

Race Date	15/12/2013		Turkey Trot						
Firstname	Lastname	Gender	Affiliated Club	Category	Race No	Time	Overall Rank	Male Rank	Female Rank
Matthew	Spencer	Male	Ipswich Jaffa RC	Senior	485	00:55:39	1	1	
Robert	Reason	Male	Harwich Runners	Senior	408	00:55:46	2	2	
Tom	Fairbrother	Male	Ipswich Jaffa RC	Senior	298	00:56:23	3	3	
Neil	davison	Male	City of Norwich AC	Vet 40	47	00:56:29	4	4	
Dominic	Oliver	Male	City of Norwich AC	Senior	391	00:56:52	5	5	
Sam	Proctor	Male	Blackheath and Bromley	Senior	130	00:57:15	6	6	
Joe	Skipper	Male	City of Norwich AC	Senior	491	00:57:46	7	7	
Steven	Cannel	Male	Coltishall Jaguars RC	Senior	487	00:57:59	8	8	
Lee	Cook	Male	Lowestoft Road Runners	Senior	489	00:58:29	9	9	
Nathan	Risbey	Male	North Norfolk Beach Runners	Senior	413	00:58:32	10	10	
Lawrence	Wade	Male	Coltishall Jaguars RC	Senior	464	00:59:22	11	11	
James	Maycock	Male	Bungay Black Dog RC	Senior	377	01:00:13	12	12	
John	Moore	Male	Norfolk Gazelles AC	Vet 50	384	01:00:15	13	13	
Jay	Lingwood	Male	Lowestoft Road Runners	Senior	490	01:00:39	14	14	
Roger	Stone	Male	Felixstowe RRC	Vet 45	445	01:00:44	15	15	
Darren	Sheppard	Male	Framlingham Flyers	Vet 40	429	01:01:23	16	16	
Warren	Birch	Male	Ipswich Jaffa RC	Vet 45	259	01:01:26	17	17	
Jim	Last	Male	Framlingham Flyers	Senior	362	01:01:43	18	18	
jamie	Seamark	Male	North Norfolk Beach Runners	Vet 40	45	01:01:53	19	19	
Thomas	White	Male	Saint Edmund Pacers	Senior	469	01:02:09	20	20	
Dave	Solomon	Male	Felixstowe RRC	Vet 45	437	01:02:37	21	21	
Ian	Coxall	Male	Ipswich Jaffa RC	Vet 40	284	01:03:11	22	22	
luke	whitwell	Male	Felixstowe RRC	Senior	470	01:03:34	23	23	
Odette	Robson	Female	Saint Edmund Pacers	Vet 40	416	01:03:38	24		1
Graham	Jenvey	Male	Bungay Black Dog RC	Senior	488	01:03:52	25	24	
Hugh	brown	Male	North Norfolk Beach Runners	Vet 40	25	01:04:13	26	25	
Mark	Rutter	Male	Harwich Runners	Vet 50	419	01:04:18	27	26	
Jason	Brunt	Male	Unaffiliated	Vet 40	267	01:05:03	28	27	
Paul	Brown	Male	Framlingham Flyers	Vet 45	266	01:05:32	29	28	
Peter	Shackleton	Male	Unaffiliated	Vet 50	426	01:06:32	30	29	
Neil	Sibley	Male	Great Yarmouth Road Runners	Vet 45	430	01:06:35	31	30	
darrell	oldman	Male	Bungay Black Dog RC	Vet 45	390	01:07:03	32	31	
Darren	Barnes	Male	Unaffiliated	Senior	251	01:07:05	33	32	
Ian	Thomas	Male	Norfolk Gazelles AC	Vet 50	453	01:07:31	34	33	
Emma	Patel	Female	North Norfolk Beach Runners	Senior	401	01:07:35	35		2
Geraldine	clarke	Female	Framlingham Flyers	Vet 45	276	01:08:02	36		3
Daniel	Gardiner	Male	Bungay Black Dog RC	Vet 40	308	01:08:04	37	34	
Henry	Tapp	Male	Framlingham Flyers	Senior	450	01:08:05	38	35	
Claire	Hoblyn	Female	Saint Edmund Pacers	Vet 45	333	01:08:07	39		4
Melvyn	Porter	Male	Coltishall Jaguars RC	Vet 45	403	01:08:10	40	36	
Robin	Harper	Male	Felixstowe RRC	Senior	322	01:08:39	41	37	
Katherine	Trehane	Female	Norfolk Gazelles AC	Senior	460	01:08:45	42		5
Leigh	Butcher	Male	Lowestoft Road Runners	Senior	17	01:08:57	43	38	
Robin	Belsom	Male	Ipswich Jaffa RC	Vet 50	256	01:09:02	44	39	
Jem	Smith	Male	Sudbury Joggers	Vet 40	434	01:09:17	45	40	
Mark	Harmer	Male	Coltishall Jaguars RC	Senior	321	01:09:19	46	41	
John	Christopher	Male	North Norfolk Beach Runners	Vet 45	167	01:09:29	47	42	
John	Figiel	Male	Great Yarmouth Road Runners	Vet 45	495	01:09:30	48	43	
Ellie	Bye	Female	Coltishall Jaguars RC	Senior	268	01:09:32	49		6
adrian	goode	Male	Ipswich Harriers	Vet 45	314	01:09:35	50	44	
Piers	Arnold	Male	City of Norwich AC	Senior	46	01:09:47	51	45	
Chris	Arnold	Male	Tri-Anglia Triathlon Club	Vet 55	241	01:09:48	52	46	
stephen	dady	Male	Wyndham AC	Vet 60	287	01:09:51	53	47	
Johnathan	Meadows	Male	Lowestoft Road Runners	Senior	188	01:10:05	54	48	
Paul	Greensides	Male	Great Yarmouth Road Runners	Vet 40	493	01:10:10	55	49	
James	Hayward	Male	Stowmarket Striders RC	Senior	328	01:10:21	56	50	
Laura	Thomas	Female	Ipswich Harriers	Senior	454	01:10:33	57		7
Andrew	Baker	Male	Great Yarmouth Road Runners	Vet 45	246	01:10:51	58	51	
Matthew	Reynolds	Male	Lowestoft Road Runners	Senior	409	01:11:16	59	52	
Neville	Clarke	Male	Newmarket Joggers	Vet 60	277a	01:11:26	60	53	
Stephen	Hatten	Male	Saint Edmund Pacers	Vet 45	325	01:11:34	61	54	
John	Squirrell	Male	Stowmarket Striders RC	Vet 60	441	01:11:43	62	55	
Stan	Swanepol	Male	Tri-Anglia Triathlon Club	Vet 45	54	01:11:51	63	56	
Alice	Wilks	Female	Unaffiliated	Senior	107	01:11:52	64		8
Stewart	Marden	Male	Coltishall Jaguars RC	Vet 50	370	01:11:57	65	57	

John	Adams	Male	Ipswich Jaffa RC	Senior	239	01:12:14	66	58
Simon	Bekker	Male	Unaffiliated	Senior	253	01:12:33	67	59
Jim	Hayes	Male	North Norfolk Beach Runners	Vet 65	326	01:12:36	68	60
Lisa	Hayward	Female	Unaffiliated	Vet 45	329	01:12:54	69	9
ian	gooderham	Male	Saint Edmund Pacers	Vet 45	315	01:12:58	70	61
Jim	Comber	Male	Sudbury Joggers	Vet 40	281	01:13:13	71	62
Kevin	Garwood	Male	Wymondham AC	Vet 45	309	01:13:25	72	63
Peter	Chapman	Male	Bungay Black Dog RC	Vet 55	273	01:13:27	73	64
Richard	Collyer	Male	Coltishall Jaguars RC	Vet 45	280	01:13:36	74	65
Michelle	Gordon	Female	Felixstowe RRC	Senior	316	01:13:39	75	10
Clive	Davey	Male	Sudbury Joggers	Vet 40	289	01:13:57	76	66
Alan	Sansom	Male	Unaffiliated	Vet 45	421	01:13:58	77	67
Lucy	Partridge	Female	Norfolk Gazelles AC	Senior	400	01:14:03	78	11
Denver	Slowther	Male	Coltishall Jaguars RC	Vet 40	433	01:14:08	79	68
Simon	Wiggins	Male	Felixstowe RRC	Vet 40	483	01:14:13	80	69
penny	edwards	Female	Norwich Road Runners	Vet 55	296	01:14:15	81	12
Ian	Cleminson	Male	Coltishall Jaguars RC	Vet 45	279a	01:14:16	82	70
Ian	Timms	Male	Unaffiliated	Senior	456	01:14:18	83	71
Mark	Ring	Male	Norwich Road Runners	Vet 45	412	01:14:50	84	72
Simon	Merrick	Male	Felixstowe RRC	Senior	380	01:15:02	85	73
Patrick	Larke	Male	Wymondham AC	Vet 55	360	01:15:20	86	74
Robert	James	Male	Bungay Black Dog RC	Vet 40	343	01:15:28	87	75
John	Whorton	Male	Bungay Black Dog RC	Vet 55	10	01:15:28	87	75
Richard	Dye	Male	Bungay Black Dog RC	Vet 50	295	01:15:43	89	77
Chris	Chorley	Male	Bungay Black Dog RC	Vet 50	126	01:16:19	90	78
Wendy	Sealy	Female	Unaffiliated	Vet 50	425	01:16:23	91	13
john	bone	Male	Great Yarmouth Road Runners	Vet 65	261	01:16:37	92	79
guy	hayward	Male	Framlingham Flyers	Vet 40	327	01:16:46	93	80
Nicola	Baker	Female	Great Yarmouth Road Runners	Vet 45	247	01:16:50	94	14
Terence	O'sullivan	Male	Framlingham Flyers	Vet 55	393	01:16:55	95	81
Tony	Richardson	Male	Wymondham AC	Vet 55	411	01:17:21	96	82
James	Lambert	Male	Coltishall Jaguars RC	Senior	358	01:17:23	97	83
David	chapman	Male	Sudbury Joggers	Vet 50	274	01:17:30	98	84
Andrew	Turner	Male	Saint Edmund Pacers	Vet 45	461	01:17:47	99	85
Mark	Elfcutt	Male	Lowestoft Road Runners	Vet 50	150	01:17:52	100	86
Tamsin	Desborough	Female	Great Yarmouth Road Runners	Senior	291	01:18:02	101	15
Peter	Edmunds	Male	Bungay Black Dog RC	Vet 60	497	01:18:06	102	87
Simon	Sparkes	Male	Bungay Black Dog RC	Vet 40	439	01:18:19	103	88
Ryan	Harwood	Male	Unaffiliated	Senior	324	01:18:37	104	89
Jen	Rudd	Female	Wymondham AC	Vet 40	110	01:18:44	105	16
michael	king	Male	Unaffiliated	Vet 60	354	01:18:47	106	90
George	Tweed	Male	Unaffiliated	Senior	463	01:18:59	107	91
Michael	Quantrill	Male	Unaffiliated	Vet 40	407	01:19:09	108	92
Keith	Hood	Male	Wymondham AC	Vet 50	337	01:19:14	109	93
Elspeth	Knott	Female	Harwich Runners	Vet 60	356	01:19:18	110	17
paul	westgate	Male	Great Yarmouth Road Runners	Vet 55	468	01:19:30	111	94
Matthew	Wooden	Male	Unaffiliated	Senior	472	01:19:49	112	95
Duncan	Harrison	Male	Unaffiliated	Senior	323	01:19:50	113	96
Nigel	Gilham	Male	Bungay Black Dog RC	Vet 60	55	01:19:52	114	97
Gary	McDonald	Male	Lowestoft Road Runners	Senior	379	01:20:03	115	98
Mark	Dixon	Male	Unaffiliated	Vet 40	292	01:20:04	116	99
James	Fox	Male	Saxmundham Saxons	Senior	306	01:20:11	117	100
Lee	Markham	Male	Woodbridge Shufflers RC	Senior	371	01:20:13	118	101
Joseph	Mayne	Male	Waveney Valley AC	Vet 45	254b	01:20:14	119	102
Mark	Hall	Male	Unaffiliated	Vet 45	319	01:20:27	120	103
David	Daniels	Male	Stowmarket Striders RC	Vet 50	288	01:20:33	121	104
Andreas	Brodbeck	Male	Unaffiliated	Vet 50	265	01:20:38	122	105
DAVID	SHEAHAN	Male	Unaffiliated	Vet 50	428	01:20:38	122	105
Hugh	Roberts	Male	Bungay Black Dog RC	Vet 60	415	01:20:43	124	107
Neil	Thomas	Male	Bungay Black Dog RC	Vet 45	452	01:20:49	125	108
BOB	PAUL	Male	Bungay Black Dog RC	Vet 60	402	01:21:06	126	109
Duncan	Carter	Male	Beccles Triathlon Club	Vet 40	270a	01:21:08	127	110
Stephen	Oldman	Male	Bungay Black Dog RC	Vet 45	479	01:21:14	128	111
Roy	Owen	Male	Coltishall Jaguars RC	Vet 65	394	01:21:35	129	112
JENNY	SHEAHAN	Female	Unaffiliated	Vet 50	427	01:21:41	130	18
Richard	Leeder	Male	Unaffiliated	Senior	365	01:21:55	131	113
Paul	Evans	Male	Great Yarmouth Road Runners	Vet 55	297	01:22:00	132	114
penny	studley	Female	Great Yarmouth Road Runners	Vet 40	446	01:22:11	133	19

Alison	Morton	Female	Bungay Black Dog RC	Vet 50	486	01:22:19	134		20
nick	partridge	Male	Unaffiliated	Senior	399	01:22:30	135	115	
Bobbie	Sauerzapf	Female	Bungay Black Dog RC	Vet 55	422	01:22:32	136		21
Mike	Smith	Male	Wymondham AC	Vet 70	436	01:23:01	137	116	
Natasha	Korovilias	Female	Lowestoft Road Runners	Senior	189	01:23:06	138		22
Veronica	Manly	Female	Eastern Veterans AC	Vet 65	368	01:23:14	139		23
Owen	Barber	Male	Coltishall Jaguars RC	Vet 45	249	01:23:23	140	117	
Paul	Gerber	Male	Coltishall Jaguars RC	Vet 45	310	01:23:29	141	118	
Stuart	Lawn	Male	Bungay Black Dog RC	Senior	363	01:23:49	142	119	
annette	mannning	Female	Bungay Black Dog RC	Vet 50	369	01:23:50	143		24
colin	maxwell	Male	Unaffiliated	Vet 50	375	01:23:56	144	120	
MICHAEL	SMITH	Male	Wymondham AC	Vet 65	435	01:24:28	145	121	
Sophie	Bell	Female	Bungay Black Dog RC	Junior	255	01:24:34	146		25
Nina	Simnett	Female	Great Yarmouth Road Runners	Senior	431	01:24:49	147		26
Diane	Swanepol	Female	Tri-Anglia Triathlon Club	Vet 45	53	01:24:51	148		27
Hugh	Gatenby	Male	Unaffiliated	Vet 55	482	01:24:55	149	122	
Paul	Prentice	Male	Unaffiliated	Vet 60	52	01:24:55	149	122	
Graham	Sampson	Male	Woodbridge Shufflers RC	Vet 65	420	01:24:59	151	124	
Dee	St Ledger	Female	Sudbury Joggers	Vet 45	442	01:25:01	152		28
Ian	Tooley	Male	Great Yarmouth Road Runners	Vet 50	459	01:25:10	153	125	
Andrea	Osborne	Female	North Norfolk Beach Runners	Vet 55	392	01:25:28	154		29
Gary	Hobarrt	Male	North Norfolk Beach Runners	Vet 50	331	01:25:38	155	126	
carrie	hook	Female	Harwich Runners	Vet 40	338	01:25:39	156		30
Peter	Kean Cockburn	Male	Coltishall Jaguars RC	Vet 50	351	01:25:42	157	127	
Robin	Ashe	Male	Bungay Black Dog RC	Vet 60	242	01:25:47	158	128	
Nicholas	Dawson	Male	Unaffiliated	Vet 55	290	01:26:08	159	129	
Jo	Walker	Female	Bungay Black Dog RC	Senior	465	01:26:14	160		31
Catherine	Abbott	Female	Stowmarket Striders RC	Vet 40	496	01:26:25	161		32
andy	banks	Male	Unaffiliated	Vet 45	248	01:26:35	162	130	
Noel	Spruce	Male	North Norfolk Beach Runners	Vet 65	500	01:26:39	163	131	
ALAN	RICHARDSON	Male	Waveney Valley AC	Vet 65	410	01:26:43	164	132	
Samuel	Burrows	Male	Unaffiliated	Junior	190	01:26:49	165	133	
Becky	Sturgeon	Female	Bungay Black Dog RC	Vet 40	447	01:26:56	166		33
Mik	Carr	Male	Beccles Triathlon Club	Vet 55	268a	01:27:15	167	134	
Belinda	Jennings	Female	Unaffiliated	Senior	348	01:27:23	168		34
Jo	Parden	Female	Framlingham Flyers	Vet 45	398	01:27:35	169		35
Darrell	Roberts	Male	Unaffiliated	Vet 40	480	01:27:38	170	135	
Dawn	Marshall	Female	Saint Edmund Pacers	Vet 50	373	01:27:42	171		36
Brenda	Kinch	Female	North Norfolk Beach Runners	Vet 65	353	01:27:46	172		37
Elayne	Hilton	Female	Lowestoft Road Runners	Vet 45	132	01:27:50	173		38
angela	brinkley	Female	Stowmarket Striders RC	Vet 50	264	01:28:07	174		39
Wendy	Hughes	Female	Stowmarket Striders RC	Vet 50	341	01:28:07	174		39
Steve	Bright	Male	Unaffiliated	Vet 50	263	01:28:12	176	136	
Shona	Bendix	Female	Bungay Black Dog RC	Vet 45	258	01:28:18	177		41
Faye	Ellis	Female	Bungay Black Dog RC	Senior	498	01:28:20	178		42
Susan	Wright	Female	Bungay Black Dog RC	Vet 45	473	01:28:23	179		43
Marie	Ayers	Female	Unaffiliated	Vet 40	244	01:28:28	180		44
Philip	Ayers	Male	Unaffiliated	Vet 45	245	01:28:28	180	137	
Euan	Ross	Male	Unaffiliated	Vet 50	418	01:28:28	180	137	
Michaela	Kadanikova	Female	Ipswich Jaffa RC	Senior	350	01:28:39	183		45
Robin	Farrar	Male	Bungay Black Dog RC	Vet 70	300	01:28:43	184	139	
Adrian	King	Male	Unaffiliated	Vet 40	355	01:28:57	185	140	
Tom	Kingery	Male	Beccles Triathlon Club	Vet 40	499	01:29:00	186	141	
Gaby	Fisher	Female	Unaffiliated	Vet 40	304	01:29:09	187		46
Ian	Rodwell	Male	Bungay Black Dog RC	Vet 50	417	01:29:25	188	142	
Mark	Durrant	Male	Unaffiliated	Vet 50	294	01:29:28	189	143	
Cathy	Tooley	Female	Great Yarmouth Road Runners	Vet 45	458	01:29:33	190		47
Karen	Rix	Female	Norfolk Gazelles AC	Vet 45	414	01:29:35	191		48
Roland	Knott	Male	Unaffiliated	Vet 60	357	01:29:51	192	144	
Anne-Marie	Falgate	Female	Unaffiliated	Senior	299	01:29:53	193		49
David	Waterman	Male	Bungay Black Dog RC	Vet 50	467	01:30:12	194	145	
Kerstin	Langer	Female	Great Yarmouth Road Runners	Vet 45	359	01:30:23	195		50
victoria	swanston	Female	Unaffiliated	Senior	449	01:30:23	195		50
Claire	Baker	Female	Great Yarmouth Road Runners	Senior	118	01:30:24	197		52
Lee	Gladwell	Male	Ashford Tri Club	Senior	277b	01:30:26	198	146	
Don	Tiffin	Male	Bungay Black Dog RC	Vet 65	455	01:30:43	199	147	
Tom	Hoblyn	Male	Saint Edmund Pacers	Vet 50	334	01:30:50	200	148	
Sandra	Mayhew	Female	Stowmarket Striders RC	Vet 45	378	01:30:54	201		53

Jackie	Bell	Female	Bungay Black Dog RC	Vet 50	254a	01:31:27	202		54
Rebecca	Jennings	Female	Saint Edmund Pacers	Vet 45	346	01:31:36	203		55
Shelley	Burton	Female	North Norfolk Beach Runners	Vet 40	157	01:31:53	204		56
Ian	St Ledger	Male	Sudbury Joggers	Vet 45	443	01:32:03	205	149	
Lisa	Symon	Female	Coltishall Jaguars RC	Senior	279b	01:32:04	206		57
Claire	Owen	Female	Coltishall Jaguars RC	Senior	396	01:32:28	207		58
carol	maycock	Female	Bungay Black Dog RC	Vet 55	376	01:33:16	208		59
Lindsay	Stiles	Female	Unaffiliated	Vet 55	444	01:33:17	209		60
douglas	gladwin	Male	Bungay Black Dog RC	Vet 50	312	01:33:54	210	150	
judy	potter	Female	Bungay Black Dog RC	Vet 65	405	01:34:25	211		61
Louise	Reed	Female	Bungay Black Dog RC	Vet 40	478	01:35:05	212		62
Sarah	Sparkes	Female	Bungay Black Dog RC	Vet 40	438	01:35:06	213		63
Joanne	Taylor	Female	Bungay Black Dog RC	Vet 40	477	01:35:06	213		63
andrew	toogood	Male	North Norfolk Beach Runners	Vet 50	457	01:35:13	215	151	
Andrew	Hayward	Male	Stowmarket Striders RC	Senior	492	01:35:35	216	152	
Alec	Fraser	Male	North Norfolk Beach Runners	Vet 70	270b	01:36:10	217	153	
Kirsty	Hobart	Female	North Norfolk Beach Runners	Vet 45	332	01:36:13	218		65
Sarah	Owen	Female	Unaffiliated	Vet 45	397	01:36:24	219		66
Ruth	Belsum	Female	Unaffiliated	Vet 50	494	01:36:27	220		67
Mike	Deacon	Male	Felixstowe RRC	Vet 65	481	01:36:44	221	154	
Ivan	Lees	Male	Great Yarmouth Road Runners	Vet 55	366	01:37:46	222	155	
Philip	Nutley	Male	Saint Edmund Pacers	Vet 65	389	01:38:22	223	156	
MALCOLM	HOLMES	Male	Great Yarmouth Road Runners	Vet 65	336	01:38:27	224	157	
Peter	Warren	Male	City of Norwich AC	Vet 55	466	01:38:43	225	158	
Kevin	Tweed	Male	Unaffiliated	Vet 50	462	01:39:12	226	159	
Denise	Wright	Female	Stowmarket Striders RC	Vet 50	474	01:39:23	227		68
nicholas	carter	Male	Unaffiliated	Vet 70	271	01:40:00	228	160	
Helen	Horn	Female	Unaffiliated	Vet 50	339	01:41:04	229		69
emma	culley	Female	North Norfolk Beach Runners	Vet 40	286	01:41:30	230		70
Susannah	Warman	Female	Bungay Black Dog RC	Vet 40	49	01:41:33	231		71
Sharon	Connell	Female	Bungay Black Dog RC	Vet 40	48	01:41:35	232		72
Mary	Owen	Female	Coltishall Jaguars RC	Vet 60	395	01:41:51	233		73
Elizabeth	Hubert	Female	Unaffiliated	Senior	340	01:43:16	234		74
Joanna	Andrews	Female	Unaffiliated	Senior	240	01:43:18	235		75
Fiona	Morrison	Female	North Norfolk Beach Runners	Vet 60	386	01:43:31	236		76
Katherine	Henderson	Female	Unaffiliated	Vet 40	330	01:43:39	237		77
Louise	Miller	Female	Unaffiliated	Vet 45	383	01:43:39	237		77
Carla	Wiggins	Female	Felixstowe RRC	Senior	484	01:43:53	239		79
Charles	Fenech	Male	Unaffiliated	Vet 65	301	01:44:37	240	161	
Emily	Barclay	Female	Bungay Black Dog RC	Senior	250	01:45:28	241		80
Steve	Hunter	Male	Bungay Black Dog RC	Senior	342	01:45:28	241	162	
Chris	Sawford	Male	Unaffiliated	Senior	423	01:45:28	241	162	
Bryan	Baxter	Male	Tri-Anglia Triathlon Club	Vet 50	252	01:46:14	244	164	
Judith	Masters	Female	Bungay Black Dog RC	Vet 55	374	01:46:25	245		81
Elizabeth	Moore	Female	Clapham Pioneers	Vet 55	51	01:47:12	246		82
Deborah	Gillespie	Female	North Norfolk Beach Runners	Vet 45	311	01:48:28	247		83
Rachel	Acamon-Carbonell	Female	Great Yarmouth Road Runners	Senior	123	01:49:03	248		84
Julie	Jarvey	Female	Coltishall Jaguars RC	Vet 40	344	01:52:32	249		85
Wendy	Larke	Female	Wymondham AC	Vet 45	361	01:53:04	250		86
Katrine	Middleton	Female	Reephham runners	Vet 50	382	01:53:04	250		86
tracy	north	Female	Haverhill RC	Vet 45	388	01:55:25	252		88
terry	braverman	Male	Haverhill RC	Vet 65	262	01:55:39	253	165	
zoe	chapman	Female	Haverhill RC	Senior	275	01:55:39	253		89
Deborah	Maton	Female	Bungay Black Dog RC	Senior	476	01:56:56	255		90
Victoria	Utting	Female	Unaffiliated	Vet 40	475	01:56:56	255		90
daniel	ferridge	Male	Unaffiliated	Senior	303	02:07:08	257	166	
des	ferridge	Male	Unaffiliated	Vet 40	302	02:07:50	258	167	
Libby	Ashton	Female	North Norfolk Beach Runners	Senior	243	DNS			
Tina	Belsom	Female	Stowmarket Striders RC	Vet 45	257	DNS			
Anderw	Blunt	Male	Unaffiliated	Senior	260	DNS			
Tom	Carter	Male	Unaffiliated	Senior	272	DNS			
Rob	Clayton	Male	Felixstowe RRC	Vet 55	278	DNS			
Taya	Conrad	Female	Unaffiliated	Senior	282	DNS			
stephen	corbould	Male	Norfolk Gazelles AC	Vet 50	283	DNS			
Gin	Craig	Female	Sudbury Joggers	Vet 45	285	DNS			
Peter	Downing	Male	Unaffiliated	Vet 60	293	DNF			
Maggie	Flatt	Female	Bungay Black Dog RC	Vet 55	305	DNS			
Garrick	Fox	Male	Unaffiliated	Vet 65	307	DNS			

Simon	Goldsmith	Male	Unaffiliated	Vet 40	313	DNS			
Davina	Greenwell	Female	Unaffiliated	Senior	317	DNS			
Steven	Guy	Male	City of Norwich AC	Vet 40	318	DNS			
Neil	Hardingham	Male	Unaffiliated	Senior	320	DNF			
Roger	Hobson	Male	Woodbridge Shufflers RC	Vet 65	335	DNS			
Elizabeth	Jay	Female	Unaffiliated	Senior	345	DNS			
Chloe	Jennings	Female	Saint Edmund Pacers	Senior	347	DNS			
lee	johnston	Male	Bungay Black Dog RC	Vet 40	349	DNF			
Graeme	Kidd	Male	Great Yarmouth Road Runners	Vet 40	352	DNS			
Rowena	Leary	Female	Norfolk Gazelles AC	Senior	364	DNS			
Tim	MacWilliam	Male	Wymondham AC	Vet 50	367	DNS			
Mike	Marshall	Male	North Norfolk Beach Runners	Vet 70	372	DNS			
Sam	Metcalfe	Male	Bungay Black Dog RC	Senior	381	DNS			
Ian	Moore	Male	Norwich Road Runners	Senior	385	DNS			
Philip	Norman	Male	St Neots Riverside Runners	Vet 60	387	DNS			
Susan	Potter	Female	Bungay Black Dog RC	Vet 55	404	DNS			
Clive	PURBROOK	Male	Newmarket Joggers	Vet 55	406	DNS			
Lisa	Rayner	Female	Bungay Black Dog RC	Senior	50	DNF			
Belinda	Schofield	Female	Newmarket Joggers	Vet 55	424	DNS			
Marcus	Sladden	Male	Bungay Black Dog RC	Senior	432	DNF			
Carole	Spong	Female	Great Yarmouth Road Runners	Vet 70	440	DNS			
Matthew	Sutton	Male	Great Yarmouth Road Runners	Senior	448	DNS			
Tom	Taylor	Male	Woodbridge Shufflers RC	Senior	451	DNS			
Jon	Wiles	Male	Bungay Black Dog RC	Vet 40	471	DNS			