

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:35:45	143	Damian	Rogers	City of Norwich AC	Male Senior
2	00:36:00	142	Micah	Rogers	City of Norwich AC	Male Senior
3	00:38:38	111	Matthew	Morox	Sheen shufflers	Male Senior
4	00:40:22	5	Mick	Glen	Unattached	Male Master 45
5	00:41:14	127	Peter	Harvey	Unattached	Male Senior
6	00:41:18	112	Nick	Askham	Tri Anglia	Male Senior
7	00:41:51	177	Julian	Nivlin	Unattached	Male Senior
8	00:42:09	189	Cliff	Bailey	Thetford AC	Male Master 50
9	00:42:15	133	Craig	Speirs	Unattached	Male Senior
10	00:42:22	185	Karen	Doiak	Tri Anglia	Female Senior
11	00:42:25	153	Greg	Tunmore	Diss Athletic Club	Male Senior
12	00:42:27	150	Andrew	Lame	Wymondham AC	Male Master 55
13	00:42:31	72	Stephen	Dady	Gt Yarmouth RRC	Male Master 60+
14	00:43:14	164	Philip	Bower	Thetford AC	Male Master 50
15	00:43:14	59	Colin	Shadbolt	Unattached	Male Senior
16	00:43:32	91	Chris	Chorley	Bungay Black Dog	Male Master 50
17	00:43:42	52	Stefan	Rider	Tri Anglia	Male Master 40
18	00:44:05	138	Rob	Coates	Norwich Road Runners	Male Senior
19	00:44:27	123	Julian	Godden	Unattached	Male Master 40
20	00:44:39	144	Sandra	Robers	Unattached	Female Master 45
21	00:44:45	146	Neil	Swan	Thetford AC	Male Master 40
22	00:45:05	88	Allison	Carter	Tri Anglia	Female Master 40
23	00:45:06	118	Stephen	Walls	TickhillRunning & A.C.	Male Senior
24	00:45:07	122	Paul	rayner	Thetford AC	Male Master 50
25	00:45:29	155	Tony	Cantle	Thetford AC	Male Master 50
26	00:45:39	28	Ben	Walker	Unattached	Male Senior
27	00:45:40	51	Louise	White	Thetford AC	Female Senior
28	00:45:41	157	Katie	Ward	Fenland Running & AC	Female Senior
29	00:45:44	160	Gerry	Watson	Wymondham AC	Male Master 55
30	00:45:59	140	Jamie	Love	Unattached	Male Senior
31	00:46:11	95	Jason	Moore	Unattached	Male Master 40
32	00:46:16	131	Vincent	Butler	Tri Anglia	Male Master 40
33	00:46:18	35	Jack	Germany	Unattached	Male Senior
34	00:46:27	181	Richard	Imeson	Unattached	Male Master 40
35	00:46:31	128	David	Archibald	Unattached	Male Master 45
36	00:46:44	71	Billy	Howe	Unattached	Male Master 45
37	00:47:07	34	Mark	Sexton	Norfolk Gazelles	Male Master 45
38	00:47:09	110	Christopher	Williamson-Chambers	Unattached	Male Senior
39	00:47:12	93	Paul	Stevenson	Unattached	Male Master 45
40	00:47:24	16	Mike	Burton	Unattached	Male Master 40
41	00:47:27	187	Ruth	Lawrence	Unattached	Female Senior
42	00:47:28	33	Yvonne	Osborne	Unattached	Female Master 50
43	00:47:39	79	Robert	Kendal	Wymondham AC	Male Master 40
44	00:47:43	166	Cliff	Lear	Thetford AC	Male Master 45
45	00:48:08	129	Stephen	Page	Unattached	Male Senior
46	00:48:50	85	Toby	Ungless	Unattached	Male Senior
47	00:48:54	163	Roger	Osborne	Unattached	Male Master 55
48	00:49:17	62	Mark	Garnham	Unattached	Male Senior
49	00:49:20	169	Kevin	Ward	Unattached	Male Master 55
50	00:49:28	70	Sam	Brotherhood	Unattached	Female Senior
51	00:49:30	9	Sarah	Ford	Unattached	Female Master 45
52	00:49:33	90	Bobby	Sauerzapf	Bungay Black Dog	Female Master 50
53	00:49:50	107	John	Miller	Norwich Road Runners	Male Master 50
54	00:49:52	4	Roy	Athurton	Unattached	Male Master 60+
55	00:49:55	180	Nick	Johnson	Thetford AC	Male Master 45

56	00:50:18	38	John	Neville	Unattached	Male Master 45
57	00:50:26	172	David	Haines	Dereham Road Runners	Male Master 60+
58	00:50:50	106	Ian	Golden	Norwich Road Runners	Male Master 40
59	00:50:51	46	Tom	Davies	Unattached	Male Senior
60	00:50:57	171	Paul	Minns	Unattached	Male Master 45
61	00:51:13	121	Carl	Higgins	Thetford AC	Male Master 50
62	00:51:13	109	Sophie	Willamson-Chambers	Unattached	Female Senior
63	00:51:46	178	Michael	Smith	Wymondham AC	Male Master 60+
64	00:51:48	154	Veronica	Manly	Eastern Veterans AC	Female Master 60+
65	00:51:51	45	Dan	Earp	Unattached	Male Senior
66	00:52:02	183	Samuel	Spurdens	Unattached	Male Master 40
67	00:52:05	165	Sandra	Bowwer	Unattached	Female Master 50
68	00:52:05	168	Beres	Ward	Wymondham AC	Female Master 55
69	00:52:05	99	Robert	Scarfe	Wymondham AC	Male Master 60+
70	00:52:05	167	Stewart	Ingham	Tri Anglia	Male Master 60+
71	00:52:08	43	Michael	Clears	Unattached	Male Master 60+
72	00:52:08	134	Louise	Wilson	Unattached	Female Master 40
73	00:52:08	158	Alex	Bowen	Wymondham AC	Male Senior
74	00:52:08	3	Raymond	Keevil	Thetford AC	Male Master 60+
75	00:52:17	8	Jonathon	Thetford	Unattached	Male Master 40
76	00:52:21	77	Mike	Smith	Wymondham AC	Male Master 60+
77	00:52:41	22	David	McNicol	Unattached	Female Master 45
78	00:52:55	108	Jo	Foley	Unattached	Female Master 45
79	00:53:15	30	Peter	Walls	Unattached	Male Master 60+
80	00:53:32	148	Marcos	Koch	Unattached	Male Master 50
81	00:53:51	147	Patsy	Bradley	Wymondham AC	Female Master 50
82	00:54:23	182	Mark	Matthews	Unattached	Male Master 45
83	00:54:25	137	Gavin	Hall	Wymondham AC	Male Master 40
84	00:54:31	69	Don	Tiffin	Bungay Black Dog	Male Master 60+
85	00:54:34	74	Sylvia	Dady	Wymondham AC	Female Senior
86	00:54:50	96	Dennis	Bartrak	Wymondham AC	Male Master 60+
87	00:55:05	124	Paul	Claughton	UK Athletics AC	Male Master 50
88	00:55:07	193	Steph	Hayle	Unattached	Female Master 45
89	00:55:09	57	Rebecca	Calton	Unattached	Female Senior
90	00:55:10	161	Anne	Florence	Unattached	Female Master 60+
91	00:55:15	184	Paul	Saunders	Tri Anglia	Male Master 40
92	00:55:16	58	Angela	Philpot	Unattached	Female Senior
93	00:55:40	186	Sonia	Gooden	Wymondham AC	Female Senior
94	00:55:44	113	Sean	West	Thetford AC	Male Senior
95	00:55:44	141	Christina	Plumley	Unattached	Female Master 40
96	00:55:47	115	Gillian	Paremain	Thetford AC	Female Master 60+
97	00:55:54	176	Glen	Filby	Unattached	Male Master 40
98	00:56:15	101	Matt	Earp	Unattached	Male Senior
99	00:56:25	132	Corrina	Smith	Thetford AC	Female Master 45
100	00:56:58	60	Ian	Gardner	Unattached	Male Master 55
101	00:57:17	170	Robin	Sutton	Unattached	Male Master 45
102	00:57:32	32	Philip	Neave	Bungay Black Dog	Male Master 60+
103	00:57:52	66	Helen	Lakey	Wymondham AC	Female Master 60+
104	00:57:56	116	Carla	Potter	Wymondham AC	Female Senior
105	00:58:44	152	John	Swords	Unattached	Male Master 60+
106	00:58:59	136	David	Neeve	Unattached	Male Senior
107	00:59:08	56	Graeme	Simpson	Unattached	Male Master 40
108	00:59:25	19	John	Lambert	Unattached	Male Master 50
109	00:59:25	179	Louise	Barrett	Unattached	Female Master 40
110	00:59:30	104	Kate	Measures	Unattached	Female Master 40
111	00:59:30	120	Russell	Slattery	Thetford AC	Male Senior

112	00:59:31	61	Catherine	Hunt	Unattached	Female Senior
113	00:59:33	65	Suzie	Luxford	Unattached	Female Master 40
114	00:59:35	94	Anne	Martin	Wymondham AC	Female Master 60+
115	00:59:51	86	Elsbeth	Latimer	Wymondham AC	Female Master 50
116	00:59:57	190	Sean	Simington	Unattached	Male Master 55
117	00:59:59	89	Timothy	Jophnson	Unattached	Male Senior
118	01:00:36	117	Fiona	Martin	Wymondham AC	Female Master 45
119	01:00:42	39	Michelle	Matthews	Unattached	Female Master 40
120	01:00:56	103	Jenny	Unwin	Unattached	Female Senior
121	01:00:56	54	Loretta	Thurston	Unattached	Female Senior
122	01:01:02	53	John	Keeble	Unattached	Male Master 60+
123	01:01:02	82	Wendy	Burgess	Wymondham AC	Female Senior
124	01:01:16	78	Louis	Cooper	Wymondham AC	Male Master 60+
125	01:01:19	40	Andy	Debenham	Unattached	Male Master 50
126	01:01:29	139	Nick	frost	Unattached	Male Senior
127	01:01:31	80	Sally	Kendall	Wymondham AC	Female Senior
128	01:01:50	119	Barry	Hipwell	Unattached	Male Master 50
129	01:02:03	156	Mark	Willis	Unattached	Male Master 45
130	01:02:06	87	heloise	Ungless	Wymondham AC	Female Senior
131	01:02:16	7	Lisa-Jayne	Durham	Unattached	Female Senior
132	01:02:33	188	Louise	Brown	Unattached	Female Senior
133	01:02:34	149	Donna	Eke	Unattached	Female Senior
134	01:02:36	42	Bob	Jack	Bungay Black Dog	Male Master 50
135	01:02:38	83	Cindy	Burgess	Wymondham AC	Female Master 60+
136	01:02:43	151	Lisette	Thresh	Unattached	Female Master 40
137	01:03:08	173	Lesley	Heath	Unattached	Female Master 45
138	01:03:14	27	Kerry	Taldot	Unattached	Female Master 45
139	01:03:27	10	Julie	Pickering	Unattached	Female Senior
140	01:03:30	159	Sarah	Royal	Wymondham AC	Female Senior
141	01:03:31	31	Clare	Mortimer	Unattached	Female Master 45
142	01:03:38	20	Michael	Williams	Unattached	Male Senior
143	01:03:48	105	Carolyn	Harris	Unattached	Female Senior
144	01:03:52	12	Samantha	Cheeseman	Unattached	Female Master 40
145	01:03:52	13	Samantha	Kemp	Unattached	Female Master 40
146	01:03:55	17	Sue	Burton	Unattached	Female Master 40
147	01:04:38	81	Sheila	McDonald	Unattached	Female Master 55
148	01:04:40	125	Juliet	McDonald-Doig	Unattached	Female Master 45
149	01:05:03	92	Ian	Odgers	Unattached	Male Master 40
150	01:07:05	11	Jo	Knox	Unattached	Female Senior
151	01:07:13	67	Sharron	Francis	Unattached	Female Senior
152	01:07:23	24	Eleanor	Edge	Unattached	Female Senior
153	01:07:25	98	Hollie	Adams	Unattached	Female Senior
154	01:08:24	14	Kerry	Morrison	Unattached	Female Senior
155	01:08:32	126	Christine	Green	Unattached	Female Master 45
156	01:08:50	68	Teresa	Potter	Unattached	Female Master 40
157	01:08:55	191	Gill	McNab	Unattached	Female Master 45
158	01:09:12	84	Lester	Pearson	Diss Athletic Club	Male Master 60+
159	01:10:42	18	Ryan	Williams	Unattached	Male Senior
160	01:10:43	135	Rodney	Freeburn	Wymondham AC	Male Master 60+
161	01:12:07	50	Melanie	Cole	Unattached	Female Master 50
162	01:12:45	114	Clare	Slattery	Thetford AC	Female Senior
163	01:12:45	162	Allison	West	Thetford AC	Female Master 45
164	01:14:24	73	Charles	Fenech	Unattached	Male Master 60+
165	01:14:50	192	Sue	Ryan	Unattached	Female Master 50
166	01:15:25	44	Emily	Stead	Unattached	Female Senior
167	01:16:39	6	Lyn	Keates	Unattached	Female Master 40

168	01:18:43	47	Lucy	Burbridge	Unattached	Female Senior
169	01:20:06	1	Graham	Watson	Unattached	Male Senior
170	01:22:55	21	Rachel	Allen	Unattached	Female Senior
171	01:26:39	174	Enna	Baker	Unattached	Female Senior
172	01:26:39	175	Maxine	Pellatt	Unattached	Female Master 40
173	01:26:39	2	Simon	Riches	Unattached	Male Senior
174	01:28:52	26	Laura	Ashworth	Unattached	Female Senior
175	01:28:52	130	Katrine	Stark	Unattached	Female Master 50
176	01:33:47	48	Alison	Burbridge	Unattached	Female Master 45
		15	Tim	Sexton	Norfolk Gazelles	Male Master 40
		23	Rebekah	McNicol	Unattached	Female Master 45
		25	Andrew	Wilcox	Unattached	Male Master 40
		29	Gordon	Banks	Unattached	Male Master 45
		36	Amita	Hinton	Unattached	Female Master 50
		37	Gavin	Ellis	Unattached	Male Master 40
		41	Elgan	Hallett	Unattached	Male Senior
		49	Hilary	Handoll	Unattached	Female Master 50
		55	Stacey	Harper	Unattached	Female Senior
		63	Nichola	Smith	Unattached	Female Senior
		64	Andrea	Poll	Unattached	Female Master 40
		75	Tim	Schaay	Unattached	Male Master 45
		76	Clive	Dennis	Unattached	Male Senior
		97	Richard	Egle	Unattached	Male Master 40
		100	Tone	Earp	Unattached	Male Senior
		102	Robert	Ashton	Unattached	Male Master 55
		145	Tony	Tyler	Thetford AC	Male Master 50