

TOP 20 RESULTS TO RACE 5

			VALENTINES 10K	WYMONDHAM 20	DEREHAM 10M	HOLT 10K	WROXHAM 5K	TOTAL TO RACE 5					
JUNIOR LADIES													
106	Georgia	Pegg		City of Norwich AC			00:18:19.7	100	100				
181	Georgia	Shirley		City of Norwich AC			00:19:41.5	99	99				
213	Millie	Adams		City of Norwich AC			00:20:09.4	98	98				
216	Lottie	Hood		City of Norwich AC			00:20:12.2	97	97				
223	Bronwen	Nelson		City of Norwich AC			00:20:18.4	96	96				
242	Esme	Jonas		North Norfolk Harriers Athletics Club			00:20:32.5	95	95				
288	Ava	Mears		North Norfolk Harriers AC			00:21:13.2	94	94				
289	Evie	Clayton		West Norfolk AC			00:21:14.4	93	93				
306	Evie	Hood		City of Norwich AC			00:21:25.6	92	92				
322	Lexie	Heather		City of Norwich AC			00:21:37.5	91	91				
391	Eloise	Etridge		North Norfolk Harriers Athletics Club			00:22:37.7	90	90				
401	Olivia	Allen		North Norfolk Harriers AC			00:22:45.4	89	89				
603	Ella	Halkyard		Coltishall Jaguars RC			00:27:47.6	88	88				
618	Lucy	Thompson					00:28:59.4	87	87				
686	Chloe	Green		Great Yarmouth Road Runners			00:32:59.1	86	86				
SENIOR LADIES													
237	Katie	McElroy	00:45:48.7	84	01:11:35.5	96	00:43:34.7	97	00:20:24.4	89	366		
247	Kathryn	Heaney	00:46:14.0	81	01:16:49.6	92	00:46:05.4	92	00:22:05.7	77	342		
396	Kat	Todd	00:51:16.9	65	01:23:17.2	86	00:50:34.4	83	00:23:27.1	67	301		
140	Becky	Willett	00:42:18.2	91	01:10:57.0	97			00:21:25.2	83	271		
216	Robyn	Macrae			01:22:58.3	87	00:46:01.9	93	00:21:15.8	84	264		
330	Stephanie	Laurence	00:48:42.3	72			00:45:50.6	94	00:21:36.2	81	247		
31	Alicia	Lacey	00:36:43.5	100					00:18:00.4	97	197		
103	Lacey	Bareham	00:40:38.2	96	01:02:55.0	99					195		
109	Dawn	Robinson	00:41:13.0	93	01:09:23.0	98					191		
110	Ellie	Gaskins	00:41:11.0	94					00:19:06.4	94	188		
102	Claire	Kent	00:40:38.5	95					00:19:15.2	92	187		
101	Jessica	Behan			01:12:01.7	95			00:20:42.7	87	182		
232	Katie	Howlett	00:44:56.8	87	01:12:01.9	94					181		
144	Joanne	Watkins	00:42:25.8	90					00:20:16.0	90	180		
244	Tara	Betts	00:45:29.3	85	01:15:17.1	93					178		
193	Daisy	Mattless			01:20:14.6	88			00:21:03.2	85	173		
150	Harriet	Brooke			03:24:44.10	90	01:30:38.2	81			171		
284	Rosie	Eales	00:47:23.8	76			00:45:15.7	95			171		
177	Cora	O'Mahony					00:49:06.6	89	00:21:56.7	79	168		
174	Sinead	Rogan					00:48:51.4	90	00:22:45.7	72	162		
LADIES: 40 - 44													
159	Louise	McDonnell	00:43:07.5	94	02:24:02.8	99	01:07:23.8	98	00:41:09.9	99	00:19:34.4	99	489
79	Juliette	Watkinson	00:39:15.1	99			01:04:05.5	100	00:39:02.7	100	00:18:25.9	100	399
290	Claire	Woodcroft	00:47:28.0	85			01:24:02.6	87	00:47:36.4	92	00:21:40.0	93	357

112	Alison	Armstrong	Wymondham AC	00:41:15.4	97	01:10:31.4	96	00:19:46.5	97	290		
169	Kate	Gooding	Wymondham AC	00:43:33.3	93		00:45:19.4	97	00:20:55.5	95	285	
178	Louise	Paterson	Bure Valley Harriers	00:43:47.0	92		00:47:28.2	93	00:20:38.5	96	281	
137	Faith	Pearce	Norfolk Gazelles AC			01:15:57.9	91	00:47:17.1	94	00:21:59.7	90	275
268	Lisa	Greengrass	Wymondham AC	00:46:52.1	90			00:46:06.4	95	00:23:12.2	81	266
690	Emma	Bishop	Runsters	01:06:11.4	43	01:51:13.4	68	01:05:37.0	78	00:30:35.1	64	253
378	Kareana	Symonds	Dereham Runners AC	00:50:21.3	78			00:49:15.1	91	00:22:44.5	83	252
441	Suzanne	Winter	Team Dunerunner	00:52:46.7	69			00:52:16.6	88	00:25:58.4	72	229
657	Kitty	Rosser	Tri-Anglia TC	01:02:52.2	50	01:40:11.4	75	00:57:35.6	83			208
24	Charlotte	Rose	North Norfolk Beach Runners	00:36:26.5	100	02:07:02.1	100					200
81	Katherine	Trehane	Norfolk Gazelles AC					01:09:27.2	97	00:45:56.6	96	193
107	Kirsty	Butters	Ryston Runners			01:12:20.2			95	00:21:17.4	94	189
274	Natalie	Drake	North Norfolk Beach Runners	00:47:00.3	88			00:45:11.9	98			186
135	Ness	Dent	North Norfolk Beach Runners			01:15:30.3			93	00:22:06.1	88	181
180	Julie	Williamson	Ryston Runners			01:19:19.4			90	00:21:59.7	91	181
152	Camilla	Darling	Waveney Valley AC		03:26:33.3	94	01:28:52.2		84			178
94	Helen	Terry	Norfolk Gazelles AC		02:53:30.1	98	01:35:10.2		79			177

LADIES: 45 - 49

472	Jennifer	Gould		00:53:41.0	82	03:18:15.8	92	01:32:09.4	82	00:54:05.3	93	00:24:59.9	88	437
107	Chantelle	Holmes	Norwich Road Runners			02:57:33.7	97	01:17:48.4	97	00:46:04.4	98	00:22:37.9	93	385
401	Katherine	Garwood	Bure Valley Harriers	00:51:10.0	88	03:15:04.7	94			00:52:33.6	94	00:25:23.7	86	362
228	Joanna	Killingworth	Norwich Road Runners	00:45:20.5	96			01:14:54.4	99	00:44:48.2	100			295
210	Tara	Adams		00:44:56.0	98			01:17:21.4	98			00:22:37.1	94	290
352	Sonja	White	Coltishall Jaguars RC	00:49:17.7	91			01:21:03.1	92	00:48:25.4	97			280
414	Andrea	Bell	Norwich Road Runners	00:51:44.7	87					00:52:26.6	95	00:23:44.9	91	273
299	Wendy	Burgess	Wymondham AC					01:34:08.2	79	00:54:51.3	92	00:26:49.4	79	250
662	Tracy	Walker	Lonely Goats RC	01:02:49.2	63			01:37:04.7	76	00:56:21.6	89			228
172	Stacey	Harper	Norwich Road Runners	00:43:41.8	99							00:20:36.7	100	199
128	Sarah	Norman	Waveney Valley AC					01:14:48.7	100			00:21:52.2	97	197
223	Nicola	Hill	Norwich Road Runners	00:45:12.7	97							00:21:59.7	96	193
92	Amelia	Whiting	Norfolk Gazelles AC			02:53:30.0	100					00:23:08.1	92	192
353	Elaine	Lumley	Ryston Runners AC	00:49:42.3	90			01:18:45.8	96					186
176	Cassie	Barker	Wymondham AC					01:18:58.4	95			00:23:47.7	90	185
129	Joanna	Godwin	Wymondham AC			03:10:58.8	96					00:25:33.2	85	181
338	Angela	Perkins		00:49:06.2	92			01:22:57.5	89					181
439	Deborah	Last	Dereham Runners AC	00:52:39.4	84							00:24:48.2	89	173
529	Clare	Symms	Lonely Goats RC	00:56:05.5	77	03:15:03.8	95							172
425	Katie	Whitmore	Wymondham AC	00:52:32.8	86			01:28:41.0	85					171

LADIES: 50 - 54

436	Emily	Jordan	Bure Valley Harriers	00:52:46.2	85			01:26:37.3	95	00:52:58.3	96	00:25:32.9	91	367
165	Maria	Lewis		00:43:10.0	100			01:10:33.5	100			00:21:12.5	99	299
39	Lesley	Robins	Ryston Runners			02:28:55.3	100	01:10:45.7	99			00:21:20.6	98	297
192	Theresa	Flint	Norwich Road Runners	00:44:20.2	98					00:44:42.8	100	00:21:39.0	97	295
281	Debbie	Powles	Norfolk Gazelles					01:30:34.9	91	00:53:04.4	95	00:26:06.9	87	273
437	Hayley	Gerrard	Lonely Goats RC	00:52:23.0	86			01:34:32.7	86			00:25:29.2	94	266
502	Julie	Winner	Wymondham AC	00:55:18.7	80			01:31:17.8	90	00:53:31.1	94			264
579	Clare	Daly		00:58:25.0	74					01:00:00.4	88	00:27:38.2	80	242
360	Tracey	Goodrum	Norfolk Gazelles AC					01:45:00.4	75	01:03:23.5	85	00:27:29.1	81	241
618	Susan	Bond	Great Yarmouth Road Runners	01:00:17.7	70			01:42:07.5	78	01:01:32.0	87			235
631	Melanie	Elliott	Reepham Runners	01:01:19.2	67					01:03:57.2	84	00:31:06.8	70	221
164	Sharon	Hurren	Wymondham AC	00:43:17.8	99							00:20:41.3	100	199
311	Pauline	Drewery	Ryston Runners AC	00:48:22.5	94			01:20:05.1	98					192
372	Sam	Barry	Wymondham AC	00:50:22.8	92			01:25:57.8	96					188
275	Rachel	Dawson	Runners-next-the-Sea							00:55:11.8	92	00:25:27.5	95	187
277	Steph	Ellis								00:55:35.1	91	00:25:32.0	92	183
433	Emma	Jordan	Coltishall Jaguars RC	00:52:17.2	87	03:05:44.4	95							182
290	Fiona	Williams	Great Yarmouth Road Runners					01:33:06.5	88	00:53:40.6	93			181

279 Liz	Clues	Tri-Anglia Triathlon Club					00:55:38.8	90	00:25:37.2	90	180		
322 Lynette	Nash			01:38:18.2	84				00:27:11.7	83	167		
LADIES: 55 -59													
280 Angela	Ransome	Lonely Goats RC	00:47:24.0	99	02:54:32.0	98	01:16:34.10	99	00:46:51.6	99	00:21:54.7	99	494
63 Louise	Hurr	Norfolk Gazelles AC			02:44:05.3	100	01:16:17.1	100	00:45:50.2	100	00:20:59.2	100	400
490 Philippa	Rudd	Tri-Anglia TC	00:54:54.5	90			01:28:20.0	93	00:54:33.1	96	00:25:44.1	91	370
458 Ruth	Gainsford	Coltishall Jaguars RC	00:53:00.7	92					00:50:47.1	98	00:23:30.9	95	285
582 Libby	Woodhouse	Runners-next-the-Sea	00:58:14.0	87					00:58:25.3	91	00:27:56.4	88	266
649 Sally	Porter	Bure Valley Harriers	01:02:13.2	83					01:01:49.0	89	00:29:11.9	86	258
737 Marina	Murdoch	Wymondham AC	01:13:56.9	74					01:05:24.7	87	00:30:15.1	83	244
145 Sandra	Roberts						01:16:46.6	98			00:22:08.2	98	196
345 Linda	Marshall	Ryston Runners AC	00:49:25.0	97			01:19:36.1	96					193
480 Sarah	Bradley	Norwich Road Runners	00:54:18.7	91					00:53:01.6	97			188
167 Rachel	Chester	Wymondham AC			03:43:08.7	94			00:57:24.8	93			187
509 Julie	Price	City of Norwich AC	00:55:03.0	89							00:25:04.7	92	181
646 Amanda	Poor		01:01:38.4	85			01:44:30.9	90					175
660 Joanne	Orford	Bungay Black Dog RC	01:03:06.9	81			01:43:55.4	91					172
704 Jo	Silver		01:08:01.0	77			01:29:47.0	92					169
739 Lisa	Rodgers	Wymondham AC	01:14:14.6	73			02:05:01.4	87					160
748 Angie	Barker	Runners-next-the-Sea	01:18:37.4	72					01:18:06.6	81			153
269 Joanne	Jackson	Wymondham AC	00:46:45.7	100									100
82 Ruth	Gaunt	Norwich Road Runners			02:48:47.5	99							99
335 Niki	Park	Norwich Road Runners	00:49:04.0	98									98
LADIES: 60 - 64													
593 Amanda	Baker		00:59:14.9	91	03:36:44.6	96	01:41:08.4	96	01:00:22.5	90	00:29:20.1	94	467
104 Anna	Coulborn	Great Yarmouth Road Runners			02:56:04.6	100	01:19:50.6	100	00:48:06.4	100	00:23:24.1	99	399
504 Jenny	Mayne	City of Norwich AC	00:55:18.5	95			01:29:21.7	98	00:52:33.8	96	00:25:48.2	97	386
321 Alison	Stewart	Norwich Road Runners	00:48:44.0	99			01:27:35.0	99	00:50:03.6	98			296
339 Jane	Yardy	Norwich Road Runners	00:48:54.7	98					00:49:28.6	99	00:23:40.7	98	295
484 Bobbie	Sauerzapf	Bungay Black Dog RC	00:53:49.9	97	03:07:52.2	98			00:53:57.4	95			290
500 Sue	Beavis	Reepham Runners	00:55:14.0	96					00:54:28.1	93			189
602 Jan	Totterdale	Dereham Runners AC	00:59:39.1	89					00:59:02.0	91			180
727 Vivienne	Taylor	Stratton Striders	01:11:54.4	86							00:32:29.6	91	177
238 Claire	Brown	Wymondham AC	00:45:49.0	100									100
350 Jane	Clarke	City of Norwich AC									00:21:57.4	100	100
111 Judy	Crooks	Norwich Road Runners			02:58:20.5	99							99
275 Susan	Guest	Wymondham AC					01:30:01.0	97					97
229 Isabelle	Pound	Sheffield Tri Club							00:52:08.4	97			97
151 Wendy	Smith	Norwich Road Runners			03:24:48.7	97							97
539 Gail	Hardingham	Bure Valley Harriers									00:26:05.6	96	96
590 Patsy	Bradley	Wymondham AC									00:27:26.8	95	95
377 Linda	Pepper	RMR CRC					01:49:29.6	95					95
265 Julie	Fisher	Runners-next-the-Sea							00:54:26.4	94			94
501 Nicola	Pickering		00:55:21.3	94									94
LADIES: 65 - 69													
364 Linda	Cusack	Thetford AC	00:49:56.0	100			01:26:25.5	100	00:51:04.4	99	00:24:26.4	99	398
448 Rosemary	Jackson	Coltishall Jaguars RC	00:52:44.0	99					00:51:07.6	98	00:25:03.4	98	295
319 Susan	Moore	Norfolk Gazelles AC					01:37:47.10	98	00:57:42.3	94	00:27:05.7	97	289
717 Elaine	Haggarty	Great Yarmouth & District AC	01:09:16.4	92					01:08:32.2	90	00:33:47.1	95	277
178 Anne	Ellen	Norfolk Gazelles AC							00:49:11.3	100	00:23:58.7	100	200
385 Clare	Hodges	Great Yarmouth Road Runners					01:54:19.8	95			00:32:52.6	96	191
292 Lynne	Howlett	Lynnsport Ladybirds /Kings Lynn Triathlon Club					01:33:11.7	99					99
617 Alexandra	Ruffer	The Stragglers RC	01:00:27.5	98									98
652 Jayne	Capps-Jenner	Bungay Black Dog RC	01:01:59.5	97									97
234 Jane	Freeman								00:52:26.1	97			97
344 Sarah	Partridge	Ryston Runners					01:41:58.9	97					97

650	Bridie Lewis	Norwich Social Joggers	01:02:02.9	96							96
366	Heather Pocklington					01:45:59.4	96				96
263	Elaine Savvas	Lonely Goat RC						00:54:01.3	96		96
268	Elaine Hudson	Norfolk Gazelles AC						00:54:30.3	95		95
693	Susan Potter		01:06:00.2	95							95
698	Nicky Ginger	Lonely Goats RC	01:07:06.2	94							94
309	Anne Sinclair							00:58:14.5	93		93
711	Sheila Smith		01:07:49.9	93							93
369	Ceridwen Howell	Runners-next-the-Sea						01:07:19.7	92		92

LADIES: 70+

449	Jane Ashby	Ryston Runners AC	00:53:13.5	99	01:29:03.8	100	00:53:28.1	100	00:25:36.2	100	399
549	Christine Williams	Wymondham AC	00:57:35.0	98	01:40:05.7	98	00:58:47.5	99	00:26:53.4	99	394
620	Eva Osborne	Wymondham AC	01:00:30.2	97	01:41:11.4	97			00:29:48.4	98	292
712	Elizabeth Letzer	North Norfolk Beach Runners	01:08:22.9	95			01:06:32.4	97	00:30:16.1	96	288
638	Cindy Burgess	Wymondham AC	01:01:24.7	96					00:30:05.1	97	193
435	Pauline Sparrow	Ryston Runners AC	00:52:55.8	100							100
314	Catherine Cook				01:36:41.5	99					99
319	Gill Woodhouse	Dereham Runners & AC					00:59:02.5	98			98
380	Jennifer Burfoot	Norfolk Gazelles AC					01:09:21.7	96			96
396	Diane Gooch	Waveney Valley AC			02:33:46.8	96					96
662	Jacquie Wood	Dereham Runners & AC							00:31:16.4	95	95
689	Judy Potter	Beccles & Bungay Harriers							00:33:12.9	94	94
712	Pat Brightman	Great Yarmouth & District AC							00:38:25.5	93	93

JUNIOR MEN

303	Jacob Last	Dereham Runners AC	00:47:36.3	98					00:21:16.5	75	173
38	Owen Hopgood	Ryston Runners AC	00:37:03.2	100							100
24	Harry Smith	City of Norwich AC							00:16:34.4	100	100
31	Matthew Lightfoot	Bungay Black Dog RC							00:16:51.5	99	99
123	Thomas Whiting	City of Norwich AC	00:41:50.5	99							99
34	Daniel Conway	Norwich School							00:16:52.5	98	98
35	Samuel Yellop	City of Norwich AC							00:16:57.2	97	97
42	William Browne	Waveney Valley AC							00:17:00.4	96	96
48	Zachary Dunne	City of Norwich AC							00:17:08.5	95	95
54	Max Parsley	North Norfolk Harriers AC							00:17:18.5	94	94
60	Owen Hopgood	Ryston Runners							00:17:24.4	93	93
69	Jedd Atkinson	Unaffiliated							00:17:33.4	92	92
79	Jake Dorbin	Thetford AC							00:17:50.5	91	91
94	Michael Swindells	Bure Valley Harriers							00:18:10.5	90	90
103	Matthew Benson	City of Norwich AC							00:18:16.2	89	89
112	Henry Ashton	City of Norwich AC							00:18:21.2	88	88
127	Dominic Clues	Tri-Anglia Triathlon Club							00:18:46.9	87	87
132	Cameron Wedon	Great Yarmouth & District AC							00:18:52.5	86	86
140	Toby Scott	Great Yarmouth & District AC							00:19:03.2	85	85
158	Reuben Houghton								00:19:17.0	84	84

SENIOR MEN

39	Aaron Wright		00:37:10.7	80	02:08:55.5	96	01:00:18.6	93	00:37:06.7	96	00:17:14.2	72	437
25	Jack Stuttle	Coltishall Jaguars RC	00:36:26.2	90	02:13:40.4	93	00:58:04.2	99			00:16:12.3	86	368
37	Rob Poor		00:37:09.2	81	02:10:09.4	95	00:59:39.7	94			00:17:35.4	63	333
69	Matt Webster	Wymondham AC	00:38:51.4	67	02:25:04.9	86	01:03:45.2	88			00:17:22.5	69	310
54	Jason Cooper	Ryston Runners AC	00:37:57.2	74			01:04:18.2	86	00:38:35.8	90	00:18:18.7	46	296
119	David Gibbs-Kneller	Norfolk Gazelles AC			03:03:36.0	70	01:04:46.5	85	00:39:28.2	89	00:18:20.0	43	287
19	Nick Marriage	Fulham Running Club/CONAC	00:36:06.7	91	02:07:48.9	99	00:59:11.4	95					285
11	Cameron Messenger	Wymondham AC	00:35:15.0	93	02:03:18.5	100					00:16:34.2	83	276
99	Tom Jordan	Bure Valley Harriers	00:40:29.0	55			01:04:48.3	84	00:39:32.1	88	00:19:01.5	33	260

27	Christopher	Coates	Aylsham Runners	00:36:31.4	89		00:37:32.5	95	00:17:30.9	65	249		
67	Michael	Wilkinson		00:38:47.6	68		00:38:16.8	94	00:17:57.7	54	216		
38	Tom	Newman	City Of Norwich AC			02:28:34.5	84 01:05:53.5	82	00:18:19.2	45	211		
74	Matt	Sanders	City of Norwich AC	00:39:03.2	65				00:38:30.5	91	00:18:14.5	47	203
1	Logan	Smith	City of Norwich AC						00:31:12.3	100	00:14:47.5	100	200
10	Alex	Belsom				02:07:55.1	98 00:59:00.2	96					194
11	Alistair	Belsom				02:07:54.8	97 00:59:00.0	97					194
6	Jack	Mollicone	City of Norwich AC	00:33:49.8	96				00:15:36.3	93			189
46	Oliver	Foxwell	Ryston Runners AC	00:37:39.7	79		01:05:04.5	83	00:19:27.2	24			186
41	Pieter	MacKeith	Tri-Anglia Triathlon Club				01:03:24.7	89	00:38:22.7	92			181
30	Paul	Keaney		00:36:39.0	87		01:02:43.0	91					178
MEN: 40 - 44													
111	Stephen	Lee	Reepham Runners	00:41:16.8	77	02:33:51.5	90 01:07:27.0	85	00:40:38.9	86	00:19:37.5	76	414
4	Michael	Eccles	Bure Valley Harriers	00:32:41.6	100	01:50:11.0	100 00:53:10.2	100			00:15:22.2	100	400
9	John	Hudson	Norwich Road Runners	00:34:35.2	98		00:57:01.3	98	00:35:02.2	100	00:16:18.8	99	395
17	Simon	Cook	Lowestoft Road Runners			02:14:07.4	95 00:57:53.1	97	00:36:09.7	98	00:16:58.2	93	383
30	Alastair	Leckie	Norwich Road Runners			02:21:25.1	92 01:03:08.5	90	00:39:42.5	91	00:18:12.2	89	362
14	John	Hopgood	Ryston Runners AC	00:35:30.5	97		00:58:44.2	95			00:16:30.7	98	290
22	Nico	Drinkwater	Norfolk Gazelles AC				00:59:23.0	93	00:35:33.7	99	00:16:45.0	96	288
16	Matthew	Thrower	Ryston Runners AC	00:35:44.7	94		00:58:22.6	96			00:16:41.9	97	287
15	Daniel	Guppy	Ryston Runners AC	00:35:42.5	95		00:58:57.8	94			00:16:45.2	95	284
8	Neil	Shorten	North Norfolk Beach Runners			02:07:31.8	96		00:36:39.0	97	00:17:27.7	91	284
203	Adrian	Leddy		00:44:36.8	69		01:17:21.1	73	00:44:52.7	79	00:21:14.9	61	282
42	Steven	Bacon	North Norfolk Beach Runners	00:37:14.0	89		01:00:50.9	92			00:16:47.9	94	275
85	Pete	Ward	City of Norwich AC	00:39:31.0	82	02:18:56.5	93		00:38:29.2	93			268
49	Gav	Dent	North Norfolk Beach Runners	00:37:49.2	88		01:02:48.5	91			00:18:33.7	87	266
142	Lee	Allen	Lonely Goats RC	00:41:59.7	74				00:42:24.7	84	00:19:12.4	80	238
279	Paul	Jones	Wymondham AC	00:47:14.8	55				00:44:43.4	80	00:20:34.5	70	205
3	Mark	Hayward	Newmarket Joggers			01:56:57.8	99 00:55:48.0	99					198
13	James	Johnson	Norwich Road Runners	00:35:37.0	96	01:59:13.1	98						194
18	Daniel	Smith	Coltishall Jaguars RC	00:36:02.7	92				00:37:14.0	96			188
251	Ben	Kendall	Norwich Road Runners	00:46:17.0	58				00:48:34.6	74	00:21:58.2	54	186
MEN: 45 - 49													
40	Mark	Banfield	Wymondham AC	00:37:11.5	97	02:11:26.4	99 01:04:52.0	92	00:38:22.4	95	00:18:09.6	91	474
157	Andrew	Thomas	Great Yarmouth Road Runners	00:42:35.2	86	02:34:23.1	92 01:10:56.2	85	00:43:25.9	89	00:20:05.7	78	430
163	Dick	Cheung	Alf Tupper Harriers	00:43:08.7	83		01:10:39.1	87	00:42:31.2	92	00:20:30.9	75	337
166	Alan	Diaper	Great Yarmouth Road Runners	00:42:59.5	84	02:35:10.8	91		00:45:23.9	83	00:20:14.7	77	335
182	Jack	Cheung	Alf Tupper Harriers	00:43:51.0	79		01:12:26.7	84	00:43:44.2	88	00:20:31.7	74	325
167	Jason	Corner	Coltishall Jaguars RC	00:43:22.4	82	02:37:12.0	89 01:12:35.6	83			00:21:50.2	66	320
3	Neil	Adams	North Norfolk Beach Runners				00:55:55.8	100	00:34:19.7	100	00:15:53.7	100	300
22	Marc	Coles	Norwich Road Runners	00:36:20.2	99		01:00:02.9	97	00:36:53.7	98			294
18	Trevor	Gannon	Norwich Road Runners				00:59:01.2	99	00:35:40.7	99	00:17:19.9	94	292
325	Philip	Websdale	Dereham Runners AC	00:48:29.0	67	03:12:37.1	82		00:47:54.9	80	00:21:53.9	63	292
21	Chris	Bullock	Norwich Road Runners				00:59:22.5	98	00:36:54.2	97	00:17:16.2	95	290
37	Lee	Wilson				02:27:30.3	95 01:05:11.7	91			00:18:26.2	90	276
139	Anton	Perkins		00:42:11.0	87	02:32:39.2	93 01:07:36.5	89					269
121	John	Fagan	North Norfolk Beach Runners	00:41:41.5	89	02:19:27.6	96				00:19:29.2	82	267
62	Kevin	Wright	Wymondham AC	00:38:25.2	96		01:03:28.4	94			00:20:38.0	72	262
206	Anthony	Cude	Runners-next-the-Sea	00:44:34.2	75				00:42:52.7	90	00:19:04.4	85	250
358	Andrew	Charge	Waveney Valley AC	00:49:31.0	65	03:22:03.0	80				00:22:41.9	56	201
21	Jan	Kaiser	City of Norwich AC	00:36:14.0	100						00:17:10.4	97	197
23	Simon	Bales	Bure Valley Harriers	00:36:26.9	98						00:17:12.9	96	194
415	David	Bell	Norwich Road Runners	00:51:45.5	62				00:52:28.1	77	00:22:47.9	55	194
MEN: 50 - 54													
20	Adam	Baker	Orion Harriers	00:36:08.7	100	02:21:55.9	98 00:57:41.0	100	00:35:42.2	100	00:16:59.0	100	498
96	Jason	Mattless	Dereham Runners AC	00:40:19.0	89		01:07:14.2	90	00:40:29.2	98	00:18:53.5	90	367

204 Karl	Coulson	Great Yarmouth Road Runners	00:44:16.5	77	02:44:14.2	91	00:44:28.2	92	00:20:54.4	74	334	
216 Cathal	Daly	City of Norwich AC	00:44:52.0	75		01:12:51.2	85	00:44:23.1	93	00:20:23.6	79	332
264 Mark	Stone	Great Yarmouth Road Runners	00:46:30.3	68	02:46:47.2	88	00:47:58.6	82	00:21:19.0	70	308	
33 Chris	Haylock	Lowestoft Road Runners	00:36:46.4	99		01:02:10.7	97	00:37:40.2	99		295	
235 Mark	Townsend	Norwich Road Runners	00:45:39.4	72		01:21:48.9	71	00:47:13.1	83	00:22:47.0	61	287
68 Darren	Easter	Ryston Runners AC	00:38:46.5	94		01:03:21.0	95			00:17:55.9	96	285
66 Neil	Stapleton	West Norfolk AC	00:38:37.5	95		01:04:26.1	93			00:18:10.5	94	282
29 Jason	Brunt	Norfolk Gazelles AC			02:20:51.5	99		00:41:51.2	95	00:20:19.6	80	274
190 Mark	Philo	Tri-Anglia TC	00:43:48.3	79		01:18:00.9	80	00:44:43.9	90			249
170 Matthew	Jones	City of Norwich AC	00:43:22.8	82		01:14:02.4	84			00:20:57.6	73	239
249 Julian	Smith	Coltishall Jaguars RC	00:45:55.7	70				00:44:52.4	89	00:21:16.7	71	230
231 Jason	Hawes	Ryston Runners AC	00:45:29.2	73		01:21:00.3	74	00:48:18.6	79			226
348 Mark	Crookes	Bure Valley Harriers	00:49:09.0	56				00:46:41.9	85	00:21:30.2	69	210
26 Shaun	Mann	City of Norwich AC				01:00:30.2	98			00:17:00.2	99	197
50 Martin	Sheldrick	Ryston Runners AC	00:37:51.5	97		01:02:41.1	96					193
51 Sean	Thompson	Wymondham AC	00:37:55.2	96						00:17:42.4	97	193
301 Stewart	Life	TriHarman Norfolk Tri Club	00:48:05.3	63				00:48:45.9	78	00:25:32.8	51	192
28 Jon	Shorten				02:19:56.6	100				00:19:32.0	88	188

MEN: 55 - 59

84 Mark	Clues	Tri-Anglia TC	00:39:36.2	100		01:03:49.4	97	00:38:45.5	99	00:18:27.7	99	395	
98 James	Bool	Great Yarmouth Road Runners			02:54:16.9	93	01:13:32.9	92	00:42:46.2	95	00:19:58.4	92	372
114 William	Howard	North Norfolk Beach Runners	00:41:21.5	98				00:41:34.2	97	00:19:30.7	95	290	
176 Wayne	Ramsbottom	Dereham Runners AC	00:43:17.7	92	02:29:41.0	99				00:20:48.0	86	277	
263 Chris	Chorley	Bungay Black Dog RC	00:45:31.7	85	02:46:46.9	96		00:45:06.9	92			273	
93 Lee	Oxbury	Norfolk Gazelles AC			02:53:29.3	95	01:12:31.9	93	00:53:00.3	71		259	
576 Rob	Bailey	Great Yarmouth Road Runners	00:58:02.2	54		01:41:50.9	74	00:57:24.3	67	00:27:23.8	63	258	
205 Keith	Brighty	Coltishall Jaguars RC	00:44:45.5	87				00:46:24.9	88	00:23:31.2	72	247	
313 Richard	Bracey	Norwich Road Runners	00:48:19.7	80		01:19:15.9	86			00:22:25.0	74	240	
327 Paul	Smithson		00:48:23.5	79				00:48:21.1	85	00:22:28.7	73	237	
390 Christopher	Gay	Great Yarmouth & District AC	00:50:18.2	71				00:50:34.1	80	00:24:49.4	67	218	
14 Christopher	Hollinshead	Cannock & Stafford AC				00:58:51.7	99	00:35:50.7	100			199	
43 Steven	Elvin							00:40:32.4	98	00:19:13.7	96	194	
151 Mark	Garrett	Norwich Road Runners	00:42:49.5	95						00:19:01.9	98	193	
91 Jonathan	Cordle	Norwich Road Runners	00:39:53.2	99						00:19:50.6	93	192	
89 Tony	Beales	Wymondham AC						00:44:32.9	93	00:20:35.4	87	180	
168 Paul	Price	City of Norwich AC	00:43:19.2	91						00:20:29.5	89	180	
79 Robbie	Starling	Wymondham AC						00:43:54.2	94	00:20:57.7	85	179	
183 Andy	Palmer	Norwich Road Runners	00:43:48.8	90						00:20:33.7	88	178	
615 Paul	Elliott		00:59:30.7	50				00:57:58.0	65	00:28:40.1	61	176	

MEN: 60 - 64

135 Stephen	Dixon	Wymondham AC	00:42:17.2	97		01:08:18.0	97	00:41:46.2	97	00:20:01.5	95	386
127 Shaun	Conway		00:42:06.0	100	02:32:23.5	100	01:13:40.9	92	00:44:02.9	93		385
275 Guy	Shearwood	Tri-Anglia TC	00:46:55.3	91		01:25:13.8	84	00:49:32.6	81	00:22:42.7	87	343
30 John	Moore	Norfolk Gazelles AC				01:01:58.2	100	00:38:13.2	100	00:17:31.0	100	300
155 David	Crotch	Norwich Road Runners	00:42:57.3	95		01:07:38.0	99	00:41:11.7	99			293
131 Mark	Griffin	Pilch	00:42:14.2	98		01:10:22.0	95	00:43:01.9	96			289
116 Chris	Moore	Norfolk Gazelles AC				01:13:20.9	93	00:43:56.2	94	00:21:08.7	93	280
296 John	Birch	North Norfolk Beach Runners	00:47:34.0	89				00:48:11.4	84	00:22:54.5	86	259
318 Paul	Woodhouse	Runners-next-the-Sea	00:47:47.5	88				00:48:43.1	83	00:23:19.9	85	256
616 Stephen	Brown	Great Yarmouth Road Runners	01:00:13.7	75				00:47:47.6	87	00:23:45.4	82	244
410 Dougie	Barber	Coltishall Jaguars RC	00:51:25.2	79				00:51:30.1	78	00:32:06.0	69	226
50 Yitzhak	Ben-aroya	Wymondham AC						00:41:16.2	98	00:19:41.7	97	195
77 Rod	Bye	Coltishall Jaguars RC				01:09:07.2	96			00:19:09.7	99	195
105 Roly	Cook	Norwich Road Runners						00:44:59.2	92	00:21:30.7	91	183
255 Andy	Rowles	Dereham Runners AC	00:46:29.2	92				00:46:45.6	91			183
239 Ian	Hawkes	Waveney Valley AC	00:45:42.0	93						00:22:14.7	88	181
308 Warren	Newell	Lonely Goats RC	00:47:34.0	90				00:47:25.3	88			178

340	John	Wilson		00:48:14.0	85				00:21:27.7	92	177			
346	Keith	Blake	Wymondham AC	00:49:32.2	82				00:21:30.9	90	172			
314	Carl	Manning	Ryston Runners AC	00:48:31.1	84	01:19:23.4	88				172			
MEN: 65 - 69														
180	Glen	Nelson		00:43:47.5	100	01:18:06.9	97	00:45:10.9	98	00:21:42.1	96	391		
108	Andrew	Hammond	Norfolk Gazelles AC		02:57:36.2	99	01:20:25.6	94	00:47:15.8	96	00:21:44.7	95	384	
78	Phil	Hurr	Bure Valley Harriers				01:09:10.0	100	00:41:09.3	100	00:19:56.2	100	300	
82	Tobias	Arnup	Norfolk Gazelles AC				01:09:47.7	99	00:43:21.6	99	00:19:58.5	99	297	
462	Paul	Richardson	Dereham Runners AC	00:53:19.2	92				00:50:18.6	94	00:23:48.9	93	279	
213	Martin	Howard	Norwich Road Runners	00:44:49.3	99					00:20:54.5	97	196		
259	Kevin	Howlett	Ryston Runners AC	00:46:27.2	98	01:18:44.4	95					193		
426	Stephen	Higgs	Lonely Goats RC	00:51:54.5	95			00:49:50.6	95			190		
256	Andrew	Lane	Wymondham AC	00:46:29.0	97			00:51:11.6	93			190		
451	Denis	Tuttle	Lonely Goats RC	00:53:19.5	91	01:29:34.3	93					184		
621	Martin	Blackburn	Ryston Runners AC	01:00:05.5	86			00:53:17.6	92			178		
634	Stephen	Taylor	Bungay Black Dog RC	01:00:46.4	85			01:01:14.5	89			174		
73	Stephen	Dunnnett	Framlingham Flyers		02:45:46.3	100						100		
239	Pete	Johnson	Ryston Runners							00:20:30.7	98	98		
139	David	Mower	Waveney Valley AC			01:16:15.6	98					98		
130	Peter	Thompson	Norfolk Gazelles AC					00:46:16.9	97			97		
168	Paul	Evans				01:18:16.4	96					96		
287	Leslie	Slater		00:47:10.8	96							96		
422	Mon	Lee	Ipswich Jaffa RC							00:23:15.6	94	94		
427	Stephen	Pulfer	Bungay Black Dog RC	00:51:58.5	94							94		
MEN: 70+														
273	Graham	Walsh	Wymondham AC	00:47:20.5	99	02:45:55.2	100	01:16:34.4	99	00:47:03.6	99	00:24:04.0	97	494
194	Stephen	Dady	Wymondham AC	00:44:16.0	100			01:12:45.9	100	00:44:53.6	100	00:21:35.2	100	400
398	David	Aldis	City of Norwich AC	00:51:16.0	96			01:25:39.3	97	00:49:59.1	97	00:23:38.9	98	388
293	Malcolm	Senior	Kimberworth Striders Running Club	00:47:26.3	98			01:17:29.1	98					196
476	Neil	Anderton	Dereham Runners AC	00:54:05.5	93						00:25:47.4	96	189	
303	Peter	Dearnley	Norfolk Gazelles AC					01:34:36.2	94			00:27:30.4	95	189
446	Chris	Groves	Tri-Anglia TC	00:52:53.2	94			01:30:22.5	95					189
528	Graham	Cox	Bure Valley Harriers	00:55:30.9	92					00:52:56.1	96			188
326	David	Field	Norwich Road Runners					01:39:43.4	93	01:03:10.0	91			184
633	John	Causer	Norwich Road Runners	01:01:15.1	90					00:58:11.6	92			182
355	Graham	Sampson	Bungay Black Dog RC							01:05:30.7	90	00:30:51.1	92	182
694	William	Edmonds	GoodGym Norwich	01:05:30.9	89							00:32:14.9	91	180
383	Philip	Neave	Bungay Black Dog RC							01:11:08.7	88	00:32:29.6	90	178
158	Glyn	Smith	Cambridge & Coleridge AC		03:32:41.4	99								99
327	Kevin	Youngs	Norfolk Gazelles AC								00:21:41.9	99		99
181	John	Shippey								00:49:15.2	98			98
331	Sam	Weller	North Norfolk Beach Runners	00:48:37.5	97									97
246	John	Burton	Tri-Anglia Triathlon Club					01:26:25.8	96					96
454	Jim	Hayes	North Norfolk Beach Runners	00:52:42.8	95									95
284	Barry	Wells	Norwich Road Runners							00:56:09.5	95			95