

No	TIME	POSITION	FIRST NAME	SURNAME	CLUB	AGE	M/F	Category
138	0:26:55	1	Carl	Prewer	Lowestoft Road Runners	40	M	Vet 40
136	0:28:11	2	Roger	Braybrooks	Unattached	41	M	Vet 40
113	0:28:21	3	Nick	Palmer	Stowmarket Striders	35	M	Senior
147	0:28:35	4	Johnny	Lee	City of Norwich	24	M	Senior
185	0:29:22	5	Chris	Scott	Lowestoft Road Runners	34	M	Senior
235	0:29:55	6	Zoe	Skipper	Waveney Valley AC	22	M	Senior
125	0:30:07	7	Andrew	Manning	Great Yarmouth Road Runners	44	M	Vet 40
219	0:30:34	8	Chris	Pimlott	Waveney Valley AC	36	M	Senior
186	0:31:28	9	Paul	Lyon	Unattached	30	M	Senior
121	0:31:36	10	Christopher	Cooper	Unattached	22	M	Senior
196	0:31:43	11	Gary	Rayner	Springfield Striders	55	M	Vet 55
153	0:31:49	12	Daniel	Kinsman	Framlingham Flyers	36	M	Senior
144	0:31:51	13	Timothy	Earl	Waveney Valley AC	28	M	Senior
221	0:32:01	14	Richard	Smith	Rock Estate	39	M	Senior
150	0:32:03	15	Richard	Blake	North Norfolk Beach Runners	60	M	Vet 60
226	0:32:26	16	John	Christopher	North Norfolk Beach Runner	46	M	Vet 45
216	0:32:34	17	Alan	Brady	Unattached	49	M	Vet 45
218	0:32:35	18	Steve	Barrett	Unattached	47	M	Vet 45
246	0:32:54	19	Vinny	Jones	Unattached	30	M	Senior
155	0:33:04	20	Jonathan	Meadows	Lowestoft Road Runners	33	M	Senior
128	0:33:27	21	Chris	Meadows	Unattached	30	M	Senior
129	0:33:40	22	John	Baxter	Unattached	53	M	Vet 50
122	0:33:41	23	Karen	Archbold	Lowestoft Road Runners	43	F	Vet 40
199	0:33:55	24	Mark	Womack	Lowestoft Road Runners	40	M	Vet 40
139	0:34:00	25	Ian	Mudge	Unattached	55	M	Vet 55
248	0:34:21	26	Maurice	McGinnes	Unattached	46	M	Vet 45
169	0:34:27	27	Bill	Kingaby	Waveney Valley AC	58	M	Vet 55
106	0:34:31	28	Carl Lewis	Meen	Unattached	34	M	Senior
114	0:34:40	29	Alan	Fairs	Waveney Valley AC	42	M	Vet 40
193	0:34:47	30	Kevan	Pywell	Great Yarmouth AC	50	M	Vet 50
168	0:34:48	31	Andrew Neil	Baker	Great Yarmouth Road Runners	43	M	Vet 40
208	0:34:51	32	Samual	Payne	Unattached	17	M	Senior
244	0:34:52	33	Charlie	Jones	Unattached	19	M	Senior
251	0:35:00	34	Andrew	Friday	Waveney Valley AC	24	M	Senior
210	0:35:23	35	Lee	Birchham	Rock Estate	45	M	Vet 45
135	0:35:27	36	Chris	Read	Unattached	46	M	Vet 45
136	0:35:32	37	Mike	Bretton	Unattached	47	M	Vet 45
104	0:35:40	38	Louis	Martindale	Luton AC	20	M	Senior
245	0:35:51	39	Steven	Barber	Unattached	35	M	Senior
176	0:35:58	40	Glenn	Doy	Unattached	54	M	Vet 50
223	0:36:07	41	Ryan	Barrett	Unattached	17	M	Senior
163	0:36:13	42	Alice	Wicks	Waveney Valley AC	18	F	Senior
164	0:36:15	43	Ashley	Norton	Lowestoft Road Runners	29	M	Senior
229	0:36:22	44	Louise	Bernaslioni	Unattached	33	F	Senior
197	0:36:24	45	Nigel	Herrod	Waveney Valley AC	53	M	Vet 50
131	0:36:27	46	Andrew E	Shorthose	Unattached	37	M	Senior
194	0:36:28	47	Jon	Wetherell	Birdseye	36	M	Senior
129	0:36:35	48	Damien	Murdin	Unattached	18	M	Senior
161	0:36:38	49	Michael	Papageorgiou	Wolf Pack	29	M	Senior
162	0:36:40	50	Richard	Scrivener	Unattached	58	M	Vet 55
204	0:36:52	51	Sirkka	Love	Haverhill Running Club	55	F	Vet 55
243	0:36:54	52	Hugh	Gatenby	Unattached	53	M	Vet 50
202	0:36:55	53	Tina	Jordan	Unattached	30	F	Senior
127	0:36:57	54	James	Oxley	Unattached	35	M	Senior
183	0:37:02	55	Allistair	Banks	Unattached	57	M	Vet 55
217	0:37:19	56	Richard	Nicholls	Unattached	43	M	Vet 40
172	0:37:27	57	Matt	Ellis	Lowestoft Road Runners	38	M	Senior
109	0:37:35	58	Stephen	Goldspink	Unattached	52	M	Vet 50
205	0:37:41	59	Mark	Elliot	Lowestoft Road Runners	47	m	Vet 45
112	0:37:42	60	Sarah	Vick	The Saxons	41	F	Vet 40
120	0:37:42	61	Kevin	Howard	Unattached	47	M	Vet 45
101	0:37:44	62	David Charles	Waterman	Bungay Black Dog	50	M	Vet 50
213	0:37:45	63	Paul	Westgates	Great Yarmouth Road Runners	52	M	Vet 50
179	0:37:46	64	Sue	Allen	Unattached	50	F	Vet 50
228	0:37:55	65	Steven	Hodds	Unattached	31	M	Senior
250	0:38:41	66	Robert	Brough	Waveney Valley AC	28	M	Senior
211	0:38:56	67	Michael	Cole	Unattached	30	M	Senior
116	0:39:09	68	Kevin	Booth	Unattached	48	M	Vet 45
234	0:39:12	69	Carl	Brown	Unattached	27	M	Senior
119	0:39:14	70	Kelvin	Waters	Unattached	57	M	Vet 55
162	0:39:16	71	Thomas	Cheongvee	Unattached	25	M	Senior
220	0:39:20	72	Andrea	Prime	Lowestoft Road Runners	37	F	Senior
252	0:39:30	73	Paul	Liles	Waveney Valley AC	30	M	Senior
102	0:39:36	74	Colin	Whale	Bungay Black Dog	48	M	Vet 45
174	0:39:44	75	Lorrain	Dawson	Great Yarmouth Road Runners	51	F	Vet 50
180	0:39:48	76	Stephen	Bullen	Unattached	41	M	Vet 40
170	0:39:55	77	David	Walton	Unattached	54	M	Vet 50
124	0:39:58	78	Karen	Manning	Great Yarmouth Road Runners	39	F	Senior
134	0:40:01	79	Mike	Munson	Stowmarket Striders	57	M	Vet 55
151	0:40:11	80	Jason	Tillett	Unattached	41	M	Vet 40
184	0:40:25	81	Alison	Haynes	Coltishall Jaguars	31	F	Senior
201	0:40:26	82	Mark	Haynes	Coltishall Jaguars	33	M	Senior
133	0:40:51	83	Wayne	Freeman	Unattached	51	M	Vet 50
143	0:40:54	84	Colin	Lambert	Unattached	56	M	Vet 55
200	0:40:55	85	Michael	Sharman	Unattached	42	M	Vet 40
181	0:40:57	86	Michael	Illingsworth	Unattached	42	M	Vet 40
108	0:40:59	87	Calvin	Goldspink	Unattached	21	M	Senior
175	0:41:02	88	Stephen John	Oldman	Bungay Black Dog	45	M	Vet 45
222	0:41:04	89	Jed	Saunders	Unattached	23	M	Senior
117	0:41:10	90	Adele	Postle	Great Yarmouth AC	45	F	Vet 45
118	0:41:11	91	George	Askew	Unattached	35	M	Senior
152	0:41:12	92	Richard	Farrar	Unattached	39	M	Senior
203	0:41:12	93	Mark	Durrant	Unattached	47	M	Vet 45
145	0:41:23	94	Howard John	Wilcox	Unattached	54	M	Vet 50
230	0:41:24	95	John	England	Great Yarmouth AC	33	M	Senior
231	0:41:30	96	Emily	Hannant	Coltishall Jaguars	21	F	Senior
225	0:41:31	97	Ryan	Lovejoy	Unattached	17	M	Senior
154	0:41:36	98	Marie	Worrall	Great Yarmouth Road Runners	42	F	Vet 40
160	0:41:49	99	Leonhard	Fischer	Unattached	47	M	Vet 45
191	0:42:10	100	Alan	Richardson	Unattached	63	M	Vet 60
233	0:42:13	101	Stephanie	Hoyle	Tri-Anglia	44	F	Vet 40
236	0:42:13	102	Anne	Florence	Tri-Anglia	58	F	Vet 55
198	0:42:56	103	Sall	Adams	Unattached	49	F	Vet 45
142	0:42:58	104	Philip John	Conquest	Unattached	55	M	Vet 55
192	0:43:09	105	David	Drewitt	Great Yarmouth AC	60	M	Vet 60
249	0:43:12	106	Barry	Cartwright	Lowestoft Road Runners	33	M	Senior
171	0:43:19	108	Catharine	Carfoot	Unattached	34	F	Senior
158	0:43:19	107	Sanya	Morris	Unattached	55	F	Vet 55
206	0:43:24	109	David	Mower	Unattached	56	m	Vet 55
207	0:43:30	110	Lisa	Potter	Waveney Valley AC	34	F	Senior
214	0:43:44	111	Stephanie	Pimlott	Waveney Valley AC	30	F	Senior
140	0:43:49	112	Brenda	Hutcheon	Coltishall Jaguars	62	F	Vet 60
141	0:43:52	113	David	Hutcheon	Coltishall Jaguars	66	M	Vet 65
224	0:44:09	114	Georgina	Scott	Lowestoft Road Runners	32	F	Senior
212	0:44:15	115	Phillip	Laurier	Lowestoft Road Runners	61	M	Vet 60
137	0:44:36	116	Ivan	Lees	Great Yarmouth Road Runners	54	M	Vet 50
166	0:44:57	118	Lesley Olwyn	Coleman	Unattached	51	F	Vet 50
165	0:44:57	117	Roy Francis	Coleman	Unattached	64	M	Vet 60
173	0:45:09	119	Faye	Ellis	Lowestoft Road Runners	32	F	Senior
103	0:45:22	120	Nicholas John	Carter	Lowestoft Road Runners	70	M	Vet 65
105	0:45:38	121	David	Martindale	Herts Pheonix	52	M	Vet 50
159	0:46:01	122	Hannah	Morris	Unattached	37	F	Senior
215	0:46:17	123	Stuart	Smith	Unattached	53	M	Vet 50
209	0:46:27	124	Ashling	Riva	Unattached	47	F	Vet 45
207	0:46:50	125	Roger	Mawer	Lowestoft Road Runners	70	M	Vet 65
187	0:47:10	126	Kevin Craig	Barnard	Unattached	38	M	Senior
232	0:47:14	127	Edward Alan	Hutchinson	Unattached	55	M	Vet 55
149	0:47:35	128	Ashley	Hutchings	Unattached	43	M	Vet 40
177	0:47:47	129	Joseph	Hague	Unattached	62	M	Vet 60
195	0:47:57	130	Rebecca	Durant	Coltishall Jaguars	58	F	Vet 55
156	0:48:00	131	Tony	Ludlam	Unattached	44	M	Vet 40
247	0:48:21	132	Tamsin	Desborough	Great Yamouth AC	16	F	Senior
148	0:49:47	133	Robert	Arnell	Great Yarmouth Road Runners	66	M	Vet 65
178	0:50:02	134	Rachel	Acamon-	Unattached	33	F	Senior
146	0:50:30	135	Elaine	Stone	Unattached	51	F	Vet 50
182	0:51:03	136	James	Gallagher	Unattached	66	M	Vet 65
115	0:52:13	137	Kevin	Halliday	Unattached	41	M	Vet 40
227	0:54:10	138	Caroline	Goldspink	Unattached	50	F	Vet 50
111	0:57:20	139	Wendy	Merfield	The Saxons	70	F	Vet 65
164	1:03:27	140	Chris	Harbord	Great Yarmouth Road Runners	65	M	Vet 65
107	DNR		Alistair	Haig	Unattached	42	M	Vet 40
110	DNR		Jethro	Murdin	Unattached	23	M	Senior
118	DNR		Thomas	Knitting	Unattached	17	M	Senior
123	DNR		Simon	Bunting	Lowestoft Road Runners	44	M	Vet 40
126	DNR		Patrick	Larke	Wymondham AC	53	M	Vet 50
130	DNR		Neil	Mableson	Unattached	38	M	Senior
132	DNR		Alan	Edward	Unattached	49	M	Vet 45
147	DNR		Claire	Baker	Unattached	24	F	Senior
157	DNR		Graham	Hardingham	Norfolk Gazelles	49	M	Vet 45
167	DNR		John	Weston	Unattached	54	M	Vet 50