

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Mins</b>	<b>Secs</b>
1	Rob Joy	Norwich Road Runners	SM	53	54
2	RICHARD BATESON	Lincoln Wellington AC	SM	56	13
3	Stephen Gibbs	Norwich Road Runners	SM	57	58
4	Chris Merrylees	North Norfolk Beach Runners	SM	58	44
5	Paul Higham	Norwich Road Runners	SM	60	15
6	Mark Garrett	Norwich Road Runners	M45	60	53
7	Simon Levy	Ryston Runners AC	SM	61	26
8	Paul Muffett	North Norfolk Beach Runners	M50	61	40
9	Colin Robilliard	Coltishall Jaguars	M55	61	44
10	MARK REYNARD	Stowmarket Striders	SM	62	07
11	GARY THOMPSON	Ipswich Jaffa	SM	62	11
12	John Leversedge	Enfield & Haringey AC	M55	62	17
13	Adam Craske	Bungay Black Dog RC	SM	62	19
14	Richard White	Wymondham AC	M50	62	47
15	Dave Robinson	Ryston Runners AC	M50	63	13
16	Graham Jenney	Unattached	SM	63	15
17	David Brock	Orion Harriers	M50	63	17
18	STUART ELLIS	Braintree & District AC	SM	63	45
19	MARK HAYLETT	Unattached	M45	63	57
20	Marie French	Ryston Runners AC	SF	64	11
21	Nicholas Bensley	Ryston Runners AC	M40	64	28
22	Nicky Alford	City of Norwich AC	SF	64	41
23	Spencer Goodall	Unattached	M40	64	53
24	Paul Davies	Norwich Road Runners	M40	65	04
25	Andy Vinsen	Wymondham AC	SM	65	26
26	ANDREW LARHAM	March AC	M50	65	35
27	Martin Yeomans	Norwich Road Runners	M60	65	38
28	David Tandy	Norwich Road Runners	M40	65	44
29	Neil Sibley	Gt Yarmouth Road Runners	M45	65	52
30	Simon Marsh	Unattached	SM	65	55
31	Ian Thomas	Norfolk Gazelles AC	M50	65	59
32	Michael Howlett	Ryston Runners AC	SM	66	10
33	RICHARD FLUTTER	Harwich Runners	M40	66	12
34	SEAN CONNOLLY	Fenland Running & AC	M40	66	16
35	Eddie Greenland	Wymondham AC	M45	66	20
36	Martin Auger	Unattached	M55	66	22
37	Andrew Preston	Wymondham AC	M45	66	28
38	Stephen Niblett	Coltishall Jaguars	M40	66	30
39	Tony Epps	Wymondham AC	M55	66	30
40	Matthew Frary	Norwich Road Runners	SM	66	43
41	Nigel Hodge	City of Norwich AC	M40	67	08
42	James Guyton	Norwich Road Runners	SM	67	11
43	Paul Smith	Norwich Road Runners	SM	67	11
44	Leslie Scott	Ryston Runners AC	M50	67	12
45	Tim Woods	Norfolk Gazelles AC	M45	67	22
46	Andrew Mulligan	Coltishall Jaguars	SM	67	25
47	Ian Saunders	Ryston Runners AC	M40	67	32
48	Simon Able	Ryston Runners AC	M40	67	38
49	Richard Blake	Gt Yarmouth Road Runners	M60	67	52

50	John Drewry	Unattached	M40	67	54
51	Keith Brighty	Norwich Road Runners	M45	68	00
52	Phil Waity	Wymondham AC	SM	68	00
53	Michael Armes	Norwich Road Runners	M45	68	02
54	Matthew Pask	Norwich Road Runners	M40	68	03
55	Melvyn Porter	Coltishall Jaguars	M40	68	13
56	KAREN ARCHBOLD	Lowestoft Road Runners	F40	68	24
57	Isabella List	Coltishall Jaguars	SF	68	26
58	Ian Sturgess	Wymondham AC	M50	68	31
59	Tim Angell	City of Norwich AC	M45	68	45
60	Tanya Crofts	Wymondham AC	F35	68	47
61	MIKE GREENER	St Edmunds Pacers	M40	68	56
62	Kevin Howlett	Ryston Runners AC	M50	68	59
63	JOHN GREENER	St Edmunds Pacers	M40	69	04
64	Andrew Savory	Norwich Road Runners	M45	69	05
65	Andrew Stallion	Unattached	SM	69	06
66	John Leach	North Norfolk Beach Runners	M45	69	21
67	Stephen Leeves	Gt Yarmouth Road Runners	M50	69	27
68	CHRIS CHORLEY	Bungay Black Dog RC	M45	69	54
69	Paul Harrison	Dereham Runners AC	M50	69	57
70	Steve Bowerman	Ryston Runners AC	M45	69	58
71	Stephen Dady	Gt Yarmouth Road Runners	M55	70	24
72	Peter Cook	Norwich Road Runners	M60	70	35
73	Timothy Bragger	Unattached	SM	70	36
74	Annie Bradbury	Ryston Runners AC	F45	70	37
75	Richard Lawes	Unattached	M50	70	42
76	ANDREW NICHOLLS	Hyde Park Harriers	M50	70	43
77	Rebecca Faircloth	Wymondham AC	F35	70	45
78	Vince Ellis	City of Norwich AC	M55	70	47
79	Karl Chapman	Wymondham AC	M40	71	29
80	Jonathan Howe	Coltishall Jaguars	M50	71	41
81	Paul Firmage	Ryston Runners AC	M55	71	53
82	Steven Guy	City of Norwich AC	SM	71	54
83	PAUL GRIFFIN	Unattached	SM	71	56
84	Paul Cockaday	North Norfolk Beach Runners	M40	72	00
85	Adam Masterson	Wymondham AC	SM	72	06
86	Anthony Lydon	Unattached	SM	72	07
87	Claire Vinsen	Wymondham AC	SF	72	11
88	David Aldis	City of Norwich AC	M60	72	13
89	TIM HIGGINS	Ipswich Jaffa	M45	72	16
90	Jason Mountain	Wymondham AC	SM	72	32
91	Matt Ellis	Lowestoft Road Runners	SM	72	58
92	Leo Altarelli	Bungay Black Dog RC	SM	73	09
93	Mark Ogden	Unattached	SM	73	13
94	Gregory Quinn	Reepham Runners	M50	73	43
95	Chris Edwards	Reepham Runners	M50	73	59
96	Mark Mulligan	Unattached	SM	74	01
97	Dale Hurren	Norwich Road Runners	M50	74	02
98	Melanie Murdoch	Fenland Running & AC	SF	74	03
99	Scott Chadwick	Coltishall Jaguars	SM	74	04

100	DAVID WEBSTER	Fenland Running & AC	M40	74	22
101	Martin Bagnall	Coltishall Jaguars	M45	74	27
102	Kevin Garwood	Wymondham AC	M45	74	38
103	John Bone	Gt Yarmouth Road Runners	M60	74	41
104	Gavin Thouless	Norfolk Gazelles AC	M40	74	42
105	Mike King	UKA	M60	74	42
106	Sally Cushing	Norwich Road Runners	F45	74	45
107	Jim Hayes	North Norfolk Beach Runners	M65	74	49
108	MATTHEW ELLIS	Unattached	M40	74	57
109	LYNN TANNER	Springfield Striders	F55	75	07
110	Richard Dye	Bungay Black Dog RC	M45	75	10
111	Gavin Vogt	Unattached	M45	75	12
112	Maria Greaves	Norfolk Harriers RC	SF	75	17
113	Ken Bool	Norwich Road Runners	SM	76	00
114	VAUGHAN MORRIS	Unattached	M50	76	06
115	ASHLEY NORTON	Lowestoft Road Runners	SM	76	09
116	JOANNE DIFFEY	Lakeside Lincoln	F40	76	24
117	Mark Hedges	Unattached	SM	76	34
118	JOHN WALSHE	East Cork AC	M55	76	39
119	Jane Holmes	Fenland Running & AC	F35	76	45
120	Paul Evans	Gt Yarmouth & District AC	M55	76	46
121	Karen Manning	Gt Yarmouth Road Runners	F40	76	46
122	Stephen Etherington	Gt Yarmouth Road Runners	M50	76	47
123	ANDREW TURNER	Ipswich Jaffa	SM	76	48
124	Matthew Cox	Unattached	SM	76	49
125	Andrew Hammond	Unattached	M55	77	05
126	Christopher Milnes	Ryston Runners AC	M50	77	19
127	Peter Downing	Unattached	W/CHAIR	77	25
128	Simon Smith	Unattached	SM	77	28
129	PHILIP SOUTHGATE	St Edmunds Pacers	M40	77	44
130	MARK ELFLETT	Lowestoft Road Runners	M45	77	45
131	Lesley Robins	Ryston Runners AC	F35	77	59
132	Allan McDuff	Unattached	SM	78	01
133	Anne Millett	Norwich Road Runners	F55	78	08
134	Adrian Grand	Norwich Road Runners	M45	78	09
135	Bobbie Sauerzapf	Bungay Black Dog RC	F50	78	15
136	Andrew Taylor	Garden City Runners	SM	78	25
137	Dave Hollis	Norwich Road Runners	M50	78	35
138	Daniel Venlovsky	Unattached	SM	78	46
139	Robert Stevens	Unattached	SM	79	00
140	Steve Gilbert	Unattached	M50	79	08
141	Jude Durrant	Reepham Runners	F40	79	24
142	Richard High	Norwich Road Runners	M40	79	34
143	Michael Smith	Wymondham AC	M65	79	36
144	Rachel Fiddy	Norwich Road Runners	SF	79	38
145	NIK CHAPMAN	Unattached	SM	79	50
146	Jeremy Navrady	Ryston Runners AC	M45	80	25
147	ROBERT BATEMAN	Unattached	SM	80	29
148	Steve Stringer	Gt Yarmouth Road Runners	M40	80	42
149	SIMON BUNTING	Lowestoft Road Runners	M45	80	46

<b>150</b>	<b>PASQUALE RUGGERD</b>	Fenland Running & AC	M45	80	47
<b>151</b>	Jonathan Wiles	Bungay Black Dog RC	SM	80	55
<b>152</b>	Laura Devereux	Bungay Black Dog RC	F35	80	55
<b>153</b>	<b>MAIRE IRLAM</b>	Fenland Running & AC	F45	81	04
<b>154</b>	David Lane	Ryston Runners AC	M45	81	07
<b>155</b>	Alice Birdsall	Norwich Road Runners	SF	81	08
<b>156</b>	Matt Hunn	Unattached	M40	81	15
<b>157</b>	Michael Barrett	Dereham Runners AC	M55	81	27
<b>158</b>	Angie Bear	Wymondham AC	F50	81	35
<b>159</b>	Michael Breeze	Unattached	M45	81	48
<b>160</b>	John Woodhouse	Reepham Runners	M45	81	56
<b>161</b>	Ian Breeze	Unattached	M40	82	04
<b>162</b>	<b>HAZEL SPALDING</b>	Ipswich Jaffa	F50	82	05
<b>163</b>	Philip Neave	Bungay Black Dog RC	M60	82	06
<b>164</b>	Rex Wade	Unattached	M65	82	17
<b>165</b>	Terence Gamble	West Norfolk AC	M60	82	21
<b>166</b>	Ian Barker	Unattached	M40	82	24
<b>167</b>	Shaun Conway	Unattached	M45	82	25
<b>168</b>	Simon Coates	Unattached	M45	82	28
<b>169</b>	<b>ADRIAN HUNT</b>	Unattached	M55	82	33
<b>170</b>	Melanie Burch	Coltishall Jaguars	F35	82	38
<b>171</b>	Rob Osborne	North Norfolk Beach Runners	M50	82	40
<b>172</b>	<b>SAM GOODGER</b>	Fenland Running & AC	SM	82	47
<b>173</b>	Veronica Manly	Eastern Vets AC	F60	82	48
<b>174</b>	Derek McCabe	City of Norwich AC	M40	82	49
<b>175</b>	<b>SHIRLEY BALL</b>	Bishop Stortford	F55	83	11
<b>176</b>	Neil Thomas	Bungay Black Dog RC	M40	83	29
<b>177</b>	<b>WAYNE McALLISTER</b>	Eton Manor	M45	83	34
<b>178</b>	Natalie Beal	Unattached	SF	83	38
<b>179</b>	Maureen Wolfe	Ryston Runners AC	F50	83	46
<b>180</b>	<b>JOHN CASS</b>	Unattached	M40	83	55
<b>181</b>	Adam Batchelor	Unattached	SM	83	58
<b>182</b>	Sue Stirling	Wymondham AC	F45	83	59
<b>183</b>	<b>DAVID DIXON</b>	Unattached	M55	84	06
<b>184</b>	Elayne Hilton	Lowestoft Road Runners	F40	84	07
<b>185</b>	Jen Rudd	Wymondham AC	F35	84	09
<b>186</b>	Tony Heath	North Norfolk Beach Runners	M60	84	14
<b>187</b>	Richard Cadman	Reepham Runners	M50	84	42
<b>188</b>	Alec Fraser	North Norfolk Beach Runners	M65	84	44
<b>189</b>	Alison Milnes	Ryston Runners AC	F45	84	54
<b>190</b>	Charles Wood	Norwich Road Runners	M50	85	25
<b>191</b>	Paul Fisher	Unattached	M60	85	29
<b>192</b>	Hayley Gerrard	Norwich Road Runners	F40	85	31
<b>193</b>	Juliette Meek	Unattached	SF	85	50
<b>194</b>	Patsey Bradley	Wymondham AC	F50	85	54
<b>195</b>	Vikki Bradley	Wymondham AC	SF	85	55
<b>196</b>	Brenda Kinch	North Norfolk Beach Runners	F60	86	02
<b>197</b>	John England	Gt Yarmouth & District AC	M60	86	18
<b>198</b>	<b>STEVE STARR</b>	Ely Runners	M40	86	21
<b>199</b>	Helen Melville	Ryston Runners AC	F35	87	27

200	Nigel Pall	Unattached	M40	87	40
201	Rachel Williamson	Unattached	F35	87	49
202	Ian Dallas	Unattached	M45	87	49
203	Carolyn Burrage	Norfolk Gazelles AC	F55	87	58
204	LISA HALL	Unattached	SF	88	05
205	CLIFF MOORE	Unattached	M65	88	11
206	Stephen Ball	Unattached	M55	88	20
207	Pauline Richardson	Gt Yarmouth Road Runners	F50	88	39
208	Clinton Gillett	Unattached	SM	88	54
209	Michaela Gillett	Unattached	F35	88	54
210	Tom Warnes	UK Net Runners	SM	88	59
211	CHLOE RUSSELL	Running Somewhere Else	SF	89	01
212	Faye Ellis	Lowestoft Road Runners	SF	89	01
213	Jeremy Sinclair	Unattached	M55	89	10
214	Christine Cooke	Coltishall Jaguars	F50	89	32
215	Julie Dildrew	Reepham Runners	F50	89	38
216	Andi Osborne	North Norfolk Beach Runners	F55	89	42
217	Malcolm Fisher	Unattached	SM	89	43
218	Bob Elvin	Unattached	M40	89	50
219	Graham Elvin	Unattached	SM	89	50
220	Joanne Jensey	Wymondham AC	F35	90	21
221	Rose-Marie Doyle	Unattached	SF	90	22
222	Darren Chapman	Unattached	SM	90	34
223	Ed Proffitt	Unattached	SM	90	34
224	Carole Spong	Gt Yarmouth Road Runners	F60	90	45
225	GEORGINA SCOTT	Lowestoft Road Runners	SF	90	51
226	Anne Sinclair	Unattached	F50	91	00
227	Jason Pilbrow	Unattached	SM	91	02
228	JODY BARVICK	Unattached	F50	91	29
229	Karen Smith	Ryston Runners AC	F40	91	34
230	Lisa Mann	Norwich Road Runners	F40	91	35
231	Ivan Colman	Norwich Road Runners	M45	91	35
232	Ian Moore	Norwich Road Runners	SM	91	44
233	Clare Denzey	Norwich Road Runners	F35	91	44
234	Philippa Rudd	Norwich Road Runners	F45	91	46
235	Sarah Kelly	Norwich Road Runners	SF	92	10
236	John Kelly	Unattached	SM	92	11
237	PHILLIP LAURIER	Lowestoft Road Runners	M60	92	25
238	CHRISTINE BREEZE	Unattached	F50	92	47
239	PAUL GOULSBRA	Unattached	M40	92	47
240	JUDY POTTER	Bungay Black Dog RC	F60	92	56
241	Sheila Smith	Unattached	F55	93	07
242	Stephen Taylor	Garden City Runners	M55	93	19
243	Robert Scarfe	Wymondham AC	M55	93	27
244	Kate McCabe	Unattached	F35	93	28
245	Simon Hudson	Unattached	M40	93	50
246	Claire Owen	Coltishall Jaguars	F35	94	04
247	WENDY McALLISTER	Unattached	F50	94	05
248	Mike Creasor	Road Runners Club	M65	94	05
249	Tony Britt	UK Net Runners	M55	94	14

<b>250</b>	Ivan Lees	Gt Yarmouth Road Runners	M55	94	32
<b>251</b>	Shelley Burton	North Norfolk Beach Runners	F40	95	00
<b>252</b>	David Rose	Wymondham AC	M45	95	38
<b>253</b>	Richard Napthen	Unattached	M50	95	44
<b>254</b>	BRIAN PAGE	Sevenoaks AC	M50	95	48
<b>255</b>	DEAN POWLEY	Fenland Running & AC	SM	96	52
<b>256</b>	Timothy Johnson	Unattached	SM	97	36
<b>257</b>	Rebecca Durant	Coltishall Jaguars	F55	97	44
<b>258</b>	Scott Chapman	Unattached	SM	98	16
<b>259</b>	Robert Stone	Wymondham AC	SM	98	40
<b>260</b>	VIKAS BHALLA	Unattached	SM	99	21
<b>261</b>	Juliet Hayward	Unattached	SF	99	53
<b>262</b>	Tracey Pointon-Melville	Unattached	F35	100	26
<b>263</b>	Kathy Restieaux	Unattached	SF	100	27
<b>264</b>	Teresa Guyton	Unattached	F50	100	27
<b>265</b>	Jamie Ryan	Unattached	SM	101	15
<b>266</b>	Nicola Heard	Wymondham AC	SF	102	27
<b>267</b>	Steve Connelly	Unattached	SM	103	55
<b>268</b>	STEFFEN COOK	Unattached	SM	104	04
<b>269</b>	Angela O'Sullivan	Unattached	F35	106	52
<b>270</b>	Naomi Pearson	Unattached	SF	106	52
<b>271</b>	SALLYANN PROTHEROE	Lowestoft Road Runners	F50	107	05
<b>272</b>	Colin Thouless	Norwich Road Runners	M65	107	56
<b>273</b>	Genette Sullivan	Norwich Road Runners	F45	108	07
<b>274</b>	Thalia Bayne	Unattached	F35	109	38
<b>275</b>	Nicky Elliston	Unattached	F35	109	38
<b>276</b>	Rodney Freeburn	Wymondham AC	M65	111	27
<b>277</b>	MARTIN TILLY	St Edmunds Pacers	M65	111	27
<b>278</b>	Albert Spong	Gt Yarmouth Road Runners	M65	114	15
<b>279</b>	Hannah Davis	Unattached	SF	115	20
<b>280</b>	EDWARD MURPHY	Unattached	M45	116	36