Müller	Female	2105	F45	225		01:09:21	5878
5909	8738	Iona	Macqueen	Female	2106	FO	1230		01:03:02	4720
5910	7515	Zoe	Norman	Female	2107	FO	1231		01:04:55	5102
5911	6657	Mike	Smallwood	Male	3804	M65	68		01:12:16	6350
5912	3858	Lloyd	Collier	Male	3805	MO	2065		01:15:12	6695
5913	4866	Zara	Darling	Female	2108	FO	1232		01:05:20	5192
5914	4867	Benjamin	Mccabe	Male	3806	MO	2066		01:05:21	5200
5915	7109	Caroline	Rayner	Female	2109	FO	1233		01:08:05	5673
5916	7521	Wendy	Chalfont	Female	2110	F65	19		01:05:35	5239
5917	6266	Stacey	Mills	Female	2111	FO	1234		01:06:27	5413

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
5918	9112	Mark	Mcwilliam	Male	3807	M50	325		01:06:08	5354
5919	3708	George	Mcwilliam	Male	3808	MO	2067		01:06:09	5360
5920	7006	Bronya	Patmore	Female	2112	F50	168		01:10:36	6088
5921	7597	Ross	Chadney	Male	3809	MO	2068		01:04:37	5050
5922	6944	Josh	Dilrew	Male	3810	MO	2069		01:09:47	5952
5923	4123	Thomas	Walker	Male	3811	MO	2070		01:15:45	6774
5924	6320	Ramya	Vallapureddy	Female	2113	F40	304		01:10:52	6130
5925	5923	David	Royal	Male	3812	M50	326		01:11:53	6298
5926	4759	Laura	Easter	Female	2114	FO	1235		01:09:36	5924
5927	7166	David	Cushway	Male	3813	M45	388		01:09:34	5922
5928	2664	James	Dawson	Male	3814	MO	2071		01:11:08	6168
5929	7732	Emma	Codling	Female	2115	FO	1236		01:08:18	5710
5930	7680	Alaine	Ramsay	Female	2116	F40	305		01:10:25	6062
5931	6169	Isabella	Maddison	Female	2117	FO	1237		01:11:06	6162
5932	7889	Carolyn	Urry	Female	2118	F60	53		01:07:53	5632
5933	6286	Lydia	Marrison	Female	2119	FO	1238		01:10:27	6065
5934	5731	Leo	Clements	Male	3815	MO	2072		01:08:22	5723
5935	5982	Roy	Howard	Male	3816	M60	153		01:08:27	5739
5936	7978	Lauren	Carey	Female	2120	FO	1239		01:05:52	5296
5937	6737	Rachel	Hales	Female	2121	FO	1240		01:10:44	6111
5938	7420	Dominic	Read	Male	3817	MO	2073		01:12:23	6361
5939	6399	Tom	Leese	Male	3818	MO	2074		01:10:32	6079
5940	6933	Amy	Scutt	Female	2122	FO	1241		01:10:20	6043
5941	4172	Marc	Haslegrave	Male	3819	MO	2075		01:08:00	5656
5942	6246	Katie	Marson	Female	2123	FO	1242		01:10:05	5997
5943	7616	Lauren	Harrold	Female	2124	FO	1243		01:08:00	5657
5944	8795	Claire	Thorndale	Female	2125	F45	226		01:06:35	5434
5945	5610	Kana	Messenger	Female	2126	FO	1244		01:10:12	6020
5946	5761	Andrew	Bryanton	Male	3820	M45	389		01:06:36	5436
5947	7390	Talia	Garner	Female	2127	FO	1245		01:13:09	6473
5948	6706	Charlotte	Eden	Female	2128	FO	1246		01:10:48	6119
5949	8220	Nigel	Chettleburgh	Male	3821	M55	265		01:07:44	5607
5950	5135	Sally	Reeder	Female	2129	FO	1247		01:06:49	5462
5951	6865	Ian	Odgers	Male	3822	M55	266	Dereham Runners AC	01:12:05	6323
5952	7335	Oli	Tribe	Male	3823	MO	2076		01:10:57	6140
5953	6745	Elena	Bates	Female	2130	F40	306		01:09:33	5915
5954	4212	Esther	Gordon	Female	2131	FO	1248		01:14:25	6616
5955	7642	Kerrie	Gallagher	Female	2132	F40	307		01:04:31	5029
5956	7643	Jason	Pearson	Male	3824	M50	327		01:04:32	5033
5957	7764	Lily	Brockhouse	Female	2133	FO	1249		01:06:53	5470
5958	5126	Rachael	Finch	Female	2134	F55	104	Waveney Valley AC	01:16:40	6864
5959	8212	Gary	Oakshott	Male	3825	M60	154		01:06:31	5423
5960	4604	Theresa	Sara	Female	2135	F45	227		01:06:49	5463
5961	5759	Alicia	Bolton	Female	2136	FO	1250		01:10:46	6116
5962	7320	Laura	Newbury	Female	2137	F45	228		01:11:24	6215
5963	7328	Susannah	Cousins	Female	2138	F40	308		01:09:37	5930
5964	7432	Jessica	Dickenson	Female	2139	FO	1251		01:11:24	6216
5965	7737	Michelle	Taylor	Female	2140	F55	105	Great Yarmouth Road Runners	01:06:27	5411
5966	5300	Kirsty	Sturman	Female	2141	F45	229	Lonely Goat RC	01:14:15	6604
5967	6798	Francesca	Bennett	Female	2142	FO	1252		01:12:19	6355
5968	7094	Lesley	Hall	Female	2143	F60	54		01:10:53	6137
5969	7552	Joe	Woodley	Male	3826	M45	390	Wymondham AC	01:06:34	5432
5970	7858	Bobbie	Sauerzapf	Female	2144	F65	20	Bungay Black Dog RC	01:03:53	4918

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
5971	5629	Lucie	Buchan	Female	2145	F45	230		01:11:05	6156
5972	9295	Edna	Mendoza	Female	2146	F40	309		01:05:48	5286
5973	8670	Madeleine	Mitchell	Female	2147	FO	1253		01:06:45	5455
5974	8357	Mary	De Las Casas	Female	2148	F45	231		01:07:01	5495
5975	5062	Martin	Hardy	Male	3827	M40	514		01:06:29	5416
5976	8071	Leanne	Hardy	Female	2149	F45	232		01:06:29	5417
5977	6404	Greg	Hall	Male	3828	MO	2077		01:11:42	6269
5978	9012	Charlotte	Kenny	Female	2150	FO	1254		01:08:38	5776
5979	8334	Amie	Forster	Female	2151	FO	1255		01:08:34	5767
5980	5937	Anna	Morris	Female	2152	F45	233		01:09:23	5883
5981	7099	Claire	Dawson	Female	2153	FO	1256		01:10:16	6032
5982	5166	Richard	Reade	Male	3829	M50	328	FORDY RUNS Running Club	01:10:17	6035
5983	5287	Matthew	Gregson	Male	3830	M50	329		01:09:23	5886
5984	6141	Robyn	Byfield	Female	2154	FO	1257		01:09:37	5929
5985	8402	David	Brooks	Male	3831	M55	267		01:04:06	4955
5986	8525	Shane	Whiteland	Male	3832	MO	2078		01:06:06	5346
5987	6316	Emily	Davis	Female	2155	FO	1258	Lonely Goat RC	01:13:09	6476
5988	4583	Rae	Goodacre	Female	2156	FO	1259		01:15:35	6748
5989	6065	Clare	Lincoln	Female	2157	F45	234		01:09:08	5850
5990	5951	Izzy	Gavin	Female	2158	FO	1260		01:13:43	6539
5991	8012	Cara	Mason	Female	2159	FO	1261		01:07:12	5531
5992	4500	Lewis	Woolston	Male	3833	MO	2079		01:08:50	5813
5993	7009	Alice	Jefferson	Male	3834	MO	2080		01:09:27	5891
5994	8091	Laura	Cuthbert	Female	2160	FO	1262		01:04:58	5116
5995	6403	Lauren	Lythgoe	Female	2161	FO	1263		01:10:07	6002
5996	7112	Ellen	Shailes-geach	Female	2162	FO	1264		01:10:08	6006
5997	8514	Grace	Underwood	Female	2163	FO	1265		01:07:06	5513
5998	6750	Rosie	Shurey	Female	2164	FO	1266		01:10:40	6101
5999	7093	Deeseray	Demafeliz	Female	2165	FO	1267		01:11:20	6205
6000	6496	Martyn	Gillett	Male	3835	M60	155		01:10:38	6094
6001	5653	Charlotte	Marris	Female	2166	FO	1268		01:09:09	5854
6002	7344	Libby	Locksmith	Female	2167	FO	1269		01:13:22	6497
6003	8300	Gina	Summerskill-nelson	Female	2168	F40	310		01:05:14	5171
6004	6701	Helen	Debbage	Female	2169	F50	169		01:12:45	6415
6005	6834	Fiona	Cribb	Female	2170	F50	170		01:12:46	6417
6006	7131	Amanda	Reeves	Female	2171	F55	106		01:11:03	6153
6007	5374	Abigail	Trinder	Female	2172	F40	311	Norfolk Gazelles AC	01:13:33	6515
6008	7744	James	Jonas	Male	3836	MO	2081		01:06:27	5410
6009	5661	Laura	Hubbard	Female	2173	FO	1270		01:11:22	6209
6010	7750	Katarzyna	Lukaszewicz	Female	2174	F40	312		01:10:50	6124
6011	5662	Matthew	Hubbard	Male	3837	MO	2082		01:11:22	6210
6012	8271	Annette	Sissons	Female	2175	F55	107		01:07:24	5548
6013	8649	Faye	Robertson	Female	2176	F40	313		01:07:04	5505
6014	8827	Mainuddin	Talikoti	Male	3838	MO	2083		01:07:13	5535
6015	4744	Leanne	Eastick-biggins	Female	2177	FO	1271		01:16:03	6799
6016	8240	Amy	Foster	Female	2178	FO	1272		01:09:24	5888
6017	3995	John	Gallagher	Male	3839	M65	69		01:09:24	5887
6018	6467	Katie	French	Female	2179	FO	1273		01:12:56	6435
6019	4185	Andrew	Verney	Male	3840	M60	156	Wymondham AC	01:16:21	6832
6020	4186	Megan	Verney	Female	2180	FO	1274		01:16:21	6833
6021	6235	Lauren	Purnell	Female	2181	FO	1275		01:10:20	6044
6022	5730	Corrina	Turner	Female	2182	F55	108	Thetford AC	01:13:13	6479

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6023	7901	Jan	Davis	Male	3841	M70	25		01:07:03	5499
6024	5940	David	Green	Male	3842	M50	330		01:13:13	6480
6025	7033	Chris	Hook	Male	3843	M60	157		01:11:29	6226
6026	6147	Sarah	Bulley	Female	2183	F55	109		01:13:44	6541
6027	5890	Daisy	Barrett	Female	2184	FO	1276		01:09:07	5846
6028	8061	Olivia	Chapman	Female	2185	FO	1277		01:09:08	5851
6029	7692	Claire	Berridge	Female	2186	F45	235		01:09:52	5963
6030	6804	Rob	Mack	Male	3844	M40	515		01:11:08	6170
6031	3666	James	Fasham	Male	3845	MO	2084		01:12:12	6336
6032	7219	Tracey	Spelman	Female	2187	FO	1278		01:12:12	6335
6033	6712	Matthew	Coe	Male	3846	M50	331		01:09:28	5897
6034	7669	Deidre	Beattie	Female	2188	F50	171		01:07:10	5525
6035	9103	Cameron	Huggett	Male	3847	MO	2085		01:07:25	5554
6036	7031	Colin	Smith	Male	3848	MO	2086		01:12:45	6414
6037	7393	Victoria	London	Female	2189	FO	1279		01:11:00	6147
6038	7919	Tom	Higgs	Male	3849	M45	391		01:09:28	5895
6039	7058	Samantha	Reed	Female	2190	FO	1280		01:11:02	6152
6040	6519	Rory	Jobson	Male	3850	MO	2087		01:12:57	6437
6041	6520	Abigail	Morton-wilcox	Female	2191	FO	1281		01:12:58	6439
6042	8237	Martin	Roberts	Male	3851	M65	70		01:07:43	5603
6043	7116	Keith	Melton	Male	3852	M50	332		01:12:50	6426
6044	7186	Ann	Kirton	Female	2192	F55	110	Thetford AC	01:08:54	5822
6045	6470	Heather	Gubb	Female	2193	F45	236	Dereham Runners AC	01:07:47	5616
6046	7129	Gabriela	Pardo	Female	2194	FO	1282		01:09:05	5842
6047	8631	Gary	Heffer	Male	3853	M40	516		01:05:35	5242
6048	6409	Robin	Turner	Male	3854	MO	2088		01:10:21	6048
6049	8202	Philip	Stillgoe	Male	3855	MO	2089		01:05:59	5321
6050	6492	Lyn	Syrett	Female	2195	F55	111		01:10:28	6068
6051	6313	Ian	Roberson	Male	3856	M55	268		01:11:21	6208
6052	5959	Samantha	Bartram	Female	2196	FO	1283		01:07:55	5637
6053	4975	Ethan	Jones	Male	3857	MO	2090		01:11:09	6174
6054	7071	Anna	Murray	Female	2197	FO	1284		01:11:10	6177
6055	7614	Sophie	Briggs	Female	2198	FO	1285		01:07:25	5555
6056	5411	Jo	Woolnough	Female	2199	F45	237		01:15:40	6762
6057	4584	Donna	Ayers	Female	2200	F40	314		01:27:05	7559
6058	6645	Sarah	Jones	Female	2201	F40	315		01:15:40	6763
6059	3245	Nicola	Bowles	Female	2202	F45	238		01:15:40	6766
6060	7197	Amy	Peck	Female	2203	F40	316		01:15:39	6760
6061	6509	Catriona	Perkins	Female	2204	FO	1286		01:11:15	6183
6062	6666	Malcolm	Beasley	Male	3858	M55	269		01:11:29	6227
6063	6436	Katie	Doyle	Female	2205	FO	1287		01:10:52	6132
6064	6968	Sam	Doyle	Male	3859	MO	2091		01:10:53	6133
6065	4550	Willoughby	Ellson	Male	3860	MO	2092		01:07:59	5650
6066	6045	Martina	Glason	Female	2206	F50	172		01:13:16	6482
6067	5461	Naomi	Thorpe	Female	2207	FO	1288		01:07:47	5615
6068	7661	Stuart	Chatten	Male	3861	M45	392		01:07:09	5521
6069	6172	Jonathan	Palmer-edwards	Male	3862	M40	517		01:11:34	6241
6070	7789	Anna	Koloch	Female	2208	F40	317		01:06:34	5430
6071	1602	Gregg	Beardwell	Male	3863	M40	518	Burnden Road Runners	01:11:34	6242
6072	7413	Jack	Maclean	Male	3864	MO	2093		01:11:01	6149
6073	7797	Holly	Eaton	Female	2209	FO	1289		01:09:23	5882
6074	8763	Roger	Dulson	Male	3865	M60	158		01:07:05	5510
6075	7659	Leah	Jacobs	Female	2210	FO	1290		01:06:54	5475

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6076	7825	Amanda	Gosbell	Female	2211	F40	318		01:08:06	5674
6077	7303	Mary	North	Female	2212	F40	319		01:11:03	6154
6078	5913	Monika	Mydlarz	Female	2213	F40	320		01:14:42	6647
6079	7080	Nina	Baisley	Female	2214	F45	239		01:14:28	6622
6080	6784	Connor	Jones	Male	3866	MO	2094		01:12:38	6396
6081	6786	Amie	Vick	Female	2215	FO	1291		01:12:38	6395
6082	5146	Lauren	Devine	Female	2216	FO	1292		01:04:18	4987
6083	8033	Rebecca	Broadbent	Female	2217	FO	1293		01:06:20	5387
6084	9125	Nicki	Mosca-kyne	Female	2218	F40	321		01:08:02	5662
6085	8701	Laura	Bell	Female	2219	F40	322		01:10:52	6131
6086	4654	Ashleigh	Smith	Female	2220	F45	240		01:10:54	6138
6087	7960	Angela	Savory	Female	2221	F55	112		01:10:53	6136
6088	5370	Hermione	Chapman	Female	2222	FO	1294		01:17:29	6953
6089	7225	Natalie	Randell	Female	2223	FO	1295		01:13:37	6523
6090	3186	Ian	Smith	Male	3867	M50	333		01:09:14	5856
6091	4659	Gemma	Jennis	Female	2224	F40	323		01:10:53	6134
6092	7212	Megan	Byrne	Female	2225	FO	1296		01:13:37	6524
6093	9140	Rose	Hutchens	Female	2226	FO	1297	3Ms Gorseinon	01:05:50	5289
6094	6794	Carly	Beel	Female	2227	FO	1298		01:12:06	6324
6095	5732	Elizabeth	Glover	Female	2228	FO	1299		01:12:08	6328
6096	7848	Kelly	Mullender	Female	2229	FO	1300		01:05:35	5243
6097	6444	Kayleigh	Hossack	Female	2230	FO	1301		01:05:36	5245
6098	6593	Carly	Fryman	Female	2231	FO	1302		01:11:08	6171
6099	7061	Mia	Wighton	Female	2232	FO	1303		01:09:32	5911
6100	6531	Gary	Fletcher	Male	3868	M65	71		01:10:00	5985
6101	7740	Lindsey	Rolfe	Female	2233	F55	113		01:08:13	5698
6102	8426	Ruth	Kristianingsih	Female	2234	FO	1304		01:06:08	5353
6103	9160	Richard	Bland	Male	3869	MO	2095		01:06:14	5368
6104	7508	Susannah	Mansfield	Female	2235	F45	241		01:07:11	5529
6105	4994	Daniel	Ellis	Male	3870	MO	2096		01:11:28	6224
6106	7082	Lorraine	Reeves	Female	2236	F50	173	Brandon Fern Hoppers	01:12:34	6388
6107	6073	Robbie	Gillett	Male	3871	MO	2097		01:11:41	6264
6108	6232	Jenny	Desborough	Female	2237	F40	324		01:06:00	5323
6109	4468	Peter	Carson	Male	3872	M45	393		01:05:59	5319
6110	6016	John	Ducker	Male	3873	M40	519		01:14:13	6601
6111	7867	Emily	Keel	Female	2238	FO	1305		01:08:14	5703
6112	7334	Maria	Taylor	Female	2239	F50	174		01:14:19	6609
6113	8966	Roberta	Manners	Female	2240	F70	7		01:07:40	5592
6114	6252	Brandon	Horner	Male	3874	MO	2098		01:09:54	5971
6115	7930	Lauren	Horner	Female	2241	FO	1306		01:09:53	5969
6116	8024	James	Rogers	Male	3875	M55	270		01:07:23	5546
6117	6676	Leeann	Doherty	Female	2242	FO	1307		01:15:51	6782
6118	9162	Pamela	Haining	Female	2243	F40	325		01:07:35	5572
6119	8319	Grace	Ramsey	Female	2244	FO	1308		01:06:50	5466
6120	4513	Tim	Caton	Male	3876	M45	394		01:12:03	6319
6121	2744	Graeme	Wooden	Male	3877	MO	2099		01:12:03	6318
6122	2742	Paul	Utting	Male	3878	M40	520		01:12:04	6321
6123	8405	Robert	Fayers	Male	3879	MO	2100		01:07:52	5631
6124	5402	Darren	Male	Male	3880	M45	395		01:18:16	7043
6125	4668	Lee	Acland	Male	3881	MO	2101		01:10:13	6026
6126	6992	Michelle	Green	Female	2245	F45	242		01:12:33	6386
6127	6735	Charlene	Nicholls	Female	2246	F45	243		01:07:51	5626
6128	8335	Janella	Hadlow	Female	2247	F55	114		01:08:08	5681

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6129	5973	Helen	Laskey	Female	2248	FO	1309		01:11:58	6306
6130	7745	Manuela	Falkenhagen	Female	2249	FO	1310		01:08:10	5690
6131	7013	Rebecca	Sibley	Female	2250	FO	1311		01:10:38	6091
6132	6707	Chloe	Nuthall	Female	2251	FO	1312		01:12:27	6369
6133	6250	Rosie	Harrison	Female	2252	F40	326		01:11:37	6250
6134	6251	Steven	Parkinson-lloyd	Male	3882	M50	334		01:11:38	6252
6135	8157	Alexander	Caesari	Male	3883	MO	2102		01:07:45	5608
6136	7952	First Name	Surname	Female	2253	FO	1313		01:10:38	6092
6137	8769	Hollie	West	Female	2254	FO	1314		01:08:39	5782
6138	8429	Sam	Bennett	Male	3884	MO	2103		01:05:40	5261
6139	6831	Richard	Sawyer	Male	3885	M55	271		01:10:12	6019
6140	8494	Laurn	Read	Female	2255	FO	1315		01:08:47	5807
6141	6566	Valerie	Gidney	Female	2256	F60	55	City Of Norwich AC	01:13:51	6560
6142	6830	Jess	Gosney	Female	2257	FO	1316		01:12:10	6331
6143	5938	Bethan	Taylor	Female	2258	FO	1317		01:11:20	6204
6144	3383	Andrew	Smith	Male	3886	M45	396		01:14:17	6607
6145	5693	Kate	Thompson	Female	2259	FO	1318		01:13:01	6448
6146	5818	Caroline	Gosney	Female	2260	FO	1319		01:12:11	6333
6147	2398	Eugenia	Armas	Female	2261	FO	1320		01:12:58	6440
6148	7883	Lucy	Robinson	Female	2262	FO	1321		01:07:50	5625
6149	6891	Stacey	Smith	Female	2263	FO	1322		01:10:14	6029
6150	6508	Simon	Overton	Male	3887	M45	397		01:10:14	6028
6151	7823	Emily	Tyler	Female	2264	FO	1323		01:08:31	5755
6152	6517	Hannah	Ebelewicz	Female	2265	FO	1324		01:11:08	6173
6153	5609	Sinead	Cahill	Female	2266	F45	244		01:08:45	5802
6154	6113	Amelia	Tungate	Female	2267	FO	1325		01:12:49	6422
6155	6654	Matthew	Ankers	Male	3888	MO	2104		01:15:12	6694
6156	7668	Kelly	Westrop	Female	2268	FO	1326		01:13:37	6525
6157	6625	Nicola	Fantom	Female	2269	FO	1327		01:11:45	6276
6158	1915	Sam	Tungate	Male	3889	MO	2105		01:12:51	6429
6159	8433	Kelly	Lee	Female	2270	F40	327		01:09:45	5948
6160	7994	Dani	Allen	Female	2271	FO	1328		01:07:53	5634
6161	5862	Kieran	Hartigan	Male	3890	M55	272		01:11:22	6212
6162	9004	Mark	Chipperfield	Male	3891	M55	273		01:08:55	5825
6163	7394	Robbie	Collicott	Male	3892	MO	2106		01:10:03	5994
6164	7868	Kirsty	Allen	Female	2272	FO	1329		01:11:31	6232
6165	7155	Emily	Andrews	Female	2273	FO	1330		01:11:52	6295
6166	8199	Jasmin	Pullinger	Female	2274	FO	1331		01:08:35	5768
6167	7806	Michelle	Cooper	Female	2275	F50	175		01:08:11	5694
6168	9280	Shantelle	Murphy	Female	2276	F45	245		01:10:35	6086
6169	6025	Lauren	Reynolds	Female	2277	FO	1332		01:12:50	6425
6170	8549	Christina	Hack	Female	2278	F40	328		01:08:45	5801
6171	3859	Tom	Measor	Male	3893	MO	2107		01:17:04	6903
6172	1128	Terry	Haggerty	Male	3894	M45	398		01:14:59	6678
6173	7775	Hannah	Fontanil	Female	2279	FO	1333		01:08:30	5747
6174	6951	Sharlize	Pedroza Matute	Female	2280	FO	1334		01:08:29	5746
6175	6921	Jo	Mcilwee	Female	2281	F50	176		01:13:03	6456
6176	7633	Emma	Victor-smith	Female	2282	F40	329		01:08:53	5818
6177	5745	Liz	Rump	Female	2283	F45	246		01:14:28	6623
6178	2319	Ben	Warminger	Male	3895	MO	2108		01:08:54	5823
6179	7992	Cally	Esherwood	Female	2284	FO	1335		01:08:54	5820
6180	5738	Chloe	Duneclift	Female	2285	FO	1336		01:10:41	6104
6181	5739	Sharon	Duneclift	Female	2286	F50	177		01:10:42	6105

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6182	6613	Chrissy	Palmer	Female	2287	F50	178	Beccles & Bungay Harriers	01:12:52	6430
6183	5835	Sophie	Alexander	Female	2288	FO	1337		01:11:48	6283
6184	7748	Ellie	Gooch	Female	2289	FO	1338		01:15:14	6700
6185	3553	Bekki	Stewart	Female	2290	FO	1339		01:06:59	5487
6186	7291	Sarah	Blyth	Female	2291	FO	1340		01:15:21	6711
6187	6525	Kate	Hopwood	Female	2292	FO	1341		01:13:52	6563
6188	6347	Claire	Loates	Female	2293	F45	247		01:12:58	6441
6189	6821	David	Stocks	Male	3896	M45	399		01:12:45	6413
6190	6343	Jason	Loates	Male	3897	M50	335		01:13:00	6446
6191	8797	Lauren	Kirby	Female	2294	FO	1342		01:08:53	5819
6192	6824	Gemma	Wilson	Female	2295	F45	248		01:12:29	6372
6193	8128	Bethany	Kemp	Female	2296	FO	1343		01:09:04	5840
6194	7161	Anthony	Evans	Male	3898	M40	521		01:14:11	6598
6195	8702	Denise	Mortimer	Female	2297	F50	179		01:06:50	5467
6196	8897	Glen	Furness	Male	3899	MO	2109		01:15:22	6715
6197	8877	Sharon	Lake	Female	2298	F55	115		01:06:51	5469
6198	6267	Sharna	Tuohy	Female	2299	FO	1344		01:12:20	6356
6199	8364	Ed	Bardsley	Male	3900	MO	2110		01:08:01	5659
6200	6397	Matthew	Bussey	Male	3901	MO	2111		01:14:27	6619
6201	7762	Joanne	Leese	Female	2300	FO	1345		01:13:03	6460
6202	7258	Suzi	Armstrong Cobb	Female	2301	F45	249		01:11:47	6279
6203	7359	Katy	Cockerton	Female	2302	FO	1346		01:11:08	6172
6204	7121	Catherine	Redfern	Female	2303	F50	180		01:11:32	6234
6205	6276	Graeme	Simpson	Male	3902	M50	336		01:12:40	6405
6206	7086	Fiona	Revell	Female	2304	F40	330		01:10:30	6078
6207	7983	Karla	Hyem	Female	2305	FO	1347		01:06:25	5405
6208	6885	David	Monsey	Male	3903	MO	2112		01:13:03	6459
6209	5429	Mark	Wright	Male	3904	M50	337		01:16:43	6871
6210	6474	Amanda	Anderson	Female	2306	F45	250		01:12:16	6349
6211	6053	Lauren	Carrick	Female	2307	FO	1348		01:15:09	6691
6212	6475	Julia	Harris	Female	2308	F50	181		01:12:16	6348
6213	7698	Kieran	Chapman	Male	3905	MO	2113		01:08:57	5830
6214	7699	Victoria	Love	Female	2309	FO	1349		01:08:57	5829
6215	6156	Ben	Lloyd	Male	3906	MO	2114		01:13:05	6463
6216	9169	Dawn	Crafer	Female	2310	F60	56		01:08:11	5692
6217	8003	Gim	Ong	Male	3907	M50	338		01:10:34	6082
6218	8388	Chris	Yapp	Female	2311	FO	1350		01:09:15	5860
6219	5692	James	Mair	Male	3908	M50	339		01:11:17	6192
6220	8316	Emily	Sims	Female	2312	FO	1351		01:05:30	5225
6221	7700	Katy	Hill	Female	2313	FO	1352		01:08:46	5805
6222	6655	Lexi	Mair	Female	2314	FO	1353		01:11:17	6191
6223	9043	Jo	Ward	Female	2315	F50	182		01:08:39	5784
6224	8114	Shaun	Lemmon	Male	3909	MO	2115		01:08:33	5761
6225	6333	Matthew	Smith	Male	3910	MO	2116		01:08:34	5766
6226	6464	Darren	England	Male	3911	MO	2117		01:13:42	6536
6227	5876	Toby	Coxall	Male	3912	MO	2118		01:15:53	6784
6228	5877	Libby	Mullender	Female	2316	FO	1354		01:15:54	6785
6229	7648	Shelley	Randall	Female	2317	F50	183		01:11:15	6186
6230	7016	Lucy	Goldsmith	Female	2318	FO	1355		01:07:23	5545
6231	8960	Karama	Simpson	Female	2319	FO	1356		01:08:32	5757
6232	4929	Shelley	Ames	Female	2320	F40	331		01:11:16	6188
6233	6395	Adrian	Harris	Male	3913	M60	159		01:14:35	6638
6234	6720	Susan	Fletcher	Female	2321	F65	21		01:13:24	6499

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6235	5651	Denise	Bjorck	Female	2322	F60	57		01:11:01	6148
6236	7309	Emma	Hunter	Female	2323	FO	1357		01:14:40	6644
6237	567	Oliver	Abbs	Male	3914	MO	2119		01:09:16	5865
6238	7174	Vicky	Zaleska	Female	2324	FO	1358		01:15:00	6679
6239	8309	Jessica	Johnson-roberts	Female	2325	FO	1359		01:08:40	5787
6240	8515	Peter	Bolam	Male	3915	M40	522		01:06:47	5458
6241	4321	Karren	Rawlings	Female	2326	F50	184	Norwich Road Runners	01:19:48	7178
6242	4544	Jade	Cracknell	Female	2327	FO	1360	26.2 Road Runners Club	01:19:48	7181
6243	6177	Ray	Watson	Male	3916	M40	523		01:07:02	5497
6244	7081	Amber	Wadlow	Female	2328	F40	332		01:11:57	6304
6245	8864	Kerri	Mccance	Female	2329	FO	1361		01:09:28	5896
6246	4359	Daniel	Franklin	Male	3917	MO	2120		01:14:58	6674
6247	7351	Holly	Elkins	Female	2330	F50	185		01:11:10	6175
6248	8831	Terri	Taylor	Female	2331	F50	186		01:09:31	5909
6249	8865	Stuart	Mccance	Male	3918	MO	2121		01:09:29	5898
6250	7922	Claire	Perrott	Female	2332	F50	187		01:07:49	5619
6251	7635	Rachel	Cork	Female	2333	F40	333		01:09:14	5858
6252	4573	Clare	Broughton	Female	2334	F45	251		01:17:07	6909
6253	7233	Jenny	Moore	Female	2335	F40	334		01:11:02	6150
6254	8542	Jack	Weaver	Male	3919	MO	2122		01:09:29	5902
6255	8661	Lisa	Brown	Female	2336	FO	1362		01:08:13	5700
6256	8662	Paul	Brown	Male	3920	M50	340		01:08:13	5702
6257	6621	Patrick	Vent	Male	3921	M50	341		01:13:45	6549
6258	6677	Peter	Hill	Male	3922	M75+	9	North Norfolk Beach Runners	01:13:37	6528
6259	9289	Christine	Walker	Female	2337	FO	1363		01:06:22	5396
6260	4204	Alia	Mekheimer	Female	2338	FO	1364		01:14:35	6635
6261	6534	Kate	Burton	Female	2339	F45	252		01:14:35	6636
6262	8381	Emma	Amey	Female	2340	F55	116		01:11:29	6228
6263	5783	Adrian	Rayner	Male	3923	M60	160		01:12:01	6311
6264	7738	Marie	Hatfield	Female	2341	F45	253		01:09:39	5937
6265	5527	Charlie	Head	Female	2342	FO	1365		01:14:03	6584
6266	7804	Nishant	Kumar	Male	3924	MO	2123		01:09:14	5857
6267	8062	Nicole	Kaptein	Female	2343	FO	1366		01:11:31	6230
6268	6843	Mark	Tucker	Male	3925	M60	161		01:13:35	6520
6269	8471	Yolande	Southgate	Female	2344	FO	1367		01:08:32	5759
6270	6870	Jon	Creasey	Male	3926	M60	162		01:13:00	6447
6271	5667	Natalie	Mcgarvey	Female	2345	FO	1368		01:09:50	5956
6272	7017	Sarah	Nelson	Female	2346	F50	188		01:09:44	5945
6273	7211	Florence	Hambrook	Female	2347	FO	1369		01:13:37	6526
6274	7735	Liz	Branson	Female	2348	F65	22		01:06:47	5457
6275	6392	Daisy	Standley	Female	2349	FO	1370		01:12:31	6381
6276	8232	Cara	Macdonald	Female	2350	F45	254		01:08:30	5749
6277	8311	Martin	Jarvis	Male	3927	MO	2124		01:09:52	5965
6278	8312	Louise	Roberts	Female	2351	FO	1371		01:09:52	5966
6279	6411	Lisa	Downs	Female	2352	FO	1372		01:09:02	5839
6280	6255	Jason	Barrett-brown	Male	3928	M40	524		01:15:54	6786
6281	8348	Amy	Beasley	Female	2353	FO	1373		01:07:07	5515
6282	7587	Emily	Smith	Female	2354	FO	1374		01:08:27	5737
6283	6591	Hannah	Game	Female	2355	FO	1375		01:08:28	5742
6284	5709	Charlotte	Smith	Female	2356	FO	1376		01:12:22	6359
6285	7319	Chevonne	Parker	Female	2357	FO	1377		01:12:21	6358
6286	7920	Nicky	Moore	Female	2358	F60	58		01:14:03	6582
6287	7796	Artur	Krzywda	Male	3929	M50	342		01:11:59	6309

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6288	7707	Fern	Moore	Female	2359	FO	1378		01:14:04	6588
6289	7250	Lyn	Roper	Female	2360	F60	59		01:13:23	6498
6290	6453	Grace	Tilford	Female	2361	FO	1379		01:10:08	6008
6291	4086	Katherine	Saunders	Female	2362	F45	255		01:12:14	6340
6292	8328	Amy	Eleftheriades	Female	2363	F45	256		01:07:01	5493
6293	5964	Neville	Draper	Male	3930	M65	72		01:14:03	6586
6294	6485	Anna	Spackman	Female	2364	F45	257	Coltishall Jaguars RC	01:16:09	6812
6295	5981	Samantha	Barrs	Female	2365	FO	1380		01:09:29	5900
6296	8242	Becca	Brown	Female	2366	FO	1381		01:09:29	5901
6297	7558	Luke	Travis	Male	3931	MO	2125		01:10:11	6016
6298	6081	Bradlie	Tucker	Male	3932	MO	2126		01:12:15	6343
6299	5708	Chester	Curtis	Male	3933	MO	2127		01:13:01	6451
6300	8413	Ilona	Rittgaszer	Female	2367	F40	335		01:07:47	5614
6301	6636	Daniel	Long	Male	3934	MO	2128		01:15:12	6696
6302	7305	Bonnie	Abbott	Female	2368	FO	1382		01:12:30	6378
6303	6635	Jacob	Gilroy	Male	3935	MO	2129		01:15:13	6699
6304	7729	Amy	Beven	Female	2369	FO	1383		01:10:12	6018
6305	6819	Hannah	Morelli	Female	2370	FO	1384		01:15:39	6759
6306	5454	Susanna	Sweatman	Female	2371	FO	1385		01:13:08	6470
6307	9265	Ulai	Chaladyaem	Female	2372	F40	336		01:08:37	5772
6308	2981	Michael	Armes	Male	3936	M60	163	Norwich Road Runners	01:06:57	5486
6309	8946	Emily	Bishop	Female	2373	F40	337		01:09:42	5944
6310	7349	Bethany	Shaw	Female	2374	FO	1386		01:15:40	6767
6311	8095	Tamara	Taylor	Female	2375	FO	1387		01:09:30	5904
6312	4928	Naomi	Toplis	Female	2376	FO	1388	Sutton in Ashfield Harriers & AC	01:14:07	6591
6313	6018	Florence	Toplis	Female	2377	FO	1389		01:14:07	6590
6314	8590	Bethany	Slack	Female	2378	FO	1390		01:12:24	6365
6315	8397	Pedro	Marques	Male	3937	MO	2130		01:09:45	5949
6316	8386	Melanie	Steele	Female	2379	F55	117		01:09:21	5879
6317	8385	Jason	Steele	Male	3938	M55	274		01:09:22	5880
6318	7849	Amber	Nielsen	Female	2380	F40	338	Beccles Triathlon Club	01:10:30	6077
6319	6900	Debbie	Crowley	Female	2381	F55	118	Ryston Runners	01:15:06	6686
6320	4853	Elizabeth	Frisby	Female	2382	FO	1391		01:10:27	6066
6321	6034	Emma	Taylor	Female	2383	FO	1392		01:08:09	5687
6322	8796	Amalia	Moula	Female	2384	FO	1393		01:09:51	5959
6323	6904	Cara	Munro	Female	2385	FO	1394		01:13:34	6517
6324	8259	Sarah	Wright	Female	2386	FO	1395		01:09:51	5957
6325	726	Joseph	Munro	Male	3939	MO	2131		01:13:34	6518
6326	8072	Roshani	Badgami	Female	2387	FO	1396		01:09:42	5943
6327	8715	Christine	Eales	Female	2388	F65	23		01:09:53	5967
6328	7979	Lynda	Mills	Female	2389	F65	24		01:09:53	5968
6329	7665	Olivia	Robson	Female	2390	FO	1397		01:07:48	5618
6330	8814	Clive	Ambrose	Male	3940	M55	275		01:07:04	5502
6331	7295	Nichola	Curd	Female	2391	F45	258		01:16:57	6890
6332	7986	Melissa	Riches	Female	2392	FO	1398		01:10:35	6085
6333	6998	Sarah	Nichols	Female	2393	FO	1399		01:15:16	6706
6334	6086	Emma	Watson	Female	2394	FO	1400		01:13:00	6444
6335	9052	Ashleigh	Doddington	Female	2395	FO	1401		01:07:56	5642
6336	7015	Jamie	Leicester	Male	3941	MO	2132		01:15:18	6708
6337	7036	Connie	Vallis	Female	2396	FO	1402		01:07:56	5643
6338	7655	Chi Chung	Lo	Male	3942	M50	343		01:13:30	6510
6339	8412	Auchan	Gray	Male	3943	MO	2133		01:08:21	5717
6340	7007	William	Seaman	Male	3944	MO	2134		01:13:59	6575

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6341	8764	Elizabeth	Meyer	Female	2397	FO	1403		01:10:28	6069
6342	6964	Ethan	Place	Male	3945	MO	2135		01:14:01	6580
6343	7051	Ravindra	A P Gowda	Male	3946	M40	525		01:14:54	6665
6344	7887	Nico	Tolentino	Male	3947	MO	2136		01:10:29	6073
6345	6129	James	Conway	Male	3948	M60	164		01:13:21	6495
6346	8245	Marcelle	Evans	Female	2398	F45	259		01:09:34	5917
6347	7880	Sylvia	Robbins	Female	2399	F70	8	Waveney Valley AC	01:10:06	6000
6348	6604	Roz	Trett	Female	2400	FO	1404	Norwich Road Runners	01:15:23	6717
6349	5640	Kirtsy	Morgans	Female	2401	F40	339		01:15:23	6722
6350	7800	Anna	Gant	Female	2402	F45	260		01:10:10	6015
6351	5819	Siu Yin	Lau	Male	3949	M45	400		01:14:13	6602
6352	7588	Jackie	Bone	Female	2403	F60	60		01:09:09	5853
6353	7847	Menzile	Mkiza	Female	2404	F40	340		01:19:54	7185
6354	5942	Nina	Mcguire	Female	2405	F40	341		01:16:56	6889
6355	2692	Joe	Turner	Male	3950	MO	2137		01:13:58	6571
6356	6512	Sarah	Koster	Female	2406	F55	119		01:12:38	6399
6357	48	Calvert	Churchill	Male	3951	MO	2138		01:14:59	6676
6358	7128	Anna	Bidle	Female	2407	FO	1405		01:16:08	6810
6359	7224	Amy	Humphreys	Female	2408	FO	1406		01:14:58	6675
6360	7160	Neil	Bridger	Male	3952	MO	2139		01:15:59	6793
6361	8331	Emily	Ames	Female	2409	F45	261		01:10:22	6052
6362	7022	Hannah	Filby	Female	2410	FO	1407		01:16:10	6814
6363	8895	Gabriella	Mogyorosi	Female	2411	F40	342		01:10:07	6004
6364	7596	Ella	Chadney	Female	2412	FO	1408		01:09:05	5841
6365	8382	Tina	Pauling	Female	2413	F55	120		01:10:49	6120
6366	8355	Lizzie	Reeves	Female	2414	FO	1409		01:10:46	6113
6367	6795	Clare	Varela	Female	2415	F50	189	Waveney Valley AC	01:14:34	6633
6368	8579	Elaina	Blakey	Female	2416	F45	262		01:07:56	5641
6369	6614	Christie	Baston	Female	2417	FO	1410		01:15:55	6789
6370	7977	Matthew	Cronin	Male	3953	M40	526		01:07:56	5644
6371	7092	Kevin	Doy	Male	3954	M55	276		01:17:21	6936
6372	5826	Jade	Doy	Female	2418	FO	1411		01:17:21	6934
6373	8477	Graham	Watts	Male	3955	M40	527		01:08:58	5831
6374	6547	Rob	Stratton	Male	3956	MO	2140	Wymondham AC	01:09:15	5861
6375	7507	Julie	Thallon	Female	2419	F60	61		01:08:54	5821
6376	7981	Heidi	Lamb	Female	2420	F45	263		01:08:43	5796
6377	7367	Fiona	Hastings	Female	2421	F40	343		01:13:49	6555
6378	6763	Steffan	Harwood	Male	3957	MO	2141		01:14:09	6592
6379	7581	Rosanne	Reaney	Female	2422	FO	1412		01:13:03	6457
6380	5760	Ady	Thompson	Female	2423	F60	62		01:08:58	5832
6381	7440	Rebecca	Holm	Female	2424	FO	1413		01:08:38	5775
6382	8765	Laura	Reeves	Female	2425	FO	1414		01:11:04	6155
6383	6969	Cheryl	Noble	Female	2426	F50	190		01:10:00	5984
6384	7100	Bill	Walker	Male	3958	M65	73		01:15:26	6730
6385	8521	Amy	Brownhill	Female	2427	F45	264		01:09:56	5978
6386	7826	Ella	Moore	Female	2428	FO	1415		01:10:01	5988
6387	7360	Emma	Spurling	Female	2429	F40	344		01:13:44	6544
6388	8641	Michelle	Falconi	Female	2430	F40	345		01:08:26	5734
6389	7900	Nom	Kinnear King	Female	2431	F40	346		01:10:01	5989
6390	7337	Ria	Aggarwal	Female	2432	FO	1416		01:12:44	6410
6391	9046	Simon	Clarke	Male	3959	M45	401		01:08:04	5671
6392	8165	Lucie	Curtis	Female	2433	F40	347		01:09:55	5975
6393	6692	Shona	Ebbage	Female	2434	FO	1417		01:14:03	6583

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6394	6198	Adam	Lambert	Male	3960	MO	2142		01:08:45	5800
6395	6550	Lauren	Ellis	Female	2435	FO	1418		01:15:23	6720
6396	8554	Lily-su	Faircloth	Female	2436	FO	1419		01:10:21	6046
6397	7514	Tabitha	Yull	Female	2437	FO	1420		01:09:42	5942
6398	7928	Kayleigh	Cook	Female	2438	FO	1421		01:13:07	6469
6399	7667	Andrew	Kirk	Male	3961	M70	26		01:09:18	5870
6400	9234	Daniel	Ditcham	Male	3962	MO	2143		01:11:23	6214
6401	7666	Alice	Kirk	Female	2439	FO	1422		01:09:19	5874
6402	8279	Daisy	Wallage	Female	2440	F40	348		01:12:38	6397
6403	6207	Mukesh	Singh	Male	3963	M40	528		01:16:04	6800
6404	9013	Danielle	Poll	Female	2441	FO	1423		01:11:42	6268
6405	482	Isaac	Staff	Male	3964	MO	2144		01:08:42	5793
6406	9174	Jane	Crowe	Female	2442	F40	349		01:08:33	5765
6407	6540	Leanne	Smith	Female	2443	FO	1424		01:15:23	6719
6408	7628	Rhianne	Ayers	Female	2444	FO	1425		01:10:58	6144
6409	8563	Darrell	Lossau	Male	3965	M45	402		01:08:33	5763
6410	7830	Emma	Parker	Female	2445	FO	1426		01:08:44	5797
6411	748	Richard	Claxton	Male	3966	M45	403		01:09:38	5931
6412	6749	Erin	Staz	Female	2446	FO	1427		01:16:00	6795
6413	7207	Zach	Humphreys	Male	3967	MO	2145		01:16:00	6794
6414	7807	Emma	Dawson	Female	2447	FO	1428		01:09:38	5933
6415	5355	Nicolette	Neile	Female	2448	F40	350		01:21:36	7318
6416	8171	Sarah	Houghting	Female	2449	FO	1429		01:09:19	5872
6417	7551	Kevin	Copeman-lamoureux	Male	3968	M60	165		01:08:59	5835
6418	7786	Samantha	Chubbock	Female	2450	F45	265		01:09:07	5847
6419	8079	Laura	Seville	Female	2451	FO	1430	Wymondham AC	01:09:30	5903
6420	8500	Bryony	Best	Female	2452	FO	1431		01:11:38	6254
6421	8873	Charlee	Grimson	Female	2453	FO	1432		01:10:03	5993
6422	6802	Lindsey	Anderson	Female	2454	FO	1433		01:15:47	6777
6423	7724	Richard	Broughton	Male	3969	MO	2146		01:09:41	5939
6424	7504	Caroline	Jones	Female	2455	F40	351		01:12:49	6423
6425	8273	Charlie	Smith	Female	2456	FO	1434		01:11:06	6161
6426	8845	Stephanie	Leek	Female	2457	FO	1435		01:11:44	6275
6427	7358	Lily	Wiseman	Female	2458	FO	1436		01:14:51	6659
6428	6067	Rosalie	Mcphee	Female	2459	F40	352		01:14:51	6660
6429	8378	Paige	Woodhouse	Female	2460	FO	1437		01:07:59	5652
6430	5412	Kevin	Blakey	Male	3970	M50	344		01:16:28	6847
6431	8460	Maryse	Taylor	Female	2461	F55	121		01:09:37	5928
6432	7761	Naomi	Hanner	Female	2462	F40	353		01:10:23	6056
6433	8106	Alex	Frith	Male	3971	MO	2147		01:10:06	5999
6434	5650	Lynn	Crombie	Female	2463	F50	191		01:17:16	6924
6435	7607	Claire-louise	Worby	Female	2464	F40	354		01:09:01	5838
6436	7606	Rory	Burnell	Male	3972	M40	529		01:09:00	5837
6437	8467	Benjamin	Bodewes	Male	3973	MO	2148		01:10:22	6053
6438	7809	Laura	Reeves	Female	2465	F50	192		01:11:19	6197
6439	8996	Kylie	Rouse	Female	2466	FO	1438		01:11:17	6189
6440	6441	Jane	Williams	Female	2467	F45	266	Harling Athletic Club	01:15:39	6758
6441	8595	Eleanor	Slater	Female	2468	FO	1439		01:10:18	6039
6442	7989	Katharine	Barneveld	Female	2469	FO	1440		01:07:59	5653
6443	6662	Emily	Williams	Female	2470	FO	1441		01:15:40	6765
6444	8029	Stuart	Long	Male	3974	M50	345		01:08:52	5815
6445	7870	Jay	Birse	Female	2471	FO	1442		01:11:36	6247

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6446	8530	Brenda	Kite	Female	2472	F70	9		01:11:41	6265
6447	7477	Jamie	Waite	Male	3975	MO	2149		01:17:58	7012
6448	6164	Hollie	Spence	Female	2473	FO	1443		01:09:35	5923
6449	7906	Paul	Schroder	Male	3976	M40	530		01:08:31	5754
6450	7951	Paul	Dunstall	Male	3977	M60	166		01:07:59	5651
6451	8609	Emma	Sadd	Female	2474	FO	1444		01:11:37	6248
6452	3657	Cerys	Wardale	Female	2475	FO	1445		01:14:49	6657
6453	5909	Cheryl	Burgess	Female	2476	F45	267		01:16:10	6815
6454	7178	Joe	Jackson	Male	3978	MO	2150		01:14:34	6634
6455	7703	Emma	Kingston	Female	2477	FO	1446		01:10:25	6060
6456	8468	Elliott	Flack	Male	3979	MO	2151		01:10:29	6072
6457	8263	Regan	Woodard	Male	3980	MO	2152		01:11:05	6158
6458	7798	Paul	Eastwood	Male	3981	MO	2153		01:12:59	6442
6459	7893	Stephanie	Harrison	Female	2478	FO	1447		01:12:57	6436
6460	8854	Sophie	Wicks	Female	2479	FO	1448		01:11:41	6263
6461	8529	Jasmine	Leftwich	Female	2480	FO	1449		01:09:51	5958
6462	8838	Alun	Minifey	Male	3982	MO	2154		01:14:03	6581
6463	7567	Jenny	Plumb	Female	2481	F60	63		01:11:42	6271
6464	6663	Tiffany	Jewell	Female	2482	FO	1450		01:13:48	6554
6465	6390	Steven	Jones	Male	3983	M50	346		01:17:22	6939
6466	7836	Chloe	Jacobs	Female	2483	FO	1451		01:10:51	6126
6467	2793	Callum	Woodard	Male	3984	MO	2155		01:11:12	6180
6468	8206	Daniel	Minister	Male	3985	MO	2156		01:13:49	6556
6469	9073	Madeleine	Wright	Female	2484	FO	1452		01:12:01	6313
6470	7378	Shelley	Mcnicol	Female	2485	F50	193		01:11:50	6290
6471	7778	Laura	Brown	Female	2486	F40	355		01:12:03	6320
6472	7763	Wendy	Richards	Female	2487	F50	194		01:10:30	6076
6473	6154	Leigh	Smith	Female	2488	F40	356		01:10:42	6107
6474	8337	Cerian	Worsley	Female	2489	F45	268		01:12:11	6332
6475	1626	Lorna	Sutton	Female	2490	F40	357	Young Athletes Club	01:23:45	7427
6476	6491	Russ	Bulmer	Male	3986	M40	531		01:14:55	6666
6477	5642	Nicola	Wood	Female	2491	F40	358		01:14:46	6650
6478	9096	Jasmine	Lugo	Female	2492	FO	1453		01:08:31	5753
6479	3987	Glen	Reynolds	Male	3987	M60	167		01:15:56	6791
6480	6175	Emily	Hurt	Female	2493	F40	359		01:14:52	6661
6481	9008	Adam	Przystupa	Male	3988	MO	2157		01:09:14	5859
6482	8113	Holly	Beevis	Female	2494	F45	269		01:14:52	6662
6483	7705	Abigail	Cox	Female	2495	FO	1454		01:09:23	5885
6484	6845	Sophie	Freedman	Female	2496	FO	1455		01:18:28	7063
6485	6487	David	Farenden	Male	3989	M40	532		01:14:47	6654
6486	5787	Jennifer	Brine	Female	2497	F55	122		01:17:09	6912
6487	946	Dave	Hyam	Male	3990	M40	533		01:16:08	6811
6488	7657	Trevor	Thomas	Male	3991	M60	168		01:13:38	6529
6489	7282	Katie	Jewson	Female	2498	FO	1456		01:16:09	6813
6490	7371	Sue	Jewson	Female	2499	F65	25		01:16:11	6817
6491	4199	Richard	Houston	Male	3992	M55	277		01:11:57	6305
6492	6580	Aimee	Tyrrell	Female	2500	FO	1457		01:11:39	6256
6493	7600	Louise	Storey	Female	2501	F40	360		01:08:22	5725
6494	8846	Cherilyn	Wright	Female	2502	F50	195		01:11:58	6307
6495	5303	Isobel	Allen	Female	2503	FO	1458		01:11:15	6184
6496	7641	Stephen	Norris	Male	3993	M40	534		01:12:24	6366
6497	7379	Laura	Palmer	Female	2504	F55	123		01:11:13	6181
6498	8127	Lynsey	Weston	Female	2505	F40	361		01:12:17	6352

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6499	8252	Donna	Buttolph	Female	2506	F45	270		01:13:44	6545
6500	5490	Charlie	Peck	Female	2507	FO	1459		01:16:30	6851
6501	5086	Daniel	Warford	Male	3994	M45	404		01:11:44	6274
6502	6408	Rohan	Teeuw	Female	2508	F40	362		01:18:26	7060
6503	6413	Louise	Jones	Female	2509	F45	271		01:18:25	7058
6504	7963	Lizzie	Griffiths	Female	2510	F65	26		01:11:35	6245
6505	7962	Hannah	Hodgson	Female	2511	FO	1460		01:11:34	6243
6506	8278	Abi	Wright	Female	2512	FO	1461		01:11:17	6194
6507	7042	Paul	Greenfield	Male	3995	M55	278		01:13:26	6502
6508	8221	Cliff	Ellis	Male	3996	M55	279		01:13:26	6503
6509	7719	Cameron	Britcher	Male	3997	MO	2158		01:10:52	6129
6510	7363	Holly	Butcher	Female	2513	FO	1462		01:16:01	6798
6511	8469	Frankie	Worthington	Female	2514	FO	1463		01:12:33	6385
6512	6889	Clare	Beveridge	Female	2515	F55	124		01:11:19	6200
6513	7199	Lucy	Hipkiss	Female	2516	FO	1464		01:15:43	6771
6514	6581	Jane	Wilmot	Female	2517	F50	196		01:11:47	6278
6515	8455	Vix	Burdett	Female	2518	F40	363	Bungay Black Dog RC	01:11:47	6280
6516	7670	Lauren	Mills	Female	2519	FO	1465		01:11:40	6260
6517	7972	Coral	Drane	Female	2520	F60	64		01:12:13	6339
6518	8396	Lucy	Whitmore	Female	2521	F55	125		01:14:03	6585
6519	7902	Kym	Moore	Female	2522	F40	364		01:09:48	5955
6520	7404	Lorraine	Ellis	Female	2523	F45	272		01:13:58	6574
6521	7400	Nicola	Walker	Female	2524	FO	1466		01:15:46	6776
6522	4608	Bethany	Dix	Female	2525	FO	1467		01:11:36	6246
6523	8612	Oliver	Dawe	Male	3998	M40	535		01:10:09	6010
6524	7613	Heidi	Smith	Female	2526	F50	197	Thetford AC	01:13:51	6561
6525	7540	Emily	Chambers	Female	2527	FO	1468		01:11:37	6249
6526	6981	Clare	Slattery	Female	2528	FO	1469	Thetford AC	01:13:52	6564
6527	7790	Sally	Peacher	Female	2529	F60	65		01:12:31	6380
6528	8000	Lynsey	Hare	Female	2530	F40	365		01:12:07	6326
6529	7263	Elaine	Barkshire	Female	2531	F40	366		01:18:16	7042
6530	7264	Jessica	Gopee	Female	2532	F40	367		01:18:18	7044
6531	8677	Megan	Penson	Female	2533	FO	1470		01:12:47	6420
6532	8905	Natasha	Garforth	Female	2534	F45	273		01:11:52	6293
6533	8082	Gaye	Demirsoy	Female	2535	F45	274	Dereham Runners AC	01:11:23	6213
6534	5779	Sarah	Prior	Female	2536	FO	1471		01:10:18	6037
6535	8903	Lauren	Sadler	Female	2537	FO	1472		01:11:50	6287
6536	7169	Caroline	Webb	Female	2538	F40	368		01:14:55	6667
6537	7879	Glenda	Stirling	Female	2539	F60	66		01:12:50	6427
6538	5666	Lucy	Softley	Female	2540	FO	1473		01:15:48	6778
6539	6883	Natasha	Burton	Female	2541	FO	1474		01:16:17	6825
6540	4598	Colin	Marriott	Male	3999	M65	74		01:20:11	7214
6541	9225	Miles	Loukes	Male	4000	MO	2159		01:12:27	6370
6542	7813	Joanna	Moir	Female	2542	FO	1475		01:12:24	6364
6543	8726	Hollie	Bilham	Female	2543	FO	1476		01:11:49	6286
6544	8727	Rebecca	Bilham	Female	2544	FO	1477		01:11:50	6288
6545	7239	Lauren	Barnard	Female	2545	FO	1478		01:11:57	6303
6546	8528	Fiona	Aldous	Female	2546	F45	275		01:14:51	6658
6547	7947	Peter	Darwood	Male	4001	M40	536		01:09:15	5863
6548	5977	Hannah	Adams	Female	2547	F45	276		01:18:43	7083
6549	6093	Lowenna	Dan	Female	2548	F40	369		01:18:43	7084
6550	5857	Sandra	Williams	Female	2549	F45	277		01:14:40	6645
6551	8885	Courtney	Marjoram	Female	2550	FO	1479		01:12:55	6433

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6552	3257	Greg	Sheldrake	Male	4002	MO	2160		01:18:10	7029
6553	6189	Eleanor	Roots	Female	2551	FO	1480		01:18:10	7030
6554	8332	Corrina	Brock	Female	2552	FO	1481		01:12:28	6371
6555	4655	Nedina	Middleton-hall	Female	2553	F60	67	Wymondham AC	01:12:15	6342
6556	7948	Paul	Large	Male	4003	M55	280		01:10:21	6047
6557	5920	Kelly	Starling	Female	2554	F50	198		01:12:15	6345
6558	8219	Patricia	Patten	Female	2555	F70	10		01:10:41	6103
6559	4851	Olivia	Richmond	Female	2556	FO	1482		01:11:10	6178
6560	8020	Joshua	Worley	Male	4004	MO	2161		01:09:30	5905
6561	7854	Emily	Calvert	Female	2557	FO	1483		01:11:10	6176
6562	8744	Simon	Marjoram	Male	4005	M50	347		01:12:39	6401
6563	8742	Benjamin	Marjoram	Male	4006	MO	2162		01:12:39	6404
6564	8861	Lyndsey	Fairfield	Female	2558	FO	1484		01:16:20	6829
6565	8771	Stefan	Bidula	Male	4007	MO	2163		01:11:32	6235
6566	6849	Lucy	Bonham	Female	2559	F45	278		01:15:31	6735
6567	9123	Michelle	Jones	Female	2560	F40	370		01:11:43	6272
6568	6435	Jess	Hillis	Female	2561	F40	371		01:16:21	6831
6569	6739	Marcus	Bailey	Male	4008	M45	405		01:16:54	6885
6570	7894	Caroline	Ross	Female	2562	F60	68		01:10:45	6112
6571	7580	Natalie	Frappell	Female	2563	FO	1485		01:10:58	6143
6572	8166	Ioanna	Papadaki	Female	2564	FO	1486	Reading Roadrunners	01:13:01	6450
6573	7046	Glenn	Ward	Male	4009	M70	27		01:16:34	6854
6574	8272	Lauren	Smith	Female	2565	FO	1487		01:12:26	6368
6575	7627	Katherine	Stewart	Female	2566	F50	199		01:12:29	6375
6576	6984	Kathryn	Warren	Female	2567	F65	27		01:12:31	6379
6577	8161	Tatjana	Quick	Female	2568	FO	1488		01:13:19	6489
6578	7651	Carl	Ellis	Male	4010	M50	348		01:13:17	6485
6579	213	Toby	Scott	Male	4011	MO	2164		01:13:03	6458
6580	8096	Lee	Palmer	Male	4012	M45	406		01:12:32	6383
6581	7520	Nicola	Sandell	Female	2569	F45	279	North Norfolk Beach Runners	01:12:49	6424
6582	5344	Lily	Capps-jenner	Female	2570	FO	1489		01:10:30	6075
6583	8321	Sarah	Medd-sygrove	Female	2571	F60	69		01:13:15	6481
6584	7781	Leanne	Lim-walker	Female	2572	FO	1490		01:13:00	6445
6585	8576	Scarlett	Mcnicol	Female	2573	FO	1491		01:13:07	6468
6586	9010	Lexie	Mclellan	Female	2574	FO	1492		01:12:59	6443
6587	5196	Joanna	Peek	Female	2575	FO	1493		01:14:27	6618
6588	7921	Millie	Hart	Female	2576	FO	1494		01:14:28	6621
6589	9016	Chris	Nicholls	Male	4013	M40	537		01:12:14	6341
6590	7513	Sarah	Trudgill	Female	2577	F45	280		01:13:20	6493
6591	6017	Rachel	Jackson	Female	2578	F40	372		01:16:04	6802
6592	8137	Maisie	Fox	Female	2579	FO	1495		01:11:31	6233
6593	7949	Megan	Grimley	Female	2580	FO	1496	Zoom Tri Club Bournemouth	01:13:10	6477
6594	6956	Emmy	Byrne	Female	2581	F40	373		01:16:06	6805
6595	8066	Debbie	Archer	Female	2582	F55	126		01:15:23	6721
6596	8408	Lisa	Marjoram	Female	2583	F45	281		01:13:18	6487
6597	6835	Ruth	Palermo	Female	2584	FO	1497		01:17:46	6992
6598	991	Jamie	Gladstone	Male	4014	MO	2165		01:17:33	6963
6599	6115	Lisa	Walters	Female	2585	F45	282		01:09:56	5977
6600	5756	Courtney	Allison	Female	2586	FO	1498		01:17:33	6961
6601	7245	Nathan	Rogers	Male	4015	MO	2166		01:14:57	6672
6602	7244	Holly	Medcraft	Female	2587	FO	1499		01:14:59	6677
6603	7198	George	Clark	Male	4016	MO	2167		01:13:18	6488
6604	4917	Sam	Gibson	Male	4017	MO	2168		01:13:19	6490

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6605	8249	Sarah	Price	Female	2588	F50	200		01:10:35	6084
6606	6231	Rick	Herdman	Male	4018	M60	169		01:17:51	7002
6607	5130	Gary	Rose	Male	4019	M45	407		01:17:52	7007
6608	6940	Laura	Davies	Female	2589	FO	1500		01:18:35	7071
6609	7660	Riley	Chatten	Male	4020	MO	2169		01:12:39	6403
6610	8551	Alex	Tonnison	Male	4021	MO	2170		01:13:19	6491
6611	8416	Lucy	Cator	Female	2590	F60	70		01:12:00	6310
6612	8163	Samantha	Roberts-priest	Female	2591	F60	71		01:11:55	6300
6613	7695	David	Alexander-williams	Male	4022	M65	75		01:10:17	6033
6614	7347	Alan	Hatton	Male	4023	M50	349	Great Yarmouth Road Runners	01:16:22	6835
6615	8098	Bonnie	Kiddell	Female	2592	FO	1501		01:13:06	6464
6616	8875	Luke	James	Male	4024	MO	2171		01:13:06	6465
6617	7280	Justine	Sherwood	Female	2593	FO	1502		01:17:45	6991
6618	6460	Laura	Farrelly	Female	2594	F40	374		01:16:23	6837
6619	7221	Carla	Westcott	Female	2595	F40	375		01:18:32	7068
6620	6612	Lucy	Gordon	Female	2596	FO	1503		01:16:01	6797
6621	6563	Gemma	Clements	Female	2597	F40	376		01:17:08	6911
6622	7523	David	Smith	Male	4025	M50	350		01:10:42	6106
6623	8341	Amy	Waters	Female	2598	FO	1504		01:15:28	6733
6624	2537	Mark	Waters	Male	4026	M45	408		01:15:29	6734
6625	2446	Luke	Read	Male	4027	MO	2172		01:16:46	6874
6626	8786	Lily	Mckenna	Female	2599	FO	1505		01:13:37	6527
6627	7541	Nick	Stolls	Male	4028	M65	76		01:10:13	6024
6628	8189	Ben	Wooden	Male	4029	MO	2173		01:15:45	6773
6629	8690	Karen	Webb	Female	2600	F55	127		01:13:48	6553
6630	8266	Sarah	Watson	Female	2601	F40	377		01:11:39	6257
6631	8887	Georgia	Folkard	Female	2602	FO	1506		01:12:01	6312
6632	7722	Robert	Muncaster	Male	4030	M40	538		01:13:45	6550
6633	7746	Gemma	Hoskins	Female	2603	F40	378		01:13:46	6552
6634	7175	Bernie	Brennand	Female	2604	FO	1507		01:19:55	7187
6635	8493	Jane	Budge	Female	2605	F60	72		01:13:08	6471
6636	7312	Joanne	Pilbrow	Female	2606	FO	1508		01:14:54	6664
6637	6651	Martin	Chapman	Male	4031	M50	351	Lonely Goat RC	01:18:00	7016
6638	6425	Stuart	Mather	Male	4032	MO	2174		01:09:57	5979
6639	4673	Chris	Clemenson-butcher	Male	4033	M40	539		01:13:01	6449
6640	6349	Simon	Redding	Male	4034	M60	170		01:10:46	6115
6641	733	Radley	Fenn	Male	4035	M45	409	Coltishall Jaguars RC	01:16:59	6897
6642	6587	Alison	Read	Female	2607	F55	128	Aylsham Runners	01:17:00	6898
6643	8041	Matthew	Culliton	Male	4036	MO	2175		01:12:25	6367
6644	8158	Ray	Smith	Male	4037	M55	281		01:10:19	6040
6645	8317	Abi	Pipes	Female	2608	FO	1509		01:13:32	6513
6646	727	Daniel	Gowler	Male	4038	MO	2176		01:15:33	6743
6647	9272	Rebekah	Gowler	Female	2609	FO	1510		01:15:34	6744
6648	6314	Teresa	Kelly	Female	2610	F50	201		01:16:54	6886
6649	8932	Bethanie	Popple	Female	2611	FO	1511		01:13:46	6551
6650	5306	Jack	Sawyer	Male	4039	MO	2177		01:15:34	6745
6651	8480	Robert	Holliday	Male	4040	M65	77		01:10:40	6100
6652	5714	Natalie	Byrne	Female	2612	F45	283		01:15:55	6787
6653	8023	Rosie	E Matthewson	Female	2613	F55	129		01:12:17	6351
6654	8027	Kim	Allen	Female	2614	FO	1512		01:11:22	6211
6655	8274	Lauren	Kellett	Female	2615	FO	1513		01:13:29	6506
6656	7619	Donald	Hill	Male	4041	M70	28		01:11:40	6258

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6657	8275	Oliver	Rowland	Male	4042	MO	2178		01:13:30	6509
6658	7097	James	Bishop	Male	4043	M50	352		01:17:26	6946
6659	7049	David	Dawson	Male	4044	M40	540		01:18:40	7078
6660	4636	Jenny	Day	Female	2616	F50	202	Norfolk Gazelles AC	01:20:38	7247
6661	8973	David	Watson	Male	4045	MO	2179		01:11:48	6281
6662	3427	Euan	Stephen	Male	4046	M50	353		01:12:15	6344
6663	8159	Hannah	Stephen	Female	2617	F40	379		01:12:15	6346
6664	7731	Emma	Jeffery	Female	2618	FO	1514		01:12:44	6412
6665	7966	Daniel	Hammond	Male	4047	MO	2180		01:10:44	6110
6666	7810	Darren	Cawthorne	Male	4048	MO	2181		01:10:41	6102
6667	8192	Jade	Mundford	Female	2619	FO	1515		01:12:32	6382
6668	6363	Sharon	Norman	Female	2620	F55	130		01:20:30	7234
6669	8892	Flora	Marshall-dutton	Female	2621	FO	1516		01:11:02	6151
6670	7570	Alfie	Britcher	Male	4049	MO	2182		01:12:32	6384
6671	8197	Lisa	Knight	Female	2622	F50	203		01:12:35	6391
6672	6061	Stephanie	Cawthorne	Female	2623	FO	1517		01:10:43	6109
6673	8282	Lewis	Swift	Male	4050	M40	541		01:13:52	6565
6674	7339	Lyndsay	Edge	Female	2624	F40	380		01:17:33	6964
6675	8857	Colin	Sherwood	Male	4051	M75+	10		01:14:19	6610
6676	5286	Franziska	Brugger	Female	2625	F40	381		01:14:17	6608
6677	8019	Ailsa	Mckay	Female	2626	FO	1518		01:13:09	6474
6678	6572	Amanda	Scarff	Female	2627	F40	382	Vegan Runners UK	01:18:07	7025
6679	7546	Joanna	Andrews	Female	2628	F40	383		01:11:31	6229
6680	7323	Charlotte	Adams	Female	2629	FO	1519		01:16:17	6827
6681	7851	Naomi	Keetley	Female	2630	F40	384		01:12:57	6438
6682	8543	Isabel	Maggs	Female	2631	FO	1520		01:11:38	6255
6683	7510	Alison	Jordison	Female	2632	F55	131		01:13:29	6507
6684	8498	Lucy	Dolton	Female	2633	FO	1521		01:12:34	6387
6685	8740	Sam	Collins	Male	4052	MO	2183		01:11:20	6203
6686	6972	Chloe	Whymark	Female	2634	FO	1522		01:20:16	7219
6687	7959	Sigourney	Nixon	Female	2635	FO	1523		01:13:56	6568
6688	6971	Wills	Perks	Male	4053	MO	2184		01:20:16	7220
6689	7917	Molly	Lloyd	Female	2636	FO	1524		01:12:35	6392
6690	6935	Navdeep	Kalsi	Female	2637	F40	385		01:17:35	6970
6691	7760	Marcel	Kinrade	Male	4054	M40	542		01:14:00	6578
6692	8035	Pam	Jones	Female	2638	F60	73		01:12:47	6419
6693	4770	Simon	Juden	Male	4055	M55	282		01:21:39	7321
6694	8336	Vivienne	Hadlow	Female	2639	F40	386		01:14:00	6579
6695	2782	Dylan	Ross	Male	4056	MO	2185		01:17:15	6922
6696	8959	Natalie	Fiske	Female	2640	F40	387		01:13:31	6511
6697	7436	Mohan	Rajesh	Male	4057	M40	543		01:21:00	7277
6698	8343	Michelle	Chapman	Female	2641	F50	204	Dereham Runners AC	01:13:02	6453
6699	7599	Sean	Harwood	Male	4058	M60	171		01:13:59	6577
6700	4934	Charlie	Harwood	Male	4059	MO	2186		01:13:59	6576
6701	7956	Lucie	Thurston	Female	2642	F50	205		01:11:31	6231
6702	7565	Rhianna	Cracknell	Female	2643	FO	1525		01:11:27	6223
6703	7564	Paul	Cracknell	Male	4060	M45	410		01:11:27	6222
6704	8893	Lisa	Youngs	Female	2644	F45	284		01:13:10	6478
6705	8392	Claire	Grainger	Female	2645	F65	28	North Norfolk Beach Runners	01:12:54	6432
6706	8440	Kerry	Colegate	Female	2646	F40	388		01:11:58	6308
6707	8509	Nell	Belton	Female	2647	FO	1526		01:12:44	6411
6708	8233	Fiona	Robson	Female	2648	F40	389		01:11:40	6262
6709	6695	Connor	Weeden	Male	4061	MO	2187		01:18:38	7075

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6710	6996	Isabella	Evans	Female	2649	FO	1527		01:16:50	6876
6711	8107	Miss Julie M	Pike	Female	2650	F40	390		01:11:42	6267
6712	8007	Natalie	Williams	Female	2651	FO	1528		01:13:02	6455
6713	7693	Vanessa	Applin	Female	2652	F60	74		01:13:55	6567
6714	7579	Nikki	Smith	Female	2653	FO	1529		01:13:02	6454
6715	4809	Nick	Applin	Male	4062	M60	172		01:13:56	6570
6716	6738	Lucy	Rozee	Female	2654	F50	206		01:14:35	6637
6717	7117	Ellie	Gunning	Female	2655	FO	1530		01:12:01	6314
6718	7755	Sophie	Congdon	Female	2656	FO	1531		01:14:07	6589
6719	7151	Aliysha	Pearson	Female	2657	FO	1532		01:20:49	7265
6720	6902	Barry	Ashby	Male	4063	M40	544		01:20:49	7263
6721	5763	Andrew	Dowler	Male	4064	M55	283		01:19:33	7156
6722	7302	Daniela	Marchesi	Female	2658	F40	391		01:16:22	6834
6723	8685	Kate	Wood	Female	2659	F40	392		01:16:22	6836
6724	7538	Lee	Hall	Male	4065	M45	411		01:11:08	6167
6725	7539	Lisa	Hall	Female	2660	F45	285		01:11:08	6169
6726	8449	Lynne	Weddle	Female	2661	F65	29	Beccles & Bungay Harriers	01:12:02	6316
6727	8313	Trudy	Musgrove	Female	2662	F50	207		01:11:52	6294
6728	8638	Jess	Barton	Female	2663	F45	286	Thetford AC	01:15:50	6780
6729	7663	Debbie	Smith	Female	2664	F55	132	Thetford AC	01:15:50	6781
6730	9121	Ruth	Grose	Female	2665	FO	1533		01:14:25	6615
6731	8052	Hannah	Browes	Female	2666	FO	1534		01:11:07	6166
6732	8145	Jill	Rivett	Female	2667	F50	208		01:14:30	6627
6733	8645	Lydia	Rivett	Female	2668	FO	1535		01:14:30	6628
6734	8005	Emma	Hannant	Female	2669	FO	1536		01:10:47	6117
6735	8459	Drew	Marshall-brown	Male	4066	M60	173		01:14:46	6651
6736	8407	Moira	Veira	Female	2670	F55	133		01:11:49	6285
6737	4637	Gillian	Snook	Female	2671	F40	393	Wymondham AC	01:12:34	6389
6738	7873	Teresa	Tuberville	Female	2672	F50	209		01:10:49	6121
6739	6740	Kerry	Blakemore-watson	Female	2673	FO	1537		01:20:48	7262
6740	8965	Stacey	Matthews	Female	2674	FO	1538		01:14:20	6611
6741	7872	Louise	Hunn	Female	2675	F45	287		01:10:50	6122
6742	7559	Kay	Woodhouse	Female	2676	F55	134		01:12:39	6402
6743	6521	Sarah	Lowndes	Female	2677	F45	288		01:19:48	7182
6744	8508	Jonathan	Brown	Male	4067	M45	412		01:13:56	6569
6745	6191	Tjay	Goward	Male	4068	MO	2188		01:16:33	6853
6746	8395	Victoria	Haddon	Female	2678	F55	135		01:11:53	6297
6747	7268	Woody	Loines	Male	4069	M45	413		01:16:53	6882
6748	7269	Xanthe	Wilkison-loines	Female	2679	FO	1539		01:16:53	6884
6749	7881	Christina	Welch	Female	2680	F40	394	Great Yarmouth Road Runners	01:13:28	6505
6750	6977	Eleanor	Jackson	Female	2681	F45	289		01:18:05	7021
6751	3580	Katherine	Parry	Female	2682	FO	1540		01:29:36	7642
6752	8761	Stuart	Guthrie	Male	4070	M50	354		01:12:36	6394
6753	8353	Heidi	Humphrey	Female	2683	F50	210		01:16:23	6839
6754	7833	Martin	Gilmour	Male	4071	M45	414		01:12:12	6334
6755	7603	Maria	Leathersich	Female	2684	F40	395		01:12:51	6428
6756	7170	Tiffanie	Woodcraft	Female	2685	FO	1541		01:18:39	7077
6757	8773	Amy	Mullin	Female	2686	FO	1542		01:11:38	6251
6758	4768	Rachel	Murray	Female	2687	FO	1543		01:23:29	7414
6759	7687	Theresa	Jones	Female	2688	F60	75	Waveney Valley AC	01:14:32	6631
6760	7246	Sue	Hall	Female	2689	F55	136		01:18:07	7026
6761	5334	Chloe	Newman	Female	2690	FO	1544		01:23:56	7432
6762	6265	Libby	Rogers	Female	2691	FO	1545		01:15:03	6682

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6763	7957	Sarah	Lamb	Female	2692	F55	137	Three Counties Running Club	01:12:43	6409
6764	7376	Rob	Dix	Male	4072	M40	545		01:14:04	6587
6765	8244	Hayley	Goldson	Female	2693	F50	211		01:12:02	6315
6766	6368	Aaron	Wiggins	Male	4073	MO	2189		01:17:26	6945
6767	7682	Jamie	Thurston	Male	4074	MO	2190		01:13:09	6475
6768	4663	September	Millett-bangs	Female	2694	FO	1546	City Of Norwich AC	01:17:32	6959
6769	2916	George	Thompson	Male	4075	MO	2191		01:14:44	6649
6770	9050	Maya	Derrick	Female	2695	FO	1547		01:14:44	6648
6771	7683	Richard	Marks	Male	4076	M65	78		01:14:20	6612
6772	6622	Michael	Duale	Male	4077	M45	415		01:17:34	6966
6773	7079	Christine	Belton	Female	2696	F40	396		01:13:36	6522
6774	8516	Claire	Wattam	Female	2697	F50	212		01:15:22	6713
6775	7640	Jenny	Norris	Female	2698	F40	397		01:15:32	6737
6776	7592	Emma	Quinton	Female	2699	FO	1548		01:13:35	6521
6777	6714	Heidi	Acteson	Female	2700	F45	290		01:16:24	6843
6778	8737	Chloe	Downs	Female	2701	FO	1549		01:13:50	6558
6779	7582	Tom	Newstead	Male	4078	MO	2192		01:13:34	6516
6780	8964	Brendon	King	Male	4079	M40	546		01:17:34	6967
6781	8651	Jo	Lawes	Female	2702	F40	398		01:12:36	6393
6782	8117	Katie	Bayliss	Female	2703	F40	399		01:15:39	6757
6783	8207	Karen	Siggery	Female	2704	F55	138		01:14:47	6653
6784	8011	Peter	Engelsen	Male	4080	MO	2193		01:14:30	6629
6785	8380	Kate	Clover	Female	2705	F50	213		01:12:07	6325
6786	8144	Kerry	Will	Female	2706	FO	1550		01:14:57	6669
6787	6624	Emma	Logan	Female	2707	FO	1551		01:17:35	6969
6788	8607	Gemma	Hollis	Female	2708	F40	400		01:11:52	6296
6789	7839	Chris	Sargisson	Male	4081	M55	284		01:13:06	6466
6790	9070	Paul	Waterfield	Male	4082	M55	285		01:15:24	6724
6791	8294	Zoe	Betts	Female	2709	FO	1552	Runners-Next-the-Sea	01:14:48	6656
6792	7891	Alex	Fowler	Male	4083	M40	547		01:13:16	6483
6793	6384	Jenna	Woods	Female	2710	F40	401		01:21:05	7286
6794	6195	Erika	Dobbins	Female	2711	FO	1553		01:15:32	6740
6795	8430	Kevin	Gunton	Male	4084	M55	286		01:14:22	6613
6796	7554	Calum	Simpson	Male	4085	M40	548		01:15:32	6738
6797	7784	Alison	Kyle	Female	2712	F50	214		01:15:36	6750
6798	8081	Katie	Ingham	Female	2713	FO	1554		01:15:38	6756
6799	5784	Alice	Rayner	Female	2714	FO	1555		01:19:22	7131
6800	7943	Oliver	Duthie-thomas	Male	4086	MO	2194		01:15:04	6683
6801	8080	James	Ingham	Male	4087	MO	2195		01:15:40	6764
6802	8610	Anthony	Williams	Male	4088	M40	549		01:13:41	6535
6803	8359	Becky	Moncur	Female	2715	FO	1556		01:13:34	6519
6804	7430	Erin	Paterson	Female	2716	FO	1557		01:12:29	6373
6805	7430	Molly	Pennells	Female	2717	FO	1558		01:12:29	6374
6806	8442	Aaron	Huffey	Male	4089	MO	2196		01:13:21	6494
6807	9108	Charlotte	Woolworth	Female	2718	F40	402		01:11:18	6195
6808	1710	Tom	Lardner	Male	4090	MO	2197		01:11:18	6196
6809	5833	Kate	Edwards	Female	2719	F40	403		01:13:39	6533
6810	7944	Sarah	Duthie-thomas	Female	2720	FO	1559		01:15:09	6692
6811	9170	Sarah	Schofield	Female	2721	F45	291		01:15:15	6703
6812	8844	Gregory	Stone	Male	4091	MO	2198		01:13:42	6538
6813	7632	Jonathan	Hind	Male	4092	MO	2199		01:12:23	6362
6814	8583	Antonia	Starling	Female	2722	FO	1560		01:13:16	6484
6815	8790	Natasha	Nelson	Female	2723	F55	139		01:14:11	6597

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6816	7419	Sarah	Greenacre	Female	2724	F40	404		01:17:17	6925
6817	7180	Emily	Gowers	Female	2725	F40	405		01:15:19	6709
6818	8749	Jacob	Hill	Male	4093	MO	2200		01:13:43	6540
6819	8376	Sarah	Willcox	Female	2726	F40	406		01:15:07	6687
6820	6448	Rhian	Shearing	Female	2727	FO	1561		01:18:13	7034
6821	6447	Thomas	Atkin	Male	4094	MO	2201		01:18:13	7035
6822	8511	Simon	Derrick	Male	4095	M55	287		01:13:17	6486
6823	3068	Hattie	Swain	Female	2728	FO	1562		01:13:50	6557
6824	8553	Jake	Harvey	Male	4096	M40	550		01:12:07	6327
6825	8614	Gemma	Buck	Female	2729	F40	407		01:15:16	6705
6826	8632	Samantha	Heffer	Female	2730	F40	408		01:13:51	6559
6827	7794	Sophie	Macrae	Female	2731	FO	1563		01:15:55	6790
6828	7571	Julia	Westgate	Female	2732	F65	30		01:14:48	6655
6829	7799	Emily	Greenway	Female	2733	FO	1564		01:14:46	6652
6830	9203	Anna	Wade	Female	2734	FO	1565		01:15:10	6693
6831	8347	Elizabeth	Hancock	Female	2735	F70	11		01:14:57	6673
6832	5427	Paul	Fickling	Male	4097	M40	551		01:13:39	6532
6833	8248	Jane	Davis	Female	2736	F55	140		01:13:44	6543
6834	8722	Vicky	Jacobs	Female	2737	F45	292		01:14:56	6668
6835	8721	Martin	Jacobs	Male	4098	M50	355		01:14:57	6670
6836	6223	Daniel	Nickalls	Male	4099	MO	2202		01:20:52	7266
6837	7415	Gemma	Coleman	Female	2738	F40	409		01:22:35	7369
6838	7416	Dale	Coleman	Male	4100	M55	288		01:22:36	7374
6839	7788	Graham	Trotter	Male	4101	MO	2203		01:13:27	6504
6840	8526	James	Briggs	Male	4102	MO	2204		01:13:39	6531
6841	9093	J-jay	Finlay	Male	4103	MO	2205		01:18:50	7093
6842	7451	Georgia	Woods	Female	2739	FO	1566		01:22:36	7373
6843	3589	Jamie	Woods	Male	4104	M45	416		01:22:35	7372
6844	7366	Stephanie	Gonzalez Castro	Female	2740	F40	410		01:21:07	7291
6845	8665	Charlotte	Greenacre	Female	2741	FO	1567		01:14:16	6606
6846	7863	Emma	Waters	Female	2742	FO	1568		01:14:09	6593
6847	6479	Kirsty	Loftus	Female	2743	FO	1569		01:20:00	7194
6848	7837	Ella	Wallis	Female	2744	F40	411		01:15:38	6755
6849	8383	Lorraine	Beavis	Female	2745	F40	412		01:13:44	6542
6850	3680	Damien	Smart	Male	4105	M45	417		01:30:12	7658
6851	7417	Leon	Arnold	Male	4106	M40	552		01:12:35	6390
6852	8195	Victoria	Kane	Female	2746	F40	413		01:15:00	6680
6853	3703	Jamie	Tink	Male	4107	M50	356		01:12:39	6400
6854	8047	Katy	Julian	Female	2747	FO	1570		01:12:43	6408
6855	7563	Naomi	Tate	Female	2748	F40	414		01:17:47	6994
6856	6213	Nicole	Cole	Female	2749	F50	215		01:19:30	7152
6857	7974	Peter	Coverdale	Male	4108	M50	357		01:16:28	6848
6858	7973	Karen	Coverdale	Female	2750	F40	415		01:16:29	6850
6859	7534	Jayne	Capps-jenner	Female	2751	F65	31	Bungay Black Dog RC	01:13:42	6537
6860	2349	Georgia	Moyes	Female	2752	FO	1571		01:15:13	6698
6861	5447	Julie	Harding	Female	2753	F55	141		01:13:58	6572
6862	7850	Laura	Noon	Female	2754	FO	1572		01:15:14	6701
6863	8621	Andrew	Kindleysides	Male	4109	M40	553		01:17:47	6993
6864	8745	Suzanne	Davies	Female	2755	F60	76		01:14:29	6626
6865	8689	Charlotte	Black	Female	2756	FO	1573		01:13:04	6462
6866	3982	Kate	Davies	Female	2757	FO	1574		01:14:29	6625
6867	8540	Lorraine	Alcock	Female	2758	F45	293		01:16:24	6841
6868	8927	Victoria	Moriarty	Female	2759	F40	416		01:15:37	6751

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6869	6440	Seren	Westbury-jones	Female	2760	FO	1575		01:15:38	6754
6870	8754	Richard	Lee	Male	4110	M40	554		01:14:14	6603
6871	8147	Lauren	Yates	Female	2761	FO	1576		01:17:51	7000
6872	9235	Sejal	Jacob	Female	2762	F45	294		01:16:44	6872
6873	6321	Jo	Bygrave	Female	2763	F50	216	Norwich Road Runners	01:17:51	7001
6874	7899	Yoel	Masih	Male	4111	M40	555		01:21:06	7287
6875	6341	Emma	Harris	Female	2764	FO	1577		01:17:52	7003
6876	8146	Tom	Sanderson	Male	4112	MO	2206		01:17:52	7005
6877	7678	Elaine	Croft	Female	2765	F40	417		01:13:52	6562
6878	7721	Rachel	Shaw	Female	2766	F50	217		01:15:21	6712
6879	5453	Jo	Walmsley	Female	2767	F50	218		01:24:30	7467
6880	8653	Hayley	Leech	Female	2768	FO	1578		01:17:55	7011
6881	8752	Craig	Johnson	Male	4113	MO	2207		01:16:27	6844
6882	6304	Michael	Jovanovic	Male	4114	M40	556		01:15:13	6697
6883	7859	Jon	Pennells	Male	4115	M60	174		01:13:25	6500
6884	8847	Sarah	West	Female	2769	F45	295		01:13:44	6546
6885	9017	Fiona	Taylor	Female	2770	FO	1579		01:16:12	6821
6886	8713	Clarke	Watson	Male	4116	MO	2208		01:13:31	6512
6887	4197	Stefan	Galasky	Male	4117	MO	2209		01:13:32	6514
6888	8739	Lisa	Williams	Female	2771	F55	142		01:16:23	6840
6889	7380	Helen	Farmiloe	Female	2772	F45	296	Lonely Goat RC	01:13:01	6452
6890	8466	Michael	Mendham	Male	4118	M70	29		01:17:48	6996
6891	7090	Sarah	Mendham	Female	2773	FO	1580		01:17:48	6997
6892	6127	Dee	Royds	Female	2774	F60	77		01:19:16	7120
6893	6782	Chris	Taylor	Male	4119	M40	557		01:22:14	7354
6894	8724	Emma	Boolaky	Female	2775	F40	418		01:22:15	7356
6895	8076	Sally	Wilson	Female	2776	F60	78		01:16:23	6838
6896	7136	Katherine	Mills	Female	2777	FO	1581		01:21:06	7290
6897	7946	Katie	St John-clarke	Female	2778	F55	143		01:15:33	6742
6898	6659	Amy	Mills	Female	2779	FO	1582		01:22:07	7341
6899	8324	Innes	Antoniades Chapman	Female	2780	F50	219		01:15:32	6736
6900	8049	Kathy	Chandler	Female	2781	FO	1583		01:15:49	6779
6901	8833	Jill	Forrester	Female	2782	F60	79		01:15:43	6772
6902	8151	Kirsty	Joubert	Female	2783	FO	1584		01:16:38	6860
6903	8187	Joanne	Forster	Female	2784	F45	297		01:16:38	6861
6904	8281	Emily	Knight	Female	2785	FO	1585		01:15:37	6753
6905	6760	Suzanne	Fleet	Female	2786	F45	298	Thetford AC	01:22:37	7379
6906	7402	Victoria	Dillon	Female	2787	FO	1586		01:21:03	7283
6907	7392	Rebecca	Burris	Female	2788	F45	299	Thetford AC	01:22:37	7377
6908	8401	Rebekah	Wilson	Female	2789	F40	419		01:15:42	6768
6909	8182	Kirsty	Firman	Female	2790	F40	420		01:15:43	6770
6910	8216	Elizabeth	Dearnden	Female	2791	F50	220		01:16:51	6880
6911	8217	Colin	Gamson	Male	4120	M55	289		01:16:51	6879
6912	7834	Samantha	Hardman	Female	2792	FO	1587		01:13:53	6566
6913	6146	Sarah	Haddon	Female	2793	F45	300		01:14:36	6639
6914	7838	Lee	Evans	Male	4121	M45	418		01:15:43	6769
6915	8991	Sarah	Foote	Female	2794	F55	144		01:19:33	7155
6916	6629	Adrian	Fisher	Male	4122	M65	79		01:13:19	6492
6917	5528	Alfie	Gaunt	Male	4123	MO	2210		01:15:37	6752
6918	8711	Kristiina	Lott	Female	2795	F40	421		01:18:22	7051
6919	7553	Hannah	Moody	Female	2796	FO	1588		01:18:21	7049
6920	8697	Alison	Caddick	Female	2797	F55	145		01:14:25	6614

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6921	7623	Thea	Noble	Female	2798	FO	1589		01:15:45	6775
6922	8176	Katharine	Holmes	Female	2799	F50	221		01:15:22	6716
6923	8639	Lucy	Wei	Female	2800	F70	12		01:13:21	6496
6924	6168	Annabelle	Humphreys	Female	2801	FO	1590		01:20:04	7208
6925	9049	Rachel	Ziemelis	Female	2802	FO	1591		01:13:45	6547
6926	9146	Melissa	Tanti	Female	2803	FO	1592		01:13:45	6548
6927	6538	Lee	Vaughan	Male	4124	M50	358		01:20:58	7272
6928	9126	Oliver	Colledge	Male	4125	MO	2211		01:14:13	6600
6929	5914	Gemma	Sullivan	Female	2804	F40	422		01:19:46	7174
6930	5824	Lorna	Sullivan	Female	2805	FO	1593		01:19:47	7177
6931	8143	Donna	Philo	Female	2806	F45	301		01:17:19	6933
6932	7886	Jodie	Will	Female	2807	FO	1594		01:16:36	6858
6933	9173	Imogen	Guymmer	Female	2808	FO	1595		01:15:58	6792
6934	9223	Emma	Jacobs	Female	2809	F40	423		01:16:24	6842
6935	7815	Andy	Evans	Male	4126	M65	80		01:19:05	7110
6936	5381	Kelly	Snelling	Female	2810	F55	146		01:19:06	7111
6937	6709	Alex	Young	Female	2811	FO	1596		01:22:36	7375
6938	7726	Amberley	Fitzalan-cram	Female	2812	F45	302	Norfolk Gazelles AC	01:16:50	6875
6939	8342	Mark	Thorpe	Male	4127	M60	175	Norfolk Gazelles AC	01:16:51	6881
6940	5492	Davina	Tebbutt	Female	2813	FO	1597		01:22:37	7376
6941	8555	Stephen	Marshall	Male	4128	M55	290		01:16:46	6873
6942	8129	Hedley	Copplestone	Male	4129	MO	2212		01:17:25	6944
6943	6300	Victoria	Preston	Female	2814	FO	1598		01:20:43	7252
6944	7874	Adam	Goward	Male	4130	MO	2213		01:19:03	7106
6945	8659	Chelsea	Hobdell	Female	2815	FO	1599		01:16:11	6818
6946	6866	Sabrina	Ives	Female	2816	FO	1600		01:16:39	6862
6947	8344	Jamie	Pizey	Male	4131	M55	291		01:17:16	6923
6948	8962	Graham	Hough	Male	4132	M40	558		01:18:45	7086
6949	8474	Ian	Grimshaw	Male	4133	M55	292		01:16:58	6892
6950	9107	Hannah	Potter	Female	2817	FO	1601		01:16:58	6896
6951	6867	Anita	Nelson	Female	2818	FO	1602		01:16:40	6866
6952	7812	Hannah	Rhatigan	Female	2819	F40	424		01:16:39	6863
6953	5747	Jake	Johnson	Male	4134	MO	2214		01:21:17	7301
6954	8961	Bethany	Barnes	Female	2820	FO	1603		01:17:31	6957
6955	8524	May	Thurling	Female	2821	FO	1604		01:15:32	6739
6956	8236	Karen	Roberts	Female	2822	F55	147		01:17:28	6950
6957	3487	Adam	Brown	Male	4135	M45	419		01:15:35	6747
6958	8692	Joanne	Brown	Female	2823	F40	425		01:15:36	6749
6959	7814	Sue	O'halloran	Female	2824	F55	148	Lonely Goat RC	01:14:28	6624
6960	8821	Joe	Holmes	Male	4136	MO	2215		01:16:07	6807
6961	7953	Tina	Tucker	Female	2825	F55	149		01:16:04	6801
6962	8949	Natalie	Freeman	Female	2826	F45	303		01:16:17	6826
6963	8138	Heidi	Forrester	Female	2827	F40	426		01:17:10	6915
6964	4927	Connor	Smyth	Male	4137	MO	2216		01:17:39	6977
6965	8448	Jay	Murphy	Female	2828	FO	1605		01:14:10	6596
6966	8374	Hannah	Rudling	Female	2829	F45	304		01:16:07	6809
6967	8716	Megan	Davis	Female	2830	FO	1606		01:17:40	6980
6968	7774	Michael	Radbourne	Male	4138	M55	293		01:14:39	6641
6969	7298	Joanne	Mason	Female	2831	F55	150		01:23:18	7405
6970	7438	Jennifer	Faherty	Female	2832	FO	1607		01:19:28	7145
6971	8646	Lisa	Lacey	Female	2833	FO	1608		01:17:43	6987
6972	8977	Sandi	Straker	Female	2834	FO	1609		01:17:39	6978
6973	8720	Evie	Brockington	Female	2835	FO	1610		01:15:15	6704

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
6974	7589	Bianca	Nixon	Female	2836	FO	1611		01:17:32	6960
6975	7289	Chris	Warburton	Male	4139	MO	2217		01:16:50	6877
6976	8988	Amelia	Hall	Female	2837	FO	1612		01:17:23	6941
6977	8623	Hannah	Edwards	Female	2838	FO	1613		01:17:19	6932
6978	6946	Georgina	Reynolds	Female	2839	FO	1614		01:21:30	7309
6979	9058	Antony	James	Male	4140	M45	420		01:17:39	6976
6980	9059	Asha	James	Female	2840	F45	305		01:17:39	6979
6981	5266	Mathew	Bardwell	Male	4141	M50	359		01:25:52	7524
6982	8714	Rachel	Thomson	Female	2841	F55	151		01:17:30	6954
6983	7999	Fiona	Campbell	Female	2842	F45	306		01:15:02	6681
6984	7653	Susanna	Engling	Female	2843	F40	427		01:17:17	6926
6985	2296	Austin	Spence	Male	4142	M45	421		01:17:17	6927
6986	8681	Ellie	Edwards	Female	2844	F50	222		01:17:30	6955
6987	6202	Helen	Morsia	Female	2845	FO	1615		01:21:00	7278
6988	8489	Diane	Thompson	Female	2846	F60	80		01:15:04	6685
6989	7622	Sally	Cutts	Female	2847	F65	32		01:16:19	6828
6990	8451	Peter	Hibbit	Male	4143	M55	294		01:17:24	6942
6991	3912	Megan	Greenwood Mace	Female	2848	FO	1616		01:20:00	7198
6992	7177	Ryan	Lindley	Male	4144	MO	2218		01:24:01	7435
6993	6808	Sharon	Haylett	Female	2849	F55	152	Crystal Peaks Runners	01:19:59	7193
6994	9018	Josh	Lindsay	Male	4145	MO	2219		01:14:27	6620
6995	8573	Mia	Taylor	Female	2850	FO	1617		01:15:34	6746
6996	8092	Rebecca	Read	Female	2851	FO	1618		01:17:27	6948
6997	6163	Daren	Tremeer-lines	Male	4146	M55	295		01:19:21	7129
6998	7846	Eleanor	Lines	Female	2852	FO	1619		01:19:22	7132
6999	8696	Natalie	Bidle	Female	2853	FO	1620		01:17:36	6971
7000	7194	Chloe	Howard	Female	2854	FO	1621		01:17:22	6940
7001	8785	Evie	Mckenna	Female	2855	FO	1622		01:17:58	7013
7002	7591	Peter	Webb	Male	4147	MO	2220		01:17:21	6935
7003	7481	Josie	Davenport	Female	2856	F40	428		01:21:32	7311
7004	7941	Christine	Barker	Female	2857	F60	81	Lonely Goat RC	01:17:48	6995
7005	8562	Caszie	Bird	Female	2858	FO	1623		01:16:38	6859
7006	7672	Steff	Firth	Female	2859	F55	153		01:15:25	6726
7007	8997	Paul	Ilott	Female	2860	F60	82		01:17:33	6962
7008	8028	Merlin	Carr	Male	4148	M70	30		01:14:40	6643
7009	8256	Rita	Bihari	Female	2861	FO	1624		01:17:33	6965
7010	8596	Becky	Showell	Female	2862	FO	1625		01:14:15	6605
7011	8534	Andy	Malcolm	Male	4149	M45	422		01:14:38	6640
7012	5368	Ella	Shemilt	Female	2863	FO	1626		01:17:22	6937
7013	8372	Ruth	Lilley	Female	2864	F45	307		01:17:22	6938
7014	9106	Jamie	Palmer	Female	2865	F40	429		01:16:54	6887
7015	8979	Devon	Johnson	Female	2866	FO	1627		01:14:25	6617
7016	8531	Cristina	Simpson	Female	2867	F40	430		01:16:28	6846
7017	8241	Jennifer	Eltringham	Female	2868	FO	1628		01:16:57	6891
7018	7865	Laura	Bennison	Female	2869	FO	1629		01:16:58	6894
7019	8394	Tony	Grayling	Male	4150	M60	176		01:14:53	6663
7020	8860	Michelle	Greenaway	Female	2870	F55	154		01:15:26	6729
7021	8859	Lauren	Riding	Female	2871	F40	431		01:15:26	6728
7022	9145	Sarah	Taylor-windle	Female	2872	F40	432		01:18:23	7055
7023	8970	Victoria	Brown	Female	2873	FO	1630		01:18:11	7031
7024	5956	Rick	Wylie	Male	4151	M55	296		01:20:07	7211
7025	9113	Matt	Bailey	Male	4152	MO	2221		01:15:27	6731
7026	5627	Paul	Cunningham	Male	4153	M45	423		01:21:35	7315

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
7027	8111	Sophie	Copeman	Female	2874	FO	1631		01:18:23	7054
7028	9283	Elizabeth	King	Female	2875	FO	1632		01:14:39	6642
7029	8329	Dennis	Carter	Male	4154	M75+	11	Wymondham AC	01:18:26	7059
7030	6568	Alan	Kirton	Male	4155	M45	424		01:20:49	7264
7031	6555	Caroline	England	Female	2876	FO	1633		01:17:41	6981
7032	6768	Graham	Howlett	Male	4156	M50	360		01:17:41	6982
7033	7557	Kate	De Vries	Female	2877	F65	33		01:15:26	6727
7034	7741	Amanda	Gray	Female	2878	F65	34	Wymondham AC	01:16:14	6823
7035	7315	Jo	Sedgley	Female	2879	F50	223		01:24:37	7473
7036	8803	Samuel	Woolley	Male	4157	M45	425		01:15:22	6714
7037	8257	Isabel	Dean	Female	2880	FO	1634		01:18:00	7015
7038	8992	Abbie	Collins	Female	2881	FO	1635		01:18:01	7017
7039	8993	Chantelle	Collins	Female	2882	F50	224		01:18:01	7019
7040	8162	Michael	Garrard	Male	4158	M75+	12		01:16:55	6888
7041	8339	Tony	Edwards	Male	4159	M60	177		01:17:14	6919
7042	9011	Nicol	Nicholls	Female	2883	FO	1636		01:17:29	6952
7043	8338	Linda	Edwards	Female	2884	F45	308		01:17:14	6920
7044	9159	Maria	King	Female	2885	FO	1637		01:17:29	6951
7045	9154	Rebecca	Evans	Female	2886	F40	433		01:18:09	7028
7046	8218	Leanne	Rawlings	Female	2887	FO	1638		01:18:43	7085
7047	4333	Katt	Riley	Female	2888	FO	1639		01:15:20	6710
7048	7631	Daisy	Aldous	Female	2889	FO	1640		01:15:15	6702
7049	4251	Amanda	Richard	Female	2890	F55	155		01:18:22	7052
7050	8675	Sarah	Langworthy	Female	2891	FO	1641		01:17:04	6904
7051	8284	Maria	Levell	Female	2892	F55	156		01:18:24	7056
7052	8780	Isabelle	Rundle	Female	2893	F40	434		01:15:23	6718
7053	7898	Myah	Cook	Female	2894	FO	1642		01:18:06	7023
7054	5912	Jordan	Taylor	Male	4160	MO	2222		01:21:11	7297
7055	8801	Peter	Turney	Male	4161	M50	361		01:15:23	6723
7056	3889	Leanne	Pyrke	Female	2895	FO	1643		01:15:24	6725
7057	8476	Georgina	Raymond	Female	2896	FO	1644		01:15:07	6688
7058	8103	Michelle	Hewitt	Female	2897	F45	309		01:16:05	6804
7059	7550	Annette	Copeman-lamoure ux	Female	2898	F55	157		01:16:05	6803
7060	7511	Vernon	Mills	Male	4162	M60	178		01:18:49	7092
7061	9048	Lauren	Kent	Female	2899	FO	1645		01:20:12	7215
7062	7119	Orber	Soares Bom Jesus	Male	4163	MO	2223		01:15:08	6690
7063	7561	David	Peace	Male	4164	M50	362		01:18:14	7036
7064	7866	Mike	Bool	Male	4165	M45	426		01:18:14	7039
7065	7365	Steve	Banyard	Male	4166	M45	427		01:18:14	7038
7066	4577	Giverney	Browne	Female	2900	FO	1646		01:17:37	6973
7067	8186	Andrea	Pridmore	Female	2901	F55	158		01:17:37	6974
7068	7652	Bob	Cloughton	Male	4167	M75+	13	Norwich Road Runners	01:15:04	6684
7069	8109	Lauren	Howes	Female	2902	FO	1647		01:16:12	6820
7070	8222	Caroline	Pritchard	Female	2903	F60	83		01:17:42	6985
7071	7911	Gemma	Mitchell	Female	2904	FO	1648		01:17:10	6914
7072	7912	Ruth	Mitchell	Female	2905	F55	159		01:17:11	6916
7073	7822	Amy	Smith	Female	2906	FO	1649		01:14:57	6671
7074	8505	June	Greenway	Female	2907	F45	310		01:15:33	6741
7075	8427	Fiona	Oates	Female	2908	F60	84		01:19:03	7107
7076	7690	Kelly	Dean	Female	2909	F40	435		01:20:01	7203
7077	8920	Charlie	Baker	Female	2910	FO	1650		01:18:36	7073
7078	7754	Sharon	Gibbons	Female	2911	F55	160		01:19:06	7112

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
7079	8423	Andy	Petch	Male	4168	M50	363		01:18:14	7037
7080	8148	Jenny	Davies	Female	2912	F50	225		01:20:37	7245
7081	9200	Karen	Day	Female	2913	F65	35		01:16:13	6822
7082	8184	Sapphire	Cameron	Female	2914	FO	1651		01:17:51	6998
7083	7759	Tessa	Crocker	Female	2915	F45	311		01:19:03	7108
7084	6708	Nick	Watts	Male	4169	M60	179		01:21:08	7292
7085	8481	Stephanie	Smith	Female	2916	F45	312		01:17:03	6900
7086	8183	Coral	Randall	Female	2917	F60	85		01:17:51	6999
7087	7544	Teresa	Hurn	Female	2918	F55	161		01:18:41	7080
7088	7620	Leah	Turner	Female	2919	FO	1652		01:18:20	7046
7089	8620	Lisa	Rodgers	Female	2920	F55	162		01:15:28	6732
7090	7425	Daniel	Swatman	Male	4170	MO	2224		01:21:35	7316
7091	7411	Jasmine	Eastick	Female	2921	FO	1653		01:17:52	7004
7092	7424	Ryan	Bayne	Male	4171	MO	2225		01:21:35	7317
7093	8569	Lisa	Colledge	Female	2922	F40	436		01:18:23	7053
7094	7950	David	Dunnett	Male	4172	M60	180		01:15:40	6761
7095	9226	Vik	Moskalenko	Female	2923	FO	1654		01:19:10	7117
7096	8411	Paul	Smith	Male	4173	M65	81		01:18:46	7088
7097	8022	Laura	Booth	Female	2924	FO	1655		01:17:05	6906
7098	9251	Daniel	Coverdale	Male	4174	M40	559		01:16:27	6845
7099	8499	Nathan	Harper	Male	4175	MO	2226		01:17:34	6968
7100	8839	Rosemary	Copsey	Female	2925	F55	163		01:16:15	6824
7101	9040	Elena	Gresham-scott	Female	2926	F40	437		01:17:06	6907
7102	8789	Emma	Chambers	Female	2927	F45	313		01:16:07	6808
7103	7574	Debbie	Ridgeon	Female	2928	F55	164		01:19:30	7153
7104	8077	Adam	Paris	Male	4176	M40	560		01:16:40	6865
7105	8492	Dan	Edge	Male	4177	M40	561		01:15:51	6783
7106	8593	Chirrelle	Baxter	Female	2929	FO	1656		01:19:07	7114
7107	9038	Tash	Payne	Female	2930	FO	1657		01:17:44	6988
7108	7505	Rebecca	Cox	Female	2931	F45	314		01:18:02	7020
7109	8410	Marc	Betts	Male	4178	MO	2227		01:18:34	7069
7110	7747	Lauren	Davy	Female	2932	FO	1658		01:21:29	7308
7111	8315	Kevin	Mayes	Male	4179	M50	364		01:19:00	7102
7112	8356	Namita	Matkar	Female	2933	FO	1659		01:18:53	7095
7113	9020	Paul	Ransome	Male	4180	M40	562		01:16:01	6796
7114	8417	Lena	Brewster	Female	2934	FO	1660		01:19:31	7154
7115	8302	Rhiannon	Riley-tims	Female	2935	FO	1661		01:16:06	6806
7116	8891	Alison	Salmon	Female	2936	F40	438		01:19:27	7141
7117	8741	Fiona	Halkyard	Female	2937	F45	315		01:19:27	7140
7118	9098	Martin	Lugo	Male	4181	M45	428		01:15:55	6788
7119	8513	Laura	Baxter	Female	2938	FO	1662		01:17:44	6989
7120	8349	Caroline	Dennis	Female	2939	F50	226		01:16:20	6830
7121	7543	Zak	Rampley	Male	4182	MO	2228		01:19:42	7170
7122	6748	Nick	Hawkes	Male	4183	M60	181		01:23:04	7399
7123	8533	Samantha	Butler	Female	2940	F40	439		01:18:12	7032
7124	6311	Phil	Connell	Male	4184	M55	297		01:18:12	7033
7125	7808	Marie	Fowle	Female	2941	FO	1663		01:18:31	7066
7126	8419	Natalie	Palmer	Female	2942	F40	440		01:19:38	7166
7127	8068	Georgina	Wellstead	Female	2943	FO	1664		01:17:07	6908
7128	8247	Millie	Kisby	Female	2944	FO	1665		01:17:18	6928
7129	3506	Kevin	Kisby	Male	4185	M60	182		01:17:19	6930
7130	7527	Marina	Murdoch	Female	2945	F60	86	Wymondham AC	01:17:27	6949
7131	8325	Rebecca	Beckett	Female	2946	F40	441		01:18:25	7057

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
7132	8628	Tomas	Zhang	Male	4186	MO	2229		01:17:08	6910
7133	8327	John	Hill	Male	4187	M65	82		01:18:26	7061
7134	7542	Caitlin	Rampley	Female	2947	FO	1666		01:19:49	7183
7135	7389	Darren	Utting	Male	4188	M55	298		01:22:56	7393
7136	8985	Georgie	Valpied	Female	2948	F50	227		01:19:21	7127
7137	7375	Nigel	Philpott	Male	4189	M55	299		01:19:22	7130
7138	8672	Jane	Vincent	Female	2949	F45	316		01:19:23	7133
7139	8671	Lauren	Philpott	Female	2950	FO	1667		01:19:23	7134
7140	8260	Emily	Dicker	Female	2951	F40	442		01:16:10	6816
7141	8757	Susan	Sidell	Female	2952	F45	317	Aylsham Runners	01:19:24	7135
7142	8265	Pauline	Chamberlain	Female	2953	F50	228		01:17:41	6984
7143	8708	Emma	Frost	Female	2954	F40	443		01:17:43	6986
7144	8322	Angela	Lawry	Female	2955	F65	36		01:18:34	7070
7145	8330	Jo	Green	Female	2956	F45	318		01:18:32	7067
7146	8704	Laura	Bailey	Female	2957	F40	444	Aylsham Runners	01:19:26	7138
7147	8546	Jayne	Hopkinson	Female	2958	F45	319	Aylsham Runners	01:19:27	7144
7148	7945	Lynn	Mcgarry	Female	2959	F50	229		01:19:41	7169
7149	8377	Orla	Dann	Female	2960	F45	320		01:16:35	6857
7150	8668	Anna	Page	Female	2961	FO	1668		01:17:55	7010
7151	7444	Anna	Harrison	Female	2962	F40	445		01:21:00	7279
7152	7864	Sarah	Roberts	Female	2963	FO	1669		01:19:19	7125
7153	9224	Simon	Jacobs	Male	4190	MO	2230		01:19:06	7113
7154	9133	Liz	Evans	Female	2964	F45	321		01:18:56	7099
7155	8889	Lucie	Gamby Boulger	Female	2965	FO	1670		01:17:14	6921
7156	8870	Daniel	Phillips	Male	4191	M45	429		01:20:01	7200
7157	8947	Kate	Forrest	Female	2966	FO	1671		01:19:46	7175
7158	7674	Tanya	Isbill	Female	2967	FO	1672		01:18:42	7081
7159	8850	Natasha	Vasey	Female	2968	FO	1673		01:16:42	6870
7160	8039	Emily	Dinsmore	Female	2969	FO	1674		01:16:32	6852
7161	6776	Melvin	Hill	Male	4192	M60	183		01:17:31	6956
7162	7279	James	Shiplee	Male	4193	MO	2231		01:26:25	7543
7163	7673	Duncan	Green	Male	4194	M55	300		01:17:25	6943
7164	8354	Stuart	Wood	Male	4195	M60	184		01:17:19	6931
7165	8909	Stacey	James	Female	2970	FO	1675		01:18:48	7091
7166	8888	James	Green	Male	4196	MO	2232		01:17:26	6947
7167	9076	Jodeylee	Hopcroft	Female	2971	F40	446		01:19:33	7157
7168	8121	Kerenza	Evans	Female	2972	F40	447		01:18:50	7094
7169	5422	Sophie	Labrum	Female	2973	FO	1676		01:27:23	7573
7170	7685	Pat	Layton	Male	4197	M65	83		01:16:11	6819
7171	7300	Shannon	Seale	Female	2974	FO	1677		01:27:23	7574
7172	8680	Caitlin	Green	Female	2975	FO	1678		01:20:00	7195
7173	9216	Jonathon	Gould	Male	4198	M50	365		01:16:58	6893
7174	7062	Joanne	Scent	Female	2976	F40	448		01:22:49	7386
7175	7075	John	Howard	Male	4199	M45	430		01:22:50	7388
7176	8009	Lucy	Johnston	Female	2977	F45	322	Bungay Black Dog RC	01:16:42	6869
7177	9183	Laura	Andrews	Female	2978	FO	1679		01:19:38	7163
7178	9237	Billie	Wright	Female	2979	F60	87		01:19:38	7165
7179	8925	Noah	Bliss	Male	4200	MO	2233		01:17:32	6958
7180	8921	Siobhan	Foskett	Female	2980	FO	1680		01:18:37	7074
7181	7362	Catherine	Putt	Female	2981	FO	1681		01:19:35	7159
7182	7372	Bonnie	Statham	Female	2982	FO	1682		01:19:34	7158
7183	8802	Mitzy	O'loughlin	Female	2983	F60	88	Bungay Black Dog RC	01:16:50	6878
7184	8538	Helen	Hoy	Female	2984	FO	1683		01:20:21	7226

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
7185	8104	Emma	Jaggs	Female	2985	F40	449		01:17:53	7008
7186	6545	Talia	Farrow	Female	2986	FO	1684		01:17:54	7009
7187	6047	Nathan	Green	Male	4201	MO	2234		01:22:10	7346
7188	7556	Ellie	August	Female	2987	FO	1685		01:17:58	7014
7189	6085	April	Symonds	Female	2988	FO	1686		01:22:11	7349
7190	7530	Amanda	Mounser	Female	2989	F40	450		01:18:27	7062
7191	8683	Annie	Hall	Female	2990	F70	13	Great Yarmouth Road Runners	01:18:57	7100
7192	6744	Chelsea	Blanchard	Female	2991	FO	1687		01:17:03	6901
7193	8094	Candace	Barnard	Female	2992	FO	1688		01:17:04	6902
7194	4044	James	Hawkins	Male	4202	MO	2235		01:16:41	6867
7195	8637	Kirsty	Knights	Female	2993	FO	1689		01:16:41	6868
7196	6637	Janet	August	Female	2994	F55	165		01:18:01	7018
7197	8051	Brittany	Coley	Female	2995	FO	1690		01:19:48	7179
7198	9114	Victoria	George	Female	2996	F40	451		01:19:37	7162
7199	6461	Alice	Lavender	Female	2997	FO	1691		01:26:11	7535
7200	9032	Roma	Spinks	Female	2998	F60	89		01:19:02	7104
7201	8597	Thomas	Wray	Male	4203	MO	2236		01:17:01	6899
7202	8798	Sarah	Barley	Female	2999	F60	90		01:18:21	7048
7203	8366	Stuart	Middleton	Male	4204	M60	185		01:19:29	7149
7204	7001	Joanne	West	Female	3000	FO	1692		01:25:57	7529
7205	8691	Shelley	Alderton	Female	3001	FO	1693		01:18:08	7027
7206	7720	Justine	Wenn	Female	3002	F50	230	Norfolk Gazelles AC	01:20:38	7246
7207	9249	Olivia	Horwood	Female	3003	FO	1694		01:22:02	7334
7208	6945	Andrew	Verney	Male	4205	M60	186		01:23:18	7404
7209	7143	Em	Bacon	Female	3004	F50	231	Bungay Black Dog RC	01:17:10	6913
7210	7696	Sue	Adams	Female	3005	F65	37		01:19:01	7103
7211	7988	India	Sawyer	Female	3006	FO	1695		01:20:44	7255
7212	8806	Lydia	Rea	Female	3007	FO	1696		01:20:45	7259
7213	8545	Emma	Conway	Female	3008	F45	323		01:18:19	7045
7214	7654	Ben	Sawyer	Male	4206	MO	2237		01:20:46	7261
7215	8656	Denise	Kirby	Female	3009	F45	324		01:19:46	7173
7216	8655	Jamie	Hunton	Male	4207	M45	431		01:19:47	7176
7217	4150	Emily	Smith	Female	3010	FO	1697		01:19:13	7119
7218	8075	Alison	Price	Female	3011	F45	325		01:19:21	7128
7219	9071	Darren	Chapman	Male	4208	M50	366		01:16:58	6895
7220	9138	Chelsea	Webster	Female	3012	FO	1698		01:18:46	7089
7221	8441	Phil	Hall	Male	4209	MO	2238		01:18:30	7064
7222	8987	Tom	Parkerson	Male	4210	MO	2239		01:17:18	6929
7223	8156	Amy	Shawcross	Female	3013	F45	326		01:17:13	6917
7224	8561	Katy	Coysh	Female	3014	F40	452		01:17:13	6918
7225	7686	Tom	Hamling	Male	4211	MO	2240		01:20:44	7253
7226	8841	Gillian	Russell	Female	3015	F50	232	Dereham Runners AC	01:19:38	7164
7227	7924	Anna	Woodall	Female	3016	FO	1699		01:17:04	6905
7228	8520	Kayleigh	Baker	Female	3017	FO	1700		01:17:37	6975
7229	8978	Yvette	Witham	Female	3018	F55	166		01:19:28	7147
7230	8636	Anna	Collins	Female	3019	F45	327		01:19:44	7172
7231	8734	Megan	Whiting	Female	3020	FO	1701		01:20:34	7239
7232	9248	Megan	Edwards	Female	3021	FO	1702		01:22:23	7364
7233	8059	Rose	Harrison	Female	3022	F70	14		01:22:06	7338
7234	8517	Victoria	Copplestone	Female	3023	F50	233		01:20:37	7244
7235	8556	Pauline	Barclay	Female	3024	F70	15		01:19:08	7115
7236	5477	Hayley	Southwood	Female	3025	F45	328		01:19:19	7124
7237	8292	Emma	Nash	Female	3026	F45	329		01:19:19	7123

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
7238	8452	Lorna	Lusher	Female	3027	F40	453		01:20:44	7254
7239	8747	Sam	Ollman-hirt	Male	4212	M40	563		01:18:15	7040
7240	8629	Sophie	Little	Female	3028	FO	1703		01:18:35	7072
7241	8100	Amy	Tinker	Female	3029	FO	1704		01:20:34	7241
7242	8768	Lauren	Collison	Female	3030	FO	1705		01:18:38	7076
7243	8101	Heidi	Tinker	Female	3031	FO	1706		01:20:34	7237
7244	8869	Betzy	Duffy	Female	3032	FO	1707		01:21:15	7298
7245	8951	Matthew	Molloy	Male	4213	MO	2241		01:18:21	7050
7246	8213	Rachael	O'Neill	Female	3033	FO	1708		01:19:42	7171
7247	5371	Tim	Walker	Male	4214	M50	367		01:20:34	7240
7248	7689	Madeleine	Danher	Female	3034	F45	330		01:20:34	7238
7249	8289	Alice	Dyson	Female	3035	FO	1709		01:19:20	7126
7250	7615	Helen	Vinsen	Female	3036	F55	167		01:20:15	7217
7251	9250	Ruby	Horwood	Female	3037	FO	1710		01:22:44	7381
7252	9062	Jo	Chorley	Female	3038	F60	91		01:19:52	7184
7253	8731	Dawn	Knights	Female	3039	F45	331		01:23:20	7407
7254	7405	Laura	Hope	Female	3040	F40	454		01:19:37	7161
7255	8303	Rebecca	Marpole	Female	3041	F45	332		01:23:23	7409
7256	8258	Gillian	Cole	Female	3042	F55	168		01:23:24	7410
7257	9080	Clare	Alexander	Female	3043	F60	92		01:17:36	6972
7258	4356	Elsie	Arthurton-howell	Female	3044	FO	1711		01:18:57	7101
7259	8375	Jed	Mcmanus	Male	4215	MO	2242		01:18:30	7065
7260	7617	Kellsey	Thomas	Female	3045	FO	1712		01:19:40	7168
7261	7397	Shelley	Christopher	Female	3046	F50	234		01:25:45	7518
7262	7968	Bradley	Garrett	Male	4216	MO	2243		01:20:09	7213
7263	7967	Katherine	Goodhew	Female	3047	FO	1713		01:20:09	7212
7264	5911	Jamie	Scallan	Female	3048	FO	1714		01:23:57	7433
7265	8695	Jessica	Bingham	Female	3049	FO	1715		01:18:20	7047
7266	8532	Florence	Perrin	Female	3050	FO	1716		01:18:06	7024
7267	8367	Upasana	Masih	Female	3051	FO	1717		01:20:35	7242
7268	7662	Liberty	Cunningham	Female	3052	FO	1718		01:18:46	7087
7269	2485	Richard	Vickers	Male	4217	MO	2244		01:18:47	7090
7270	8345	Megan	Pizey	Female	3053	FO	1719		01:21:31	7310
7271	8900	Rebecca	Carter	Female	3054	FO	1720		01:21:18	7302
7272	7030	Rita	King	Female	3055	F65	38		01:20:58	7274
7273	4358	Samantha	King	Female	3056	FO	1721		01:20:58	7271
7274	8194	Aaron	Kane	Male	4218	M40	564		01:20:18	7223
7275	8340	Aidan	Williamson	Male	4219	MO	2245		01:17:41	6983
7276	6501	James	Mcneilly	Male	4220	M40	565		01:21:48	7327
7277	8170	Jeanette	White	Female	3057	F60	93		01:19:56	7189
7278	8899	Simon	Scott	Male	4221	M50	368		01:21:33	7314
7279	8634	Rebecca	Cantrill	Female	3058	F55	169		01:19:26	7137
7280	8994	Sarah	Fuller	Female	3059	F40	455		01:21:01	7282
7281	8246	Alison	Howlett	Female	3060	F55	170		01:19:25	7136
7282	8208	Kate	Dwyer	Female	3061	F70	16		01:20:29	7233
7283	9144	Chloe	Mcewen	Female	3062	FO	1722		01:21:03	7284
7284	9228	Roy	Meadway	Male	4222	M65	84		01:19:26	7139
7285	9137	Gemma	Fowler	Female	3063	F40	456		01:19:29	7150
7286	8262	Niall	Riches	Male	4223	MO	2246		01:19:58	7191
7287	7340	Amanda	Hammond	Female	3064	FO	1723		01:20:05	7209
7288	8760	Caroline	Willis	Female	3065	F45	333		01:20:07	7210
7289	8210	Michael	White	Male	4224	M60	187		01:20:03	7207
7290	5949	Emma	Furness	Female	3066	FO	1724		01:28:11	7599

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
7291	4524	Rosie	Thorogood	Female	3067	FO	1725		01:21:33	7313
7292	9158	Louise	Burt	Female	3068	FO	1726		01:21:33	7312
7293	8142	Martin	Harvey	Male	4225	M60	188		01:21:03	7285
7294	6410	James	Somerfield	Male	4226	MO	2247		01:21:41	7322
7295	7418	Nicola	D'eath	Female	3069	FO	1727		01:21:41	7323
7296	4538	Charlotte	Palmer	Female	3070	FO	1728		01:21:41	7324
7297	9300	Lily	Macdonald	Female	3071	FO	1729		01:21:16	7299
7298	7598	Amy	Chandler	Female	3072	FO	1730		01:20:01	7202
7299	9189	Holly	Holly Gilman	Female	3073	FO	1731		01:20:00	7196
7300	7844	Andrea	Willford	Female	3074	F40	457		01:20:00	7197
7301	8286	Andrew	Rogers	Male	4227	M55	301		01:19:29	7148
7302	7381	Laura	Gatward	Female	3075	FO	1732		01:20:01	7201
7303	9181	Daniel	Gatward	Male	4228	M40	566		01:20:00	7199
7304	8067	Melanie	Galer	Female	3076	F45	334		01:20:19	7224
7305	8667	Sara	Burdett	Female	3077	F60	94		01:23:21	7408
7306	8570	Sam	Sheldon	Male	4229	M40	567		01:20:45	7256
7307	9069	Sam	Mayling	Female	3078	F55	171		01:22:16	7359
7308	8783	Faye	Layton	Female	3079	FO	1733		01:18:16	7041
7309	8924	Rebecca	Andrews	Female	3080	FO	1734		01:21:24	7304
7310	8613	Chloe	Jefferd	Female	3081	FO	1735		01:19:48	7180
7311	8787	Joanna	Newman	Female	3082	F65	39		01:21:23	7303
7312	6759	Angela	Holloway	Female	3083	F45	335		01:22:11	7348
7313	8120	Belinda	Davies	Female	3084	F60	95	Lonely Goat RC	01:22:21	7362
7314	9298	Beccy	Humphrey	Female	3085	F40	458		01:22:13	7353
7315	7688	Rorie	Bradshaw	Male	4230	M45	432		01:21:09	7295
7316	8141	Mark	Glanfield	Male	4231	M50	369		01:20:30	7235
7317	8502	Margaret	Faherty	Female	3086	F75+	3	Norwich Road Runners	01:18:40	7079
7318	7885	Ian	Carter	Male	4232	M60	189	Lonely Goat RC	01:19:38	7167
7319	8285	Tammy	Parnell	Female	3087	F45	336		01:19:59	7192
7320	6609	Bethany	Gordon	Female	3088	FO	1736		01:24:53	7484
7321	7288	Faye	Blake	Female	3089	FO	1737		01:19:02	7105
7322	9294	Jade	Cutts	Female	3090	FO	1738		01:21:24	7305
7323	9097	Kimberly	Lugo	Female	3091	FO	1739		01:18:54	7097
7324	9188	Justine	Thurtle	Female	3092	FO	1740		01:21:24	7306
7325	8482	Karen	Forbes-ewing	Female	3093	F65	40		01:20:39	7248
7326	8308	Sophie	Burrows	Female	3094	FO	1741		01:19:27	7142
7327	8968	Jeremy	Richards	Male	4233	M65	85		01:21:38	7319
7328	9007	Nadia	Forrest	Female	3095	FO	1742		01:22:21	7361
7329	9214	Thomas	Kerrison	Male	4234	MO	2248		01:20:14	7216
7330	8660	Roxana-magd alena	Manea	Female	3096	FO	1743		01:18:43	7082
7331	6579	Keavy	Wright	Female	3097	FO	1744		01:19:27	7143
7332	8432	Louise	Harper	Female	3098	FO	1745		01:19:57	7190
7333	8928	Ellie	Rudge	Female	3099	FO	1746		01:19:28	7146
7334	8314	Molly	Steele	Female	3100	FO	1747		01:19:29	7151
7335	8522	Martin	Jackson	Male	4235	M55	302	Three Counties Running Club	01:19:19	7122
7336	8435	Ronan	Smyth	Male	4236	MO	2249		01:21:09	7296
7337	8882	Helen	Payne	Female	3101	FO	1748		01:22:33	7368
7338	7725	Caitlin	Johnston	Female	3102	FO	1749		01:19:19	7121
7339	7909	Kerry	Goodhew	Female	3103	F40	459		01:20:46	7260
7340	8935	Kat	Greaves	Female	3104	FO	1750		01:22:15	7355
7341	8598	Leigh	Flaherty	Male	4237	M40	568		01:18:56	7098
7342	4726	Rebecca	Elliott	Female	3105	FO	1751		01:18:53	7096

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
7343	7346	Sarah	Turner	Female	3106	F50	235		01:22:06	7337
7344	8602	Nikki	Vallecillo Reeve	Female	3107	FO	1752		01:22:06	7339
7345	8363	Graham	Sampson	Male	4238	M75+	14	Bungay Black Dog RC	01:22:16	7358
7346	8657	Libby	Hamling	Female	3108	FO	1753		01:22:28	7367
7347	6623	Helen	Ellis	Female	3109	F40	460		01:25:01	7488
7348	6457	Ruth	Flaherty	Female	3110	FO	1754		01:19:11	7118
7349	8446	Tom	Hughes	Male	4239	M40	569		01:20:31	7236
7350	8843	Alex	Neave	Male	4240	MO	2250		01:21:17	7300
7351	7555	Mark	Ward	Male	4241	M40	570		01:22:57	7394
7352	9057	Terry	Marshall	Female	3111	F75+	4		01:20:17	7221
7353	8908	Mia	Ward	Female	3112	FO	1755		01:22:26	7365
7354	5202	Claire	Robson	Female	3113	F50	236		01:31:17	7688
7355	8088	Joanne	Ring	Female	3114	F55	172	Norwich Road Runners	01:20:25	7229
7356	4582	Lucy	Ring	Female	3115	FO	1756		01:20:26	7231
7357	8581	Eleanor	Jarvis	Female	3116	FO	1757		01:20:27	7232
7358	4948	Amy	Witty	Female	3117	FO	1758	Norwich Road Runners	01:20:26	7230
7359	8214	Emma	Grixti	Female	3118	FO	1759		01:20:03	7206
7360	7065	Amy	Hargreaves	Female	3119	FO	1760		01:20:03	7205
7361	9276	Jodie	Huckle	Female	3120	FO	1761		01:20:03	7204
7362	8914	Jodie	Stephenson	Female	3121	FO	1762		01:20:45	7257
7363	8910	Imogen	Bradford	Female	3122	FO	1763		01:20:45	7258
7364	8904	Sami	Bain	Female	3123	FO	1764		01:22:47	7385
7365	8409	Hanna Koren	Furre	Female	3124	F45	337		01:22:05	7335
7366	9094	Mark	Finlay	Male	4242	M50	370		01:26:03	7532
7367	8582	Georgia	Precious	Female	3125	FO	1765		01:20:54	7267
7368	8045	Stephanie	Callen	Female	3126	FO	1766		01:20:55	7269
7369	8617	Jude	Palmer	Female	3127	FO	1767	Wymondham AC	01:20:59	7276
7370	8270	Kori	Moore	Male	4243	MO	2251		01:20:54	7268
7371	8269	Ashton	Moore	Female	3128	FO	1768		01:20:59	7275
7372	8268	Raul	Lennon	Female	3129	FO	1769		01:20:58	7273
7373	8723	Danielle	Whaley-logan	Female	3130	FO	1770		01:21:54	7328
7374	9085	Lauren	Varty	Female	3131	FO	1771		01:20:41	7249
7375	9036	Laura	Turk	Female	3132	F40	461		01:20:16	7218
7376	8774	Dawn	Kendall	Female	3133	FO	1772		01:20:36	7243
7377	7803	Jabed	Rashid	Male	4244	MO	2252		01:25:03	7492
7378	8414	Lamyai	Barnwell	Female	3134	F50	237		01:23:32	7419
7379	7802	Shajia	Begum	Female	3135	FO	1773		01:25:03	7491
7380	8826	June	Daniel	Female	3136	F70	17		01:21:06	7288
7381	8998	Emma	Cossey	Female	3137	FO	1774		01:22:05	7336
7382	8065	Emily	Thrupp	Female	3138	FO	1775		01:19:54	7186
7383	7832	Emma	Harper	Female	3139	F45	338		01:23:32	7416
7384	7625	Serife	Kher	Female	3140	F40	462		01:25:09	7498
7385	7727	Moe	Hurst	Female	3141	F40	463		01:19:55	7188
7386	8837	Sarah	Wardle	Female	3142	FO	1776		01:21:43	7325
7387	5376	John	Gibson	Male	4245	M40	571		01:23:26	7413
7388	8558	Nikki	Morris	Female	3143	F65	41		01:20:25	7228
7389	8958	Chris	Southwell	Male	4246	M75+	15		01:23:37	7425
7390	9155	Anna	Dziwik	Female	3144	F45	339		01:23:26	7412
7391	8618	Megan	Canning	Female	3145	FO	1777		01:20:41	7250
7392	8105	Luke	Robinson	Male	4247	MO	2253		01:20:42	7251
7393	8587	Kirsty	Green	Female	3146	FO	1778		01:23:48	7430
7394	7679	Robin	Croft	Male	4248	M70	31		01:21:08	7293
7395	7677	Matthew	Canning	Male	4249	M40	572		01:21:09	7294

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
7396	8043	Joanne	Rodulfo	Female	3147	FO	1779		01:23:54	7431
7397	8608	Ellie	Rose	Female	3148	FO	1780		01:24:02	7436
7398	8673	Esther	Clift	Female	3149	F55	173		01:23:30	7415
7399	7522	Georgina	Winter	Female	3150	FO	1781		01:22:10	7347
7400	9079	Robert	Mills	Male	4250	M70	32		01:22:46	7382
7401	9210	Francesca	Benson	Female	3151	FO	1782		01:20:18	7222
7402	9211	Lucia	Fitzpatrick	Female	3152	F55	174		01:20:20	7225
7403	8507	Lesley Sylvia	Wood	Female	3153	F65	42		01:22:47	7384
7404	8820	Yasmin	Manchee	Female	3154	FO	1783		01:22:08	7343
7405	8559	Chloe	Tunmore-clarke	Female	3155	FO	1784		01:21:28	7307
7406	8815	Maurice	Vertigans	Male	4251	M70	33		01:25:33	7512
7407	8577	Sophie	Williamson	Female	3156	FO	1785		01:21:06	7289
7408	9261	Lucy	Smith	Female	3157	FO	1786		01:25:30	7511
7409	8250	Melanie	Lubbock	Female	3158	F50	238		01:22:10	7345
7410	8627	Wendy	Fullerton	Female	3159	F65	43		01:22:11	7351
7411	4406	Kieran	Hall	Male	4252	MO	2254		01:28:44	7618
7412	7422	Jordan	Bromley	Male	4253	MO	2255		01:28:45	7619
7413	8867	Josephine	Scott	Female	3160	F40	464		01:22:37	7378
7414	8784	Andrea	Williamson	Female	3161	FO	1787		01:20:22	7227
7415	8550	Louise	Arnold	Female	3162	FO	1788		01:24:14	7457
7416	8276	Sarah	Collins	Female	3163	F50	239		01:24:08	7451
7417	8603	Kellee	Daynes	Female	3164	F45	340		01:22:00	7333
7418	9116	Chelcie	George	Female	3165	FO	1789		01:22:00	7332
7419	8185	Danielle	Poll	Female	3166	FO	1790		01:24:06	7447
7420	8190	Yasmin	Thomas	Female	3167	FO	1791		01:22:52	7390
7421	9275	James	Woodcock	Male	4254	MO	2256		01:22:08	7342
7422	7531	Charlotte	Hearn	Female	3168	F50	240		01:21:39	7320
7423	9033	Sarah	Low	Female	3169	FO	1792		01:24:47	7480
7424	9030	Rebecca	Shaw	Female	3170	F40	465		01:20:56	7270
7425	8810	Tansy	Petch	Female	3171	FO	1793		01:24:04	7438
7426	8775	Bella	Wong	Female	3172	FO	1794		01:24:27	7464
7427	9269	Siriphorn	Sriyotha	Female	3173	FO	1795		01:23:20	7406
7428	47	Tom	Walker	Male	4255	MO	2257		01:24:28	7465
7429	9175	Sonia	Anstie	Female	3174	F40	466		01:23:43	7426
7430	8842	Sharon	Wrath	Female	3175	F50	241		01:24:48	7481
7431	7585	Heather	Eade	Female	3176	F40	467		01:26:16	7539
7432	8036	Melissa	Baines	Female	3177	F45	341		01:23:45	7428
7433	7811	Danielle	Hickson	Female	3178	F40	468		01:21:54	7329
7434	7835	Daniel	Bilverstone	Male	4256	MO	2258		01:23:10	7402
7435	7127	Karen	Annison	Female	3179	FO	1796		01:27:51	7590
7436	4878	Caroline	Britton	Female	3180	F50	242		01:24:18	7459
7437	9177	Philip	Dix	Male	4257	M45	433		01:24:19	7461
7438	5463	Samantha	Stokes	Female	3181	FO	1797		01:21:45	7326
7439	6001	Jane	Trudgill	Female	3182	F50	243		01:24:18	7460
7440	8643	Sarah	Whiting	Female	3183	F50	244		01:23:32	7418
7441	6642	Paul	Youngman	Male	4258	M50	371		01:24:20	7462
7442	8642	Sophie	Riseborough	Female	3184	F45	342		01:23:33	7420
7443	8940	Alexa	Wren	Female	3185	F40	469		01:25:01	7487
7444	8788	Clare	Myring	Female	3186	F40	470		01:25:37	7514
7445	8083	Fiona	Leadbetter	Female	3187	F50	245		01:24:09	7453
7446	8032	Chris	Taylor	Male	4259	M55	303		01:24:07	7448
7447	4250	Brien	Hueppauff	Male	4260	M50	372		01:36:39	7768
7448	8031	Charlotte	Taylor	Female	3188	F50	246		01:24:07	7449

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
7449	8619	Ryan	Nussey	Male	4261	MO	2259		01:23:32	7417
7450	7766	Beth	Rutherford	Female	3189	FO	1798		01:22:22	7363
7451	8912	Katja	Taits	Female	3190	FO	1799		01:22:08	7344
7452	8086	John	Manders	Male	4262	M60	190		01:22:11	7352
7453	9266	Graham	Large	Male	4263	M55	304		01:23:03	7398
7454	8654	Alison	Smith	Female	3191	F50	247		01:22:06	7340
7455	9193	Tamsin	Rumsby	Female	3192	FO	1800		01:23:36	7424
7456	8346	Eddie	Adams	Male	4264	MO	2260		01:23:36	7423
7457	9055	Anna	Vaudin	Female	3193	FO	1801		01:24:03	7437
7458	8594	Jade	Coby	Female	3194	FO	1802		01:22:49	7387
7459	9081	Simon	Alexander	Male	4265	M55	305		01:22:00	7331
7460	9005	Marvy	Calderin	Female	3195	F40	471		01:27:38	7579
7461	1658	Thomas	Osborne	Male	4266	MO	2261		01:27:39	7580
7462	9168	Charlie	Farrington	Male	4267	MO	2262		01:21:58	7330
7463	9297	Maira	Harragan	Female	3196	FO	1803		01:22:35	7370
7464	3142	Paul	Hickson	Male	4268	M40	573		01:22:35	7371
7465	8200	Jasmine	Winter	Female	3197	FO	1804		01:22:27	7366
7466	8753	Jack	Allen	Male	4269	MO	2263		01:25:38	7515
7467	8567	Suzanne	Sharman	Female	3198	F40	472		01:25:40	7516
7468	7501	Paige	Meeks	Female	3199	FO	1805		01:24:41	7476
7469	8669	Pippa	Carter	Female	3200	F50	248		01:24:44	7479
7470	8391	Samantha	Sadler	Female	3201	F50	249	Great Yarmouth Road Runners	01:24:06	7442
7471	8995	Stuart	Sadler	Male	4270	M50	373		01:24:06	7446
7472	7577	Rosy	Darling	Female	3202	F65	44		01:23:46	7429
7473	8318	Bethan	Gill	Female	3203	F40	473		01:22:17	7360
7474	8238	Eleanor	Winter	Female	3204	FO	1806		01:26:06	7534
7475	8782	Kerri-anne	Watson	Female	3205	FO	1807		01:23:13	7403
7476	8044	Molly	Hatch	Female	3206	FO	1808		01:25:48	7521
7477	8056	Jane	Lowrie	Female	3207	F60	96		01:26:00	7530
7478	6811	Clare	Cole	Female	3208	F50	250		01:26:00	7531
7479	9178	Selina	Bhantoo	Female	3209	FO	1809		01:22:15	7357
7480	8447	Katie	Madden	Female	3210	FO	1810		01:25:45	7519
7481	8647	Hannah	Mawson	Female	3211	FO	1811		01:22:58	7395
7482	8648	Matthew	Stangroom	Male	4271	MO	2264		01:22:59	7396
7483	7712	Beattie	Panchmatia	Female	3212	FO	1812		01:23:02	7397
7484	5139	Navanath	Walunj	Male	4272	MO	2265		01:24:09	7452
7485	9142	Ameya	Bhate	Male	4273	M40	574		01:24:10	7454
7486	8201	Tracy	Winter	Female	3213	F40	474		01:22:51	7389
7487	9185	Barbara	Adamski	Female	3214	FO	1813		01:25:48	7522
7488	8307	Nicole	Lazarov	Female	3215	FO	1814		01:24:11	7455
7489	8239	Katie	Foster	Female	3216	FO	1815		01:26:35	7552
7490	8881	Rachel	Parsons	Female	3217	F40	475		01:22:46	7383
7491	9118	Lacie	Hay	Female	3218	FO	1816		01:25:56	7528
7492	8948	Keely	Dougan	Female	3219	F40	476		01:22:43	7380
7493	9156	Thomas	Turner	Male	4274	M40	575		01:23:25	7411
7494	7601	Caroline	Knott	Female	3220	F50	251		01:24:36	7471
7495	9149	Janine	James	Female	3221	F40	477		01:24:36	7470
7496	8456	James	Vardigans	Male	4275	MO	2266		01:24:40	7475
7497	8678	Alice	Stillgoe	Female	3222	FO	1817		01:25:04	7493
7498	6546	Lydia	Stratton	Female	3223	FO	1818	Wymondham AC	01:25:05	7496
7499	5391	Caz	Caz	Female	3224	F55	175		01:28:34	7612
7500	5856	Louise	Peck	Female	3225	F55	176		01:28:35	7613
7501	9023	Hayley	Anderson	Female	3226	F40	478		01:22:53	7392

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
7502	634	Nick	Spacey	Male	4276	M40	576		01:22:53	7391
7503	8591	Claire	Wallace	Female	3227	F55	177		01:24:14	7456
7504	7276	Ruth	Smith	Female	3228	F55	178		01:30:50	7676
7505	7275	Victoria	Murphy	Female	3229	FO	1819		01:30:50	7674
7506	7329	Alexandra	Johnson	Female	3230	FO	1820		01:30:51	7677
7507	7996	Megan	Herbert	Female	3231	FO	1821		01:25:26	7507
7508	5197	Hannah	Dagless	Female	3232	FO	1822		01:25:27	7510
7509	7656	Lauren	Ellis	Female	3233	FO	1823		01:25:26	7508
7510	6611	Emma	Gordon	Female	3234	FO	1824		01:29:36	7643
7511	8368	Tracy	Palmer	Female	3235	FO	1825		01:23:08	7400
7512	6442	Michael	Palmer	Male	4277	MO	2267		01:23:10	7401
7513	7437	Beth	Dickens	Female	3236	FO	1826		01:23:33	7421
7514	8939	Sophie	Platford	Female	3237	FO	1827		01:23:33	7422
7515	8699	Susan	Colling	Female	3238	F60	97		01:24:57	7485
7516	8855	Shirley	Browell	Female	3239	F55	179	Runners-Next-the-Sea	01:26:14	7537
7517	8400	Teresa	Abel	Female	3240	F60	98	Runners-Next-the-Sea	01:26:15	7538
7518	8809	Karla	Nixson	Female	3241	F40	479		01:26:12	7536
7519	6742	Caroline	Skoyles	Female	3242	F50	252		01:28:29	7605
7520	8942	Julie	Keane	Female	3243	F65	45		01:24:34	7468
7521	8972	Hazel	Nikolov	Female	3244	F60	99		01:27:09	7561
7522	6693	Marie	Mattin	Female	3245	F60	100		01:31:39	7697
7523	6840	Ashley	Benton	Female	3246	FO	1828		01:24:07	7450
7524	8933	Michelle	Thomas	Female	3247	F40	480		01:24:06	7445
7525	3017	Jemma	Winzor-saile	Female	3248	F40	481		01:24:04	7440
7526	6698	Laura	Hood	Female	3249	F45	343		01:24:05	7441
7527	9163	Nina	Goad	Female	3250	F45	344		01:24:04	7439
7528	5031	Liz	De Klerk	Female	3251	F45	345		01:24:06	7443
7529	9068	Shopie	Houghton-hood	Female	3252	F45	346		01:24:06	7444
7530	7326	Stephanie	Atkinson	Female	3253	FO	1829		01:26:25	7542
7531	8154	Natalie	Gray	Female	3254	FO	1830		01:26:26	7544
7532	9268	Ish	Rastogi	Male	4278	MO	2268		01:27:11	7563
7533	7195	Libby	Jones	Female	3255	FO	1831		01:24:23	7463
7534	5418	Joseff	Vobe	Male	4279	MO	2269		01:24:41	7477
7535	8938	Tracey	Salisbury	Female	3256	F60	101	Wymondham AC	01:27:42	7582
7536	8518	Carolyn	Anderson	Female	3257	F60	102		01:27:43	7583
7537	9288	Lisa	Batchelor	Female	3258	F45	347		01:27:20	7569
7538	8971	Gemma	Seager	Female	3259	F45	348		01:27:15	7565
7539	9134	Daniel	Hollyhead	Male	4280	M40	577		01:23:58	7434
7540	8883	Paula	Thomsen	Female	3260	F50	253		01:24:49	7482
7541	8926	Ruth	Donley-bond	Female	3261	F60	103		01:27:50	7588
7542	5277	Jon	Cooper-carlson	Male	4281	M45	434		01:25:48	7520
7543	9002	Ayesha	Ahmed	Female	3262	FO	1832		01:29:55	7654
7544	8057	Emma	Drake	Female	3263	F45	349		01:25:23	7505
7545	9290	Michelle	Ward	Female	3264	F40	482		01:24:16	7458
7546	8901	Linda	Adams	Female	3265	F65	46		01:27:58	7597
7547	8296	Helen	Hinsley	Female	3266	F50	254		01:24:36	7472
7548	9277	Anita	Lam	Female	3267	F45	350		01:27:54	7593
7549	8295	Andrew	Hinsley	Male	4282	M55	306		01:24:35	7469
7550	8574	Mark	Pointer	Male	4283	M55	307		01:27:50	7589
7551	8305	Hannah	Smith	Female	3268	F45	351		01:26:50	7557
7552	8584	Jennifer	James-cole	Female	3269	F40	483		01:24:38	7474
7553	8283	Nicola	Hull	Female	3270	FO	1833		01:27:49	7585
7554	9128	Lucy	Aspey	Female	3271	FO	1834		01:25:05	7495

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
7555	9129	Sophie	Freestone	Female	3272	FO	1835		01:25:06	7497
7556	8703	Charlie	Hart	Male	4284	MO	2270		01:29:53	7650
7557	8485	Steven	Crofts	Male	4285	M50	374		01:25:37	7513
7558	8719	Katie	Woodcock	Female	3273	F40	484		01:24:52	7483
7559	8064	Fay	Colk	Female	3274	FO	1836		01:25:53	7527
7560	8580	Rebecca	Cole	Female	3275	FO	1837		01:27:17	7566
7561	9092	Jan	Alexander	Female	3276	F60	104		01:25:22	7502
7562	7857	Katy	Harris	Female	3277	F45	352		01:25:22	7503
7563	9191	Susan	Marris	Female	3278	F65	47		01:27:11	7562
7564	7000	Emma	Lawson	Female	3279	FO	1838		01:33:46	7733
7565	8030	Ben	Randall	Male	4286	MO	2271		01:24:29	7466
7566	7353	Chris	Towndrow	Male	4287	M45	435		01:25:49	7523
7567	6578	Deborah	Woods	Female	3280	F50	255		01:25:11	7499
7568	9166	Sharon	Plummer	Female	3281	F55	180		01:25:12	7500
7569	8684	Gary	Harris	Male	4288	M60	191		01:28:25	7602
7570	8180	Alison	Ford-ellis	Female	3282	F45	353		01:24:41	7478
7571	9117	Eunice	Makumbiza	Female	3283	F50	256		01:28:05	7598
7572	7255	Joanne	Pipe	Female	3284	FO	1839		01:35:13	7753
7573	8707	Gemma	Walker	Female	3285	F50	257		01:24:59	7486
7574	9066	Peter	Phillipson	Male	4289	MO	2272		01:28:29	7606
7575	9042	Sam	Brown	Female	3286	F50	258		01:25:02	7489
7576	9180	Michelle	Denny	Female	3287	FO	1840		01:25:20	7501
7577	8640	Bridget	Farrar	Female	3288	F65	48		01:27:20	7567
7578	9227	Susan	Denny	Female	3289	FO	1841		01:25:23	7504
7579	8706	Sarah	Keywood	Female	3290	F55	181		01:25:53	7526
7580	8457	Lauren	Alden	Female	3291	FO	1842		01:25:04	7494
7581	8759	Isabel	Allison	Female	3292	FO	1843	Norfolk Harriers RC	01:25:03	7490
7582	9104	Jacob	Birtwell	Male	4290	MO	2273		01:28:51	7621
7583	7717	Sarah	Baker	Female	3293	F45	354		01:28:39	7614
7584	7831	Nicola	Atter	Female	3294	F45	355		01:28:39	7615
7585	7532	Raymond	Tofield	Male	4291	M60	192		01:25:53	7525
7586	6530	Jemma	Barker	Female	3295	F40	485		01:28:32	7608
7587	8119	Megan	Frosdick	Female	3296	FO	1844		01:28:33	7610
7588	1952	Lee	Wicks	Male	4292	MO	2274		01:26:29	7546
7589	8264	James	Chamberlin	Male	4293	M45	436	Lonely Goat RC	01:29:10	7628
7590	8937	Sarah	Pye	Female	3297	F40	486		01:26:28	7545
7591	8560	Wendy	Barker	Female	3298	F50	259		01:28:21	7601
7592	9014	Beverley	Cage	Female	3299	F60	105		01:28:27	7603
7593	8674	Alan	Varle	Male	4294	M75+	16		01:25:40	7517
7594	8167	Melanie	Bridge	Female	3300	F60	106		01:25:26	7506
7595	8664	Heather	Kearley	Female	3301	F55	182		01:25:27	7509
7596	8644	Amber	Eggleton	Female	3302	FO	1845		01:27:46	7584
7597	8320	Joel	Landamore	Male	4295	MO	2275		01:27:49	7587
7598	8879	Allwin	Christopher	Male	4296	M45	437		01:26:36	7553
7599	7537	Sally	Porter	Female	3303	F60	107	Bure Valley Harriers	01:27:40	7581
7600	7684	Helen	Barnes	Female	3304	F40	487		01:29:07	7625
7601	8626	Elizabeth	Sumners	Female	3305	F40	488		01:29:08	7627
7602	6639	Joseph	Philpin	Male	4297	MO	2276		01:31:55	7702
7603	6640	Robin	Sullivan	Male	4298	M45	438		01:31:55	7701
7604	7423	Cat	Connell	Female	3306	F60	108		01:28:44	7617
7605	8819	Suzanne	Painting	Female	3307	F65	49		01:27:23	7572
7606	8862	Henry	Quick	Male	4299	MO	2277		01:27:20	7568
7607	8510	Tracy	Stanton	Female	3308	F55	183		01:27:21	7571

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
7608	8224	Garry	Avery	Male	4300	M65	86		01:26:31	7548
7609	7611	Kerry	Avery	Female	3309	F65	50		01:26:32	7549
7610	9229	Amelia	Wuestner	Female	3310	FO	1846		01:28:17	7600
7611	8439	Katie	Cardy	Female	3311	F45	356		01:27:12	7564
7612	9077	Jaruwan	Fiddament	Female	3312	FO	1847		01:26:18	7540
7613	7938	Helen	Marsh	Female	3313	FO	1848		01:26:47	7554
7614	7852	Natasha	Dawson	Female	3314	F40	489		01:27:21	7570
7615	6993	Danielle	Wright	Female	3315	F40	490		01:27:25	7575
7616	8586	Louise	Farrow	Female	3316	F40	491		01:28:28	7604
7617	8816	Denise	May	Female	3317	F55	184		01:31:27	7691
7618	9099	Sarah	Jones	Female	3318	F50	260		01:27:57	7595
7619	8817	Sue	Mcadam	Female	3319	F60	109	Petts Wood Runners	01:31:29	7692
7620	8950	Jackie	Edwards	Female	3320	F65	51		01:27:57	7596
7621	9240	Casey	Frean	Female	3321	FO	1849		01:26:33	7550
7622	9115	Gemma	Lear	Female	3322	F40	492		01:28:33	7609
7623	7612	Stephen	Crockett	Male	4301	M70	34		01:26:05	7533
7624	9045	Karen	Bradley	Female	3323	FO	1850		01:29:15	7635
7625	7875	Stefan	Gurney	Male	4302	M50	375		01:31:19	7689
7626	8902	Kimberly	Youngman	Female	3324	FO	1851		01:28:39	7616
7627	8527	James	Ellis	Male	4303	MO	2278		01:29:16	7636
7628	7842	Clive	Nicol	Male	4304	M55	308		01:26:34	7551
7629	8491	Tracy	Yates	Female	3325	F60	110	12 in 12	01:27:08	7560
7630	8709	Helen	Bowen	Female	3326	F60	111		01:27:37	7578
7631	8710	Rosie	Goodsell	Female	3327	F65	52		01:27:36	7576
7632	8421	Brian	Moore	Male	4305	M75+	17	Norwich Road Runners	01:26:24	7541
7633	9003	Sarah	Gamble	Female	3328	FO	1852		01:26:47	7555
7634	8301	Amber	Green	Female	3329	F40	493		01:26:48	7556
7635	9286	Lindsey	Frost	Female	3330	FO	1853		01:29:06	7624
7636	8856	Christine	Dutton	Female	3331	F55	185		01:26:58	7558
7637	8957	James	Scott	Male	4306	MO	2279	Thetford AC	01:31:21	7690
7638	8125	Alex	Morridd	Male	4307	MO	2280		01:29:53	7651
7639	7604	Kirsty	Homewood	Female	3332	F50	261		01:29:10	7629
7640	8799	Danielle	Burgess	Female	3333	FO	1854		01:31:52	7700
7641	7517	Adrian	Rutterford	Male	4308	M65	87		01:26:30	7547
7642	9257	Jackie	Braithwaite	Female	3334	FO	1855		01:29:43	7645
7643	9074	Debbie	Hall	Female	3335	F55	186		01:27:51	7591
7644	8729	Michael	Bone	Male	4309	M40	578		01:29:46	7646
7645	7396	Claire	Barker	Female	3336	F40	494		01:30:33	7669
7646	7427	Thomas	Nimmo	Male	4310	MO	2281		01:33:09	7720
7647	8858	Nicola	Rallison	Female	3337	F50	262		01:29:24	7637
7648	8403	Lily	Brooks	Female	3338	FO	1856		01:27:55	7594
7649	8915	Angela	Howard	Female	3339	F40	495	Bungay Black Dog RC	01:27:49	7586
7650	504	Antony	Riches	Male	4311	MO	2282		01:30:50	7675
7651	8975	Gabbi	Riches	Female	3340	FO	1857		01:30:49	7673
7652	7524	Claire	Beard	Female	3341	F50	263		01:30:47	7671
7653	7715	Keree	Sutton	Female	3342	F45	357		01:30:23	7661
7654	8333	Angela	Dawes	Female	3343	F55	187		01:30:22	7660
7655	8931	Lucy	Millership	Female	3344	FO	1858		01:28:34	7611
7656	8682	Jason	Edwards	Male	4312	M55	309		01:30:45	7670
7657	8188	Abi	Ward	Female	3345	F45	358		01:29:28	7638
7658	6004	Nicole	Van Den Wittenboer	Female	3346	F55	188	Buckley RC	01:32:24	7708
7659	8698	Paul	Morgan	Male	4313	M65	88		01:27:37	7577

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
7660	8980	Libby	Brockett	Female	3347	FO	1859		01:31:15	7685
7661	6003	Andrew	Scott	Male	4314	M55	310		01:32:24	7709
7662	9041	Iayesha	Mullins	Female	3348	FO	1860		01:31:02	7683
7663	8712	James	Henery	Male	4315	M45	439		01:29:15	7634
7664	8984	Elisha	Crooks	Female	3349	FO	1861		01:30:31	7667
7665	7671	Dennis	Wells	Male	4316	M75+	18		01:29:46	7648
7666	5703	Andy	Richardson	Male	4317	M70	35	Vegan Runners UK	01:29:35	7641
7667	8635	Abbe	Swain	Female	3350	F45	359		01:29:54	7652
7668	9238	Susan	Leeming	Female	3351	F55	189		01:29:34	7640
7669	9220	Victoria	Shepherd	Female	3352	F45	360		01:29:46	7647
7670	9222	Rachael	West	Female	3353	F40	496		01:29:47	7649
7671	8750	Emily	Page	Female	3354	FO	1862		01:30:19	7659
7672	8772	Samantha	Wood	Female	3355	FO	1863		01:29:02	7623
7673	8326	Bonnie	Dillaway	Female	3356	F45	361		01:27:52	7592
7674	8794	Julie	Finnis	Female	3357	F65	53		01:30:51	7678
7675	9205	Sandy	Wells	Female	3358	F75+	5	Great Yarmouth Road Runners	01:28:31	7607
7676	8982	Judy	Butler	Female	3359	F65	54		01:30:05	7656
7677	8604	Melanie	Pattison	Female	3360	FO	1864		01:31:01	7682
7678	8872	Alex	Crowley	Male	4318	MO	2283		01:31:02	7684
7679	9151	Abi	Mitchell	Female	3361	FO	1865		01:29:11	7633
7680	9152	Holly	Summers	Female	3362	FO	1866		01:29:11	7632
7681	9147	Ann	Merryweather	Female	3363	F50	264		01:29:08	7626
7682	8160	Gerard	Dalton	Male	4319	M60	193		01:31:56	7703
7683	8679	Maggie	Flatt	Female	3364	F65	55	Beccles & Bungay Harriers	01:30:52	7679
7684	8168	Sally	Neave	Female	3365	F45	362		01:30:33	7668
7685	8575	James	Pannell	Male	4320	MO	2284		01:29:40	7644
7686	8384	Katie	Rushwaya	Female	3366	FO	1867		01:28:45	7620
7687	7853	Rebecca	Dawson	Female	3367	FO	1868		01:29:54	7653
7688	9165	Natalie	Wyatt	Female	3368	F40	497		01:29:11	7631
7689	7525	Liberty	Burton	Female	3369	FO	1869		01:29:33	7639
7690	8211	Mollie	Small	Female	3370	FO	1870		01:31:43	7698
7691	8601	Sarah	Holmes	Female	3371	FO	1871		01:29:10	7630
7692	9284	Barbara	Swistak	Female	3372	F55	190		01:29:00	7622
7693	9047	Millie	Buckenham	Female	3373	FO	1872		01:30:05	7657
7694	8913	Sheila	Robson	Female	3374	F55	191		01:30:02	7655
7695	8568	Teresa	Broadbent	Female	3375	F50	265		01:31:35	7696
7696	8652	James	Groves	Male	4321	M40	579		01:34:45	7745
7697	8488	Tay	Gook	Female	3376	FO	1873		01:33:27	7724
7698	9111	Emily	Bedborough	Female	3377	FO	1874		01:30:58	7680
7699	9279	Violet	Robinson	Female	3378	FO	1875		01:30:28	7663
7700	9278	Elliot	Prentice	Male	4322	MO	2285		01:30:30	7665
7701	9084	Stacey	Remblance	Female	3379	FO	1876		01:31:00	7681
7702	7126	Nancy	Searle	Female	3380	F45	363		01:38:16	7776
7703	9199	Maya	Watts	Female	3381	FO	1877		01:32:10	7706
7704	8026	Tim	Jarrett	Male	4323	M50	376		01:30:49	7672
7705	8084	Abu	Sathyanarayanan	Male	4324	M50	377		01:31:16	7686
7706	9061	Su	Chinnasamy	Female	3382	F45	364		01:31:16	7687
7707	8804	Beverly	Jenkins	Female	3383	F60	112		01:30:29	7664
7708	8936	Georgina	Kellett	Female	3384	FO	1878		01:32:00	7704
7709	8718	Amy	Thomas	Female	3385	FO	1879	Reepham Runners	01:30:23	7662
7710	8085	Jacqui	Kelly	Female	3386	F55	192		01:32:00	7705
7711	8805	Debby	Priddy	Female	3387	F60	113		01:30:30	7666
7712	8930	Luisa	Lunken	Female	3388	FO	1880		01:34:08	7737

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
7713	4167	Natasha	Mota	Female	3389	F50	266		01:34:08	7738
7714	9262	Vamsi	Velchuru	Male	4325	M55	311		01:31:30	7693
7715	7535	Sue	Lyons	Female	3390	F45	365	Great Yarmouth Road Runners	01:32:40	7711
7716	8287	Lisa	Green	Female	3391	F50	267	Great Yarmouth & District AC	01:32:39	7710
7717	8136	Alison	Gurney	Female	3392	F45	366		01:35:35	7759
7718	9141	Zarvin	Wildey	Male	4326	M45	440		01:31:35	7695
7719	7590	Ella	Palmer	Female	3393	FO	1881		01:33:43	7729
7720	4379	Emily	Humphreys	Female	3394	FO	1882		01:33:26	7722
7721	9022	Tait	Pollack	Male	4327	M40	580		01:33:26	7721
7722	8736	Megan	Barnard	Female	3395	FO	1883		01:33:55	7736
7723	8578	Emma	Starling	Female	3396	FO	1884		01:33:43	7731
7724	6069	Sophie	Barker	Female	3397	FO	1885		01:33:43	7730
7725	9109	Garyl	Woolworth	Male	4328	M40	581		01:34:22	7740
7726	7734	Roz	Maclaclan	Female	3398	F60	114		01:32:14	7707
7727	8173	Mark	Clemenson-butcher	Male	4329	M55	312		01:33:47	7734
7728	7897	Chloe	Shingfield	Female	3399	FO	1886		01:31:48	7699
7729	9056	Charlene	Ready	Female	3400	FO	1887		01:34:49	7746
7730	9291	Lauren	Donaldson	Female	3401	FO	1888		01:33:06	7719
7731	9027	Stuart	Key	Male	4330	M45	441		01:34:56	7747
7732	8589	Hayley	Parker	Female	3402	FO	1889		01:33:32	7725
7733	8135	Gemma	Chaatney	Female	3403	FO	1890		01:33:32	7726
7734	8849	Victoria	Gutmann	Female	3404	F60	115		01:31:31	7694
7735	9054	Kevin	Downs	Male	4331	M70	36		01:34:34	7743
7736	9271	Lisa	Vardigans	Female	3405	F55	193		01:33:05	7718
7737	9075	Laura	Cox	Female	3406	FO	1891		01:33:45	7732
7738	8898	Sarah	Burt	Female	3407	FO	1892		01:34:57	7748
7739	8606	Catherine	Hearmon-owens	Female	3408	FO	1893		01:34:57	7749
7740	8126	Karen	Butcher	Female	3409	F45	367		01:33:00	7715
7741	8291	Dalibor	Milasinovic	Male	4332	MO	2286		01:32:44	7713
7742	8565	Joanne	Batley	Female	3410	F40	498		01:35:19	7754
7743	8564	Andy	Batley	Male	4333	M60	194		01:35:20	7755
7744	9072	Kayleigh	Robinson-poacher	Female	3411	FO	1894		01:32:51	7714
7745	8907	Jennie	Roberts	Female	3412	F45	368		01:33:33	7728
7746	9051	Charlotte	Mcmorran-stock	Female	3413	FO	1895		01:33:33	7727
7747	9209	Megan	Jones	Female	3414	F45	369		01:33:03	7716
7748	9029	Lucy	Burton	Female	3415	FO	1896		01:32:42	7712
7749	9217	Paula	Gould	Female	3416	F55	194		01:33:04	7717
7750	9025	Emma	King	Female	3417	FO	1897		01:35:24	7756
7751	9026	Angel	James	Female	3418	FO	1898		01:33:26	7723
7752	8848	Shaneeka	Moore	Female	3419	FO	1899		01:34:10	7739
7753	9065	Sarah	Watts	Female	3420	F55	195	Diss and District AC	01:33:52	7735
7754	7816	Rachel	Allen	Female	3421	F45	370		01:34:23	7741
7755	8663	Katie	Mathers	Female	3422	F40	499		01:36:48	7770
7756	9287	Oksana	Leyshon	Female	3423	F45	371		01:35:31	7758
7757	9083	Laura	Jay	Female	3424	F50	268		01:38:33	7777
7758	9082	Michelle	Doughty	Female	3425	F50	269		01:38:33	7778
7759	6377	Sarah	Roat	Female	3426	FO	1900		01:39:41	7781
7760	6376	Lydia	Burton	Female	3427	FO	1901		01:39:42	7782
7761	9267	Clare	Simpson	Female	3428	F55	196		01:35:01	7751
7762	2929	James	Whelan	Male	4334	M60	195		01:36:22	7766
7763	9245	Simon	Huggins	Male	4335	M50	378		01:34:41	7744
7764	9024	Katherine	White	Female	3429	F55	197		01:36:22	7767

Run Norwich 2025 10k

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Pos	Bib	Name	Surname	Gender	Gen Pos	Cat	Cat Pos	Club	Chip Time	Chip Pos
7765	7431	Susie	Mayhew	Female	3430	F60	116		01:37:36	7773
7766	7955	Jessica	Bannister	Female	3431	F40	500		01:37:38	7774
7767	9171	Donna	Wilkinson	Female	3432	F40	501		01:35:43	7760
7768	9212	Georgina	Henry	Female	3433	FO	1902		01:35:44	7762
7769	9215	Ayeasha	Smith	Female	3434	FO	1903		01:35:44	7761
7770	9187	Lauren	Smalley	Female	3435	FO	1904		01:35:01	7750
7771	9186	Jordan	Brackpool	Female	3436	FO	1905		01:35:02	7752
7772	7821	Jamie-anne	Harkin	Female	3437	FO	1906		01:34:30	7742
7773	8373	Kevin	Baker	Male	4336	M65	89		01:37:59	7775
7774	8762	Helen	Everson	Female	3438	F60	117		01:36:47	7769
7775	8943	Lesley	White	Female	3439	F40	502		01:35:26	7757
7776	7624	Kabeer	Kher	Male	4337	M45	442		01:40:13	7783
7777	9207	Sian	Harrison	Female	3440	F50	270		01:35:47	7763
7778	9243	Raschelle	Dulce	Female	3441	F45	372		01:36:20	7765
7779	9153	Gill	Wardlow	Female	3442	F55	198		01:38:36	7779
7780	9150	Louise	Griffiths	Female	3443	FO	1907		01:36:16	7764
7781	9232	Sammy	Porter	Female	3444	FO	1908		01:39:31	7780
7782	9095	Shane	Burgess	Male	4338	MO	2287		01:36:49	7771
7783	9161	Georgina	Lee	Female	3445	FO	1909		01:36:51	7772
7784	9176	Maggie	Block	Female	3446	FO	1910		01:40:42	7784
7785	9015	Chris	Clarke	Male	4339	MO	2288		01:41:58	7786
7786	6160	Allan	Moore	Male	4340	MO	2289		01:49:23	7794
7787	6179	Paul	Taylor	Male	4341	MO	2290		01:49:38	7795
7788	8758	Sarah	Miller	Female	3447	F45	373		01:45:30	7792
7789	9260	Chloe	Roche	Female	3448	FO	1911		01:45:32	7793
7790	9182	Laura	Waller	Female	3449	F40	503		01:43:55	7787
7791	9006	Laura	Clay-harris	Female	3450	FO	1912		01:41:18	7785
7792	8917	Louisa	Twining	Female	3451	FO	1913		01:44:32	7788
7793	7713	Harriette	Panchmatia	Female	3452	FO	1914		01:44:33	7789
7794	9244	Reggie Anne	Quindara	Female	3453	F45	374		01:44:58	7791
7795	9164	Ashlea	Reuben	Female	3454	FO	1915		01:44:47	7790
7796	7913	Joanna	Lord	Female	3455	F65	56		01:50:43	7796
7797	7566	Phillip	Laurier	Male	4342	M75+	19	Lowestoft Road Runners	01:52:48	7797
7798	7382	Richard	Napthen	Male	4343	M60	196		02:03:06	7798