

Results

| <i>Pos</i> | <i>Name</i> | <i>Club</i> | <i>Category</i> | <i>Time</i> |
|------------|---------------------|-----------------------------|-----------------|-------------|
| 1 | Darren Fowlie | Notts AC | SM | 52 22 |
| 2 | ADRIAN WHITWAM | AFD | SM | 53 42 |
| 3 | PHILLIP MUNRO | Colchester Harriers | SM | 57 02 |
| 4 | JOHN OAKES | Cambridge & Coleridge | M50 | 58 42 |
| 5 | Stephen Gibbs | Norwich Road Runners | SM | 58 53 |
| 6 | ROBIN PARKER | Fenland Running & AC | M40 | 59 46 |
| 7 | Colin Robilliard | Coltishall Jaguars | M55 | 60 30 |
| 8 | COLIN PEIRSON | Orion Harriers | M45 | 60 54 |
| 9 | Stuart Smith | Norwich Road Runners | SM | 61 02 |
| 10 | STEPHEN THOMPSON | Unattached | M40 | 61 04 |
| 11 | Mark Betts | Norwich Road Runners | SM | 61 19 |
| 12 | TOM RICHARDSON | Lowestoft Road Runners | SM | 61 44 |
| 13 | Mark Garrett | Norwich Road Runners | M45 | 61 51 |
| 14 | DAVE BROCK | Orion Harriers | M50 | 61 52 |
| 15 | TAMARA JORDAN | Stowmarket Striders | SF | 62 08 |
| 16 | Chris Watson | Unattached | SM | 62 25 |
| 17 | John Leversedge | Enfield & Haringey AC | M55 | 62 33 |
| 18 | RICHARD HAYES | Unattached | SM | 62 43 |
| 19 | Pete Johnson | Norfolk Gazelles AC | M55 | 63 10 |
| 20 | Richard White | Wymondham AC | M45 | 63 14 |
| 21 | CHRIS SCOTT | Lowestoft Road Runners | SM | 63 35 |
| 22 | Emma Sharples | City of Norwich AC | SF | 63 38 |
| 23 | GARY THOMPSON | Ipswich Jaffa | SM | 63 54 |
| 24 | David Robinson | Ryston Runners AC | M50 | 63 56 |
| 25 | MARK HAYLETT | Unattached | M45 | 63 59 |
| 26 | Eddie Greenland | Wymondham AC | M45 | 64 09 |
| 27 | Charlie Nurse | Unattached | SM | 65 00 |
| 28 | Paul Davies | Norwich Road Runners | M40 | 65 11 |
| 29 | John-Patrick Fulton | City of Norwich AC | SM | 65 17 |
| 30 | Lynfield Lubin | Unattached | SM | 66 22 |
| 31 | Bevan Johnson | Norfolk Gazelles AC | SM | 66 28 |
| 32 | PAUL PAGE | Bushfield Joggers | SM | 66 31 |
| 33 | Richard Blake | North Norfolk Beach Runners | M60 | 66 52 |
| 34 | Nicky Alford | City of Norwich AC | SF | 66 54 |
| 35 | ADAM ETCHES | Ely Runners | SM | 67 03 |
| 36 | Raymond Lindsay | Norwich Road Runners | M50 | 67 17 |
| 37 | Andy Smith | Ryston Runners AC | M40 | 67 27 |
| 38 | Tim Woods | Norfolk Gazelles AC | M45 | 67 33 |
| 39 | Nicholas Halls | Unattached | SM | 67 56 |
| 40 | Richard Hammond | Fenland Running & AC | SM | 67 58 |
| 41 | CHRIS CHORLEY | Bungay Black Dog RC | M45 | 68 05 |
| 42 | Paul McArdle | Unattached | M40 | 68 10 |
| 43 | Sean Atterwill | City of Norwich AC | SM | 68 17 |
| 44 | Stephen Dady | Gt Yarmouth Road Runners | M55 | 68 30 |
| 45 | Jim Hayes | North Norfolk Beach Runners | M60 | 68 48 |

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|------------|------------------------|-------------------------|-----------------|-------------|
| 46 | Rachael Leathwood | Norwich Road Runners | SF | 68 50 |
| 47 | BRYAN GOODENOUGH | Thorney Running Clar | M60 | 68 54 |
| 48 | Matthew Pask | Norwich Road Runners | M40 | 69 06 |
| 49 | James Campbell-Barnard | British Army | SM | 69 09 |
| 50 | IAN THOMAS | UK Net Runners | M50 | 69 11 |
| 51 | Peter Cook | Norwich Road Runners | M55 | 69 13 |
| 52 | Michael Armes | Norwich Road Runners | M40 | 69 14 |
| 53 | Alan Bushell | Coltishall Jaguars | SM | 69 15 |
| 54 | Marc Huggins | Unattached | M40 | 69 33 |
| 55 | ANNE SWIFT | Unattached | F40 | 69 44 |
| 56 | Martin Yeomans | Norwich Road Runners | M55 | 69 46 |
| 57 | Simon Able | Ryston Runners AC | SM | 69 56 |
| 58 | David Aldis | City of Norwich AC | M55 | 70 07 |
| 59 | JEREMY READ | Ultramarathon | SM | 70 22 |
| 60 | Tania Crofts | Wymondham AC | F35 | 70 30 |
| 61 | Paul Firmage | Ryston Runners AC | M55 | 70 31 |
| 62 | IAN MILBURN | Fenland Running & AC | M65 | 70 34 |
| 63 | Matthew Frary | Norwich Road Runners | SM | 70 55 |
| 64 | Melvyn Porter | Coltishall Jaguars | M40 | 71 25 |
| 65 | Graham Sillett | Unattached | M50 | 71 44 |
| 66 | ROBERT HOWLETT | Fenland Running & AC | SM | 71 46 |
| 67 | Trudy Sayell | Fenland Running & AC | SF | 71 46 |
| 68 | GRAHAM HOLMES | Unattached | M60 | 72 01 |
| 69 | Richard Dye | Bungay Black Dog RC | M45 | 72 31 |
| 70 | Shaun Conway | Unattached | M45 | 72 38 |
| 71 | Paul Woodyatt | City of Norwich AC | M45 | 72 40 |
| 72 | Michael King | Coltishall Jaguars | M60 | 72 41 |
| 73 | Ian Todd | West Norfolk AC | M45 | 72 42 |
| 74 | Lisa Godwin | Norwich Road Runners | F35 | 72 47 |
| 75 | Tim Coates | West Norfolk AC | M40 | 72 52 |
| 76 | Sharon Hurren | Wymondham AC | F35 | 72 55 |
| 77 | Richard Nolan | Unattached | M45 | 73 46 |
| 78 | GEOFFREY CARTER | Unattached | M40 | 73 51 |
| 79 | Peter Downing | Unattached | W/CHAIR | 73 53 |
| 80 | YVONNE PARKER | Road Runners Club | F55 | 73 56 |
| 81 | Martin Bagnall | Coltishall Jaguars | M45 | 74 01 |
| 82 | PHIL MONTROYAM | Unattached | M45 | 74 04 |
| 83 | Annie Bradbury | Ryston Runners AC | F45 | 74 08 |
| 84 | Martin Ive | Ryston Runners AC | M40 | 74 09 |
| 85 | Isabella List | Coltishall Jaguars | SF | 74 10 |
| 86 | Barry Bye | Ryston Runners AC | M60 | 74 12 |
| 87 | Ken Bowman | Coltishall Jaguars | M60 | 74 19 |
| 88 | Steve Gilbert | Unattached | M50 | 74 33 |
| 89 | JOSEPHINE SHEFFIELD | Braintree & District AC | F45 | 74 42 |
| 90 | ADAM BOGGIS | Unattached | SM | 74 43 |
| 91 | LEIGH MARSHALL | Unattached | SM | 74 45 |
| 92 | Julien Nelson | Unattached | M40 | 75 10 |
| 93 | JONATHAN MEADOWS | Lowestoft Road Runners | SM | 75 11 |

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|------------|----------------------|-----------------------------|-----------------|-------------|
| 94 | Jeremy Lawrence | Coltishall Jaguars | M50 | 75 13 |
| 95 | REBECCA JORDAN | Stowmarket Striders | SF | 75 16 |
| 96 | Ian Saunders | Ryston Runners AC | SM | 75 17 |
| 97 | Steve Bowerman | Ryston Runners AC | M40 | 75 18 |
| 98 | Christopher Milnes | Ryston Runners AC | M50 | 75 25 |
| 99 | Jeremy Navrady | Ryston Runners AC | M40 | 75 40 |
| 100 | CHARLIE DAVIS | Unattached | SM | 75 42 |
| 101 | Sean Radford | The Stragglers | SM | 76 08 |
| 102 | CHRISTOPHER BRITTAIN | Road Runners Club | M55 | 76 18 |
| 103 | Peter Dunnett | Unattached | SM | 76 43 |
| 104 | Simon Smith | Unattached | SM | 76 49 |
| 105 | Richard High | Norwich Road Runners | SM | 77 02 |
| 106 | Ashley Gilbert | Unattached | SM | 77 06 |
| 107 | Gavin Thouless | Norwich Road Runners | M40 | 77 08 |
| 108 | Eve Dewsnap | Unattached | SF | 77 35 |
| 109 | Andrew Skiggs | Unattached | SM | 77 36 |
| 110 | Stephen Panting | Norwich Road Runners | M40 | 77 36 |
| 111 | Michael Hulme | Norwich Road Runners | SM | 77 42 |
| 112 | Mark Ring | Norwich Road Runners | M40 | 77 46 |
| 113 | Gillian Loughlin | City of Norwich AC | F45 | 77 54 |
| 114 | Tony Heath | North Norfolk Beach Runners | M60 | 78 05 |
| 115 | MICHAEL HITCHINGS | Ipswich Jaffa | M40 | 78 06 |
| 116 | Mike McDonnell | Unattached | M55 | 78 10 |
| 117 | TESSA STONE | Unattached | F35 | 78 12 |
| 118 | Caroline French | Norwich Road Runners | SF | 78 25 |
| 119 | STEVE ROBERTS | Unattached | M50 | 78 37 |
| 120 | Susan Nolan | Unattached | F40 | 78 38 |
| 121 | Jude Durrant | Unattached | F40 | 78 47 |
| 122 | Paul Robinson | Reepham Runners | M40 | 78 48 |
| 123 | Simon Wicks | Thetford A C | SM | 78 53 |
| 124 | Jo Godwin | Norwich Road Runners | F35 | 79 02 |
| 125 | Mark Avery | Ipswich Jaffa | M40 | 79 03 |
| 126 | Russell Cox | Wymondham AC | M40 | 79 12 |
| 127 | Juliet Cox | Wymondham AC | SF | 79 12 |
| 128 | Michael Smith | Wymondham AC | M60 | 79 13 |
| 129 | David Barclay | Norfolk Gazelles AC | M45 | 79 17 |
| 130 | Anne Millett | Norwich Road Runners | F50 | 79 20 |
| 131 | STEVEN RIX | Unattached | SM | 79 35 |
| 132 | Stefan Rider | Norwich Road Runners | SM | 79 59 |
| 133 | Carol Betts | Norfolk Gazelles AC | F55 | 80 04 |
| 134 | Sarah Bradley | Norwich Road Runners | F45 | 80 10 |
| 135 | Tracy Stevens | Wymondham AC | F40 | 80 18 |
| 136 | Geoff Hayward | North Norfolk Beach Runners | M65 | 80 20 |
| 137 | Tracy Dodsworth | Wymondham AC | F35 | 80 31 |
| 138 | Jon Holland | Norwich Road Runners | SM | 80 48 |
| 139 | Simon Deakin | Unattached | M40 | 80 53 |
| 140 | Christina Walker | North Norfolk Beach Runners | F35 | 80 58 |
| 141 | MARK CRACK | Unattached | M45 | 81 01 |

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|------------|-------------------|-----------------------------|-----------------|-------------|
| 142 | Bobbie Sauerzapf | Bungay Black Dog RC | F50 | 81 22 |
| 143 | Louise Freestone | Wymondham AC | F35 | 81 28 |
| 144 | Terence Gamble | West Norfolk AC | M60 | 81 30 |
| 145 | John Folkes | Unattached | SM | 81 35 |
| 146 | Rachel Fiddy | Norwich Road Runners | SF | 82 12 |
| 147 | Paul Calvert | Unattached | SM | 82 15 |
| 148 | Jason Bartrum | Unattached | SM | 82 23 |
| 149 | Mark Smith | Unattached | SM | 82 26 |
| 150 | Gary Fryer | Unattached | SM | 82 27 |
| 151 | Alec Fraser | North Norfolk Beach Runners | M65 | 82 42 |
| 152 | Colin Fish | Unattached | M45 | 82 48 |
| 153 | Noel Spruce | North Norfolk Beach Runners | M65 | 82 52 |
| 154 | Brenda Kinch | North Norfolk Beach Runners | F60 | 82 53 |
| 155 | Alison Milnes | Ryston Runners AC | F45 | 82 58 |
| 156 | Wayne McAllister | Unattached | M45 | 82 58 |
| 157 | Caroline Taylor | Norwich Road Runners | F50 | 83 22 |
| 158 | Keith Brighty | Norwich Road Runners | M45 | 83 23 |
| 159 | NEIL THOMAS | Bungay Black Dog RC | M40 | 83 24 |
| 160 | Julie Barton | Unattached | F35 | 83 51 |
| 161 | HARRY SMITH | Stowmarket Striders | M45 | 84 01 |
| 162 | Halen Oghenegweke | Norwich Road Runners | F35 | 84 05 |
| 163 | Ian Moore | Norwich Road Runners | SM | 84 22 |
| 164 | Mark Peach | Gt Yarmouth Road Runners | SM | 84 39 |
| 165 | Trevor Horrex | Norwich Road Runners | M50 | 85 02 |
| 166 | LISA MANN | Unattached | F40 | 85 13 |
| 167 | Phillipa Rudd | Norwich Road Runners | F45 | 85 15 |
| 168 | Jonny Groom | Unattached | SM | 85 16 |
| 169 | Chris Groves | Tri-Anglia | M55 | 85 25 |
| 170 | ANNA SMITH | Stowmarket Striders | F35 | 85 52 |
| 171 | Andrew Burrage | Norfolk Gazelles AC | M55 | 86 01 |
| 172 | Julia Kennelly | Wymondham AC | F35 | 86 03 |
| 173 | Gill Hart | Ryston Runners AC | F55 | 86 08 |
| 174 | JULZ WILLIAMS | Unattached | F35 | 86 16 |
| 175 | Colin Alford | Unattached | M45 | 86 28 |
| 176 | Charles Wood | Norwich Road Runners | M50 | 86 50 |
| 177 | Martin Hammond | Ryston Runners AC | M40 | 87 00 |
| 178 | Jason Marsh | Unattached | SM | 87 09 |
| 179 | Barry Hall | Unattached | M50 | 87 13 |
| 180 | Hayley Cocksedge | Thetford A C | F35 | 87 15 |
| 181 | Joanne Rust | Unattached | F40 | 87 15 |
| 182 | Carole Spong | Gt Yarmouth Road Runners | F60 | 87 21 |
| 183 | Michael O'Connor | North Norfolk Beach Runners | M60 | 87 41 |
| 184 | Geraldine Jordan | Unattached | F45 | 87 41 |
| 185 | Simon Coates | Unattached | M45 | 88 10 |
| 186 | CLIFF MOORE | Unattached | M65 | 88 18 |
| 187 | Carolyn Burrage | Norfolk Gazelles AC | F55 | 88 20 |
| 188 | Alan Lucas | Unattached | M45 | 88 23 |
| 189 | Sheila Smith | Unattached | F55 | 88 28 |

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|------------|------------------------|-----------------------------------|-----------------|-------------|
| 190 | Jill Copeland | Norwich Road Runners | F50 | 88 37 |
| 191 | JEAN-VALERY TURATSINZE | Unattached | SM | 88 52 |
| 192 | David Hilburn | Unattached | M50 | 88 54 |
| 193 | Mike Marshall | North Norfolk Beach Runners | M65 | 89 04 |
| 194 | DAVID DIXON | Unattached | M55 | 89 35 |
| 195 | David Lane | Ryston Runners AC | M45 | 89 43 |
| 196 | Matt Bullock | Unattached | M40 | 90 07 |
| 197 | Rosemary Matlock | Thetford A C | F50 | 90 20 |
| 198 | Tom Warnes | Unattached | SM | 90 28 |
| 199 | GLENN RICHER | UK Net Runners | M50 | 90 30 |
| 200 | Karen Alford | Unattached | F45 | 90 38 |
| 201 | KATY NASH | Stowmarket Striders | F35 | 90 57 |
| 202 | SANDIE JARDINE | Unattached | F45 | 91 05 |
| 203 | Georgina Allen | Ryston Runners AC | F50 | 91 28 |
| 204 | Barry Adamson | Unattached | M55 | 91 40 |
| 205 | Peter Warren | City of Norwich AC | M50 | 91 48 |
| 206 | JANE McALLISTER | Unattached | F45 | 92 05 |
| 207 | Mike Creasor | Road Runners Club | M65 | 92 13 |
| 208 | Anne Harper | Unattached | F45 | 92 27 |
| 209 | Lesley Oliver | Unattached | F60 | 92 31 |
| 210 | Jenny Heard | Wymondham AC | SF | 92 33 |
| 211 | Robert Scarfe | Wymondham AC | M55 | 92 40 |
| 212 | Cathy Mumford | Thetford A C | F45 | 93 19 |
| 213 | STEPHEN BRIGHT | British Athletics Supporters Club | M45 | 93 46 |
| 214 | Neil Hannant | Unattached | SM | 93 57 |
| 215 | Peter Butler | Unattached | SM | 93 57 |
| 216 | Kate McCabe | Unattached | F35 | 94 04 |
| 217 | DONNA CRANE | Unattached | SF | 94 10 |
| 218 | Clare Denzey | Norwich Road Runners | SF | 95 05 |
| 219 | Annabel Harris | Unattached | F45 | 95 10 |
| 220 | BARRY CARTWRIGHT | Unattached | SM | 95 25 |
| 221 | MIKE PAGE | Bushfield Joggers | M60 | 95 31 |
| 222 | Annette Carter | Gt Yarmouth Road Runners | F40 | 95 31 |
| 223 | Louise Powell | Unattached | F40 | 95 52 |
| 224 | Marianne Saunders | Norfolk Gazelles AC | F40 | 95 53 |
| 225 | Wendy McAllister | Unattached | F45 | 96 42 |
| 226 | Sara Bullock | Unattached | F35 | 96 50 |
| 227 | Tony Britt | UK Net Runners | M50 | 97 07 |
| 228 | Simon Easthope | Wymondham AC | SM | 97 24 |
| 229 | Ed Proffitt | Unattached | SM | 97 53 |
| 230 | Rebecca Durant | Coltishall Jaguars | F55 | 98 10 |
| 231 | Philip Neave | Bungay Black Dog RC | M60 | 98 18 |
| 232 | JACQUES GROEN | Bungay Black Dog RC | M60 | 99 27 |
| 233 | Jackie Eastaugh-King | Norwich Road Runners | F45 | 101 52 |
| 234 | Diane Cushine | Norwich Road Runners | F45 | 101 52 |
| 235 | CHRISTOPHER ARCHER | Unattached | M40 | 102 24 |
| 236 | SUSAN DAVYS | Bushfield Joggers | F45 | 103 31 |
| 237 | ROBERT DAVYS | Bushfield Joggers | M50 | 103 31 |

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|------------|----------------------|----------------------------------|-----------------|-------------|
| 238 | Susan Ryles | Gt Yarmouth & District AC | F55 | 103 45 |
| 239 | Lorraine Robertson | Norwich Road Runners | F35 | 104 16 |
| 240 | Colin Thouless | Norwich Road Runners | M65 | 105 54 |
| 241 | Timothy Johnson | Unattached | SM | 106 22 |
| 242 | Maureen England | Gt Yarmouth & District AC | F60 | 107 48 |
| 243 | Peter Eaton | North Norfolk Beach Runners | M65 | 107 59 |
| 244 | Robert Laban | Unattached | SM | 108 07 |
| 245 | Manuela Dolente-Benn | Unattached | F35 | 110 04 |
| 246 | Albert Spong | Gt Yarmouth Road Runners | M65 | 114 09 |
| DNF | Imogen West | Unattached | F45 | 0 00 |
| DNF | Mandy Fulton | Norwich Road Runners | F35 | 0 00 |
| DNF | JULIA PEIRSON | Orion Harriers | F40 | 0 00 |
| DNF | Andi Osborne | North Norfolk Beach Runners | F55 | 0 00 |
| DNF | OWEN SOUTHWOOD | Newmarket Cycling/Triathlon Club | SM | 0 00 |
| DNF | LYNDSEY BENNETT | Unattached | SF | 0 00 |
| DNF | Anne Sinclair | Unattached | F50 | 0 00 |
| DNF | Stacey Daniele Owen | Thetford A C | SF | 0 00 |
| DNF | ALISON WINTERTON | BRJ Road Runners | F40 | 0 00 |
| DNF | BRYAN COOPER | Unattached | M50 | 0 00 |
| DNF | KATHRYN GALBRAITH | Unattached | F45 | 0 00 |
| DNF | Chris Lehrback | Unattached | SM | 0 00 |
| DNF | Matt Wickham | Unattached | SM | 0 00 |
| DNF | Cassie Barker | Wymondham AC | SF | 0 00 |
| DNF | Richard Pilch | Unattached | M60 | 0 00 |
| DNF | Nigel Whiteley | Unattached | M45 | 0 00 |
| DNF | Ian Evans | Unattached | SM | 0 00 |
| DNF | KEVIN MARSHALL | Ilford AC | M50 | 0 00 |
| DNF | Helen Melville | Ryston Runners AC | SF | 0 00 |
| DNF | Rob Osborne | North Norfolk Beach Runners | M50 | 0 00 |
| DNF | | | | 0 00 |
| DNF | Ben Snelling | Unattached | SM | 0 00 |
| DNF | Jon Adams | Unattached | SM | 0 00 |
| DNF | Neil Gregory | Norwich Road Runners | SM | 0 00 |
| DNF | John Pinnell | Unattached | M45 | 0 00 |
| DNF | Shaun Parkinson | Unattached | SM | 0 00 |
| DNF | SCOTT SHERMAN | Stowmarket Striders | SM | 0 00 |
| DNF | MARK SAUNDERS | Unattached | SM | 0 00 |
| DNF | STUART HILL | BRJ Road Runners | M45 | 0 00 |
| DNF | David Rose | Unattached | M40 | 0 00 |
| DNF | ROBERT WATSON | Cambridge & Coleridge | M45 | 0 00 |
| DNF | Matt Paine | Unattached | SM | 0 00 |
| DNF | Adam Higgins | Unattached | SM | 0 00 |
| DNF | MARCUS CATLIN | Ipswich Jaffa | SM | 0 00 |
| DNF | Ivan Lees | Gt Yarmouth Road Runners | M50 | 0 00 |
| DNF | Terry Epps | Wymondham AC | M55 | 0 00 |
| DNF | Stephen Girling | Unattached | M45 | 0 00 |
| DNF | DAVID FENTON | Stowmarket Striders | SM | 0 00 |
| DNF | Carl Wright | Norwich Road Runners | M45 | 0 00 |