





Jennifer	Burfoot	Norfolk Gazelles AC	1:41:19	96						01:47:01	96		28:38.1	95	1:08:07	93			01:04:32.0	97		477
Anita	Betts	Great Yarmouth Road Runners				02:34:08.7	92			01:55:22	94				1:15:12	92	0:58:08.2	92	33:35.4	93		463
Sheila	Smith		1:43:45	95	59:18	95	02:16:02.0	97		01:37:29	97											384
Jacqueline	Wood	Dereham Runners & AC			1:02:05	92	02:19:55.0	96				01:09:22	97				0:51:13.1	94				379
Pat	Brightman	Great Yarmouth and District AC						4:07:14	97					36:29.1	91		0:56:45.0	93	32:47.3	94		375
Cindy	Burgess	Wymondham AC			58:39	96								27:14.9	98				27:45.9	97		291
Jennifer	Rowley				1:04:36	91	02:26:19.8	94	4:07:13	98												283
Sandy	Wells	Great Yarmouth & District AC	1:47:47	94			02:27:29.0	93			01:52:31	95										282
Margaret	Faherty	Norwich Road Runners	1:49:18	93	1:07:39	90	02:22:54.6	95														278
Penny	Edwards	Norwich Road Runners			48:08	100														00:50:56.3	99	199
Alison	Rostron						02:07:05.4	98	3:38:26	99												197
Pauline	Sparrow	Ryston Runners													54:49	98			25:13.8	99		197
Anne	Graveling				53:41	97	01:56:39.7	99														196
Gill	Woodhouse	Dereham Runners AC															0:44:18.1	98		00:56:09.9	98	196
Jane	Ashby	Ryston Runners AC								01:27:27	98					55:41	97					195
Heather	Hollister												26:30.8	99			0:46:08.3	96				195
Jane	King												27:20.4	97			0:45:45.9	97				194
Elizabeth	Letzer	North Norfolk Beach Runners									01:05:33	98	28:31.5	96								194

#### SENIOR MEN

John	Hudson	Norwich Road Runners			36:20	94	01:20:07.6	99	2:05:19	97	00:59:09	98		17:04.2	73	37:32	97	0:28:56.7	97	17:05.7	91	00:35:25.2	97	679	
Kyle	Brooks	Wymondham AC	1:03:26	88	38:33	87	01:23:40.2	95	2:14:16	94	01:01:45	90	00:38:05	96	17:26.4	67	37:23	98	0:29:04.1	96	17:13.7	90	00:37:41.4	95	664
Daniel	Smith	Coltishall Jaguars RC	1:06:25	80	38:39	86	01:24:29.3	92	2:16:40	91	01:03:16	86			17:55.2	51	39:30	93	0:30:58.1	91	17:48.1	86	00:39:13.7	91	630
Liam	Rowlands	Norwich Road Runners	1:03:58	86	37:37	90	01:23:57.0	94							17:52.3	54	37:45	95	0:29:58.6	94			00:37:05.3	96	609
Nick	Kent	Wymondham AC	1:08:32	75	39:06	84	01:27:06.0	85					00:39:24	92	17:52.9	53	39:33	92	0:30:49.5	93	18:04.1	84			605
Dominic	Richardson	Norwich Road Runners	1:04:10	85	37:39	89	01:26:28.3	86			01:02:24	89	00:38:44	94	17:40.2	59	37:33	96							598
Michael	Eccles	Norfolk Gazelles AC					01:16:08.2	100			00:56:49	99			16:18.0	92	34:55	99			16:02.1	98	00:33:43.3	100	588
Chris	Harrison	Norwich Road Runners	1:04:46	83			01:25:10.9	88	2:26:05	84	01:01:02	95			40:54	87			19:59.3	53	00:39:25.2	89			579
Jordan	Isbill						01:35:07.4	60	2:27:57	82	01:07:39	79	00:43:01	85			41:41	83	0:34:37.1	77	18:57.6	66			532
Scott	Bruce	Lowestoft Road Runners	1:11:54	64	42:03	67	01:33:39.0	63	2:43:39	72	01:11:55	67			19:18.0	12	43:23	77	0:33:46.4	83	19:18.5	60	00:44:58.5	68	498
David	Roy	Wymondham AC			35:34	95							00:36:19	100	16:47.3	85			0:28:18.0	100	16:29.1	96			476
Chris	Parker	North Norfolk Beach Runners	1:03:07	89	36:42	93			2:16:22	92			00:37:43	97			38:23	94							465
Kieron	McFarlane	City Of Norwich AC			39:19	82					01:12:58	62	00:40:54	88	17:50.7	55			0:30:56.8	92	18:35.6	75			454
Sam	Barker	Wymondham AC	1:09:08	72	40:47	74			2:18:44	87			00:40:34	90	17:29.1	63					18:57.8	65			451
Rafal	Drygas		1:09:09	71	41:19	70	01:30:01.1	74			01:10:39	72			19:36.9	6	43:18	78					00:42:17.3	80	451
Martin	Farr	Lowestoft Road Runners	1:06:11	82			01:24:55.0	90			01:04:00	85			18:35.8	34	41:02	86			18:35.9	74			451
Aidan	Banfield	Wymondham AC			38:42	85							00:38:40	95	17:21.3	70	39:52	90					00:39:45.4	88	428
Robert	Organ		1:14:37	56	44:00	55	01:39:15.6	45	3:07:41	45	01:17:22	51	00:48:10	72	20:07.9	1	47:03	67	0:35:09.5	75	20:32.3	46	00:46:58.7	50	426
Ryan	Davidson	Bure Valley Harriers			57:12	97	34:14	98							15:44.3	96					16:35.3	95			386
Michal	Grucelski		1:15:10	54	44:07	54	01:36:20.4	57			01:10:48	70					43:01	80			29:42.9	1	00:44:54.9	69	385

#### MEN 40-44

Neil	Adams	North Norfolk Beach Runners			59:41	99	35:22	97		2:16:23	96	00:58:17	100	00:36:08	99	16:24.9	96	36:31	99			16:30.5	100	00:35:54.6	99	693
Marc	Coles	Norwich Road Runners	1:02:38	97	37:58	92	01:22:17.0	95	2:08:26	98	01:02:09	96	00:38:10	96	17:44.4	91	37:48	97	0:29:32.9	95	17:31.9	96	00:37:09.5	96	676	
Simon	Wright	Norwich Road Runners			59:32	100	35:44	96			01:02:23	95	00:37:41	97	17:26.8	93	38:46	94	0:29:20.6	96	17:27.9	97			675	
Simon	Cook	Lowestoft Road Runners			1:00:23	98			01:20:25.4	97			01:03:04	94	18:13.5	85	38:30	95	0:30:51.2	91	18:16.7	92			652	
Mark	Mardell	Norwich Road Runners	1:12:25	80	42:23	86					01:08:54	85	00:42:38	92	19:23.1	79	42:00	90	0:33:49.2	88	19:38.6	89	00:54:03.9	54	610	
Andrew	Thomas	Great Yarmouth Road Runners	1:12:46	77	43:39	83	01:36:22.0	76	2:40:59	80	01:14:31	79	00:44:25	89	20:11.3	75	44:20	86	0:34:01.2	87			00:43:18.3	87	594	
Matt	Pyatt	Dereham Runners & AC			34:23	98	01:16:51.2	98									35:24	100	0:28:16.0	99	16:41.8	99	00:36:08.3	98	592	
Trevor	Gannon	Norwich Road Runners			35:50	95	01:21:47.9	96			01:00:20	98			16:56.7	95			0:28:51.5	98			00:36:51.8	97	579	
Adrian	Leddy		1:12:31	79							01:12:20	81	00:44:50	88	20:49.2	68	44:44	85	0:35:34.2	83			00:46:12.5	76	560	
Marc	Evans	Norwich Road Runners			37:50	93							00:38:42	94	17:50.0	89	39:11	93	0:30:30.6	92	17:44.4	95			556	
James	Fowler	Norfolk Gazelles AC	1:04:53	93			01:25:34.5	92			01:03:30	92			17:57.7	87			0:30:00.1	93	17:50.1	94			551	
Stuart	Gollands		1:20:10	65	46:49	73	01:45:52.1	57			01:17:55	71					52:35	74			21:02.0	84	00:46:32.6	74	498	
Carl	White								2:10:42	97	01:01:24	97	00:37:31	98					0:29:11.5	97	17:24.9	98			487	
Liam	Swift				44:40	81	01:39:46.0	71			01:16:37	75	00:44:57	87	19:25.0	78					19:49.5	87			479	
Gav	Dent	North Norfolk Beach Runners	1:16:56	72	44:59	78	01:39:36.1	72			01:22:07	67			21:07.5	66							00:53:41.1	56	411	
James	Johnson	Norwich Road Runners			34:22	99	01:16:13.0	99			00:58:58	99					36:54	98							395	
Dominic	Blake	Reepham Runners			33:17	100	01:12:57.0	100	1:56:03	100									0:29:52.2	94					394	
Alastair	Leckie	Norwich Road Runners	1:03:32	95	37:11	94	01:26:40.2	91							18:04.2	86									366	
Paul	Smith	Norwich Road Runners	1:05:44	92	38:24	91					01:06:03	91			18:39.0	84									358	
James	Frary	Norfolk Gazelles AC	1:17:19	70			01:39:56.8	69			01:33:38	62	00:57:06	75	21:13.5	65									341	

#### MEN 45-49

Jan	Kaiser	City Of Norwich AC			59:21	99	35:12	100		2:05:51	99	00:58:03	100	00:35:55	100			35:17	100	0:28:10.5	100	16:59.8	100	00:36:35.8	100	700
Chris	Haylock	Lowestoft Road Runners			1:01:58	98	36:45	99			01:01:08	97	00:37:57	99	17:36.1	97	37:45	98	0:29:44.2	98	17:38.6	96	00:37:54.0	99	688	
Chris	Bullock	Norwich Road Runners	1:04:29	95	38:52	95	01:24:40.5	98			01:02:03	95	00:38:34	97	18:03.9	90	38:55	96	0:31:18.7	95	18:24.4	94	00:39:30.0	97	673	
Darren	Easter	Dereham Runners & AC	1:04:57	94	37:52	97					01:03:07	93	00:39:48	95	17:41.3	96	38:59	95	0:30:42.3	97	18:40.4	93			667	
Mark	Banfield	Wymondham AC			1:02:32	97					01:04:55	92	00:39:30	96	17:50.0	95	39:27	94	0:31:14.2	96	18:08.9	95	00:41:30.7	94	667	
Neil	Walpole	Norwich Road Runners	1:08:07	88	40:26	93	01:44:17.0	66			01:09:28	85			19:44.3	80	41:19	92	0:32:10.1	94	19:05.8	91			623	
Darren																										



