

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Mins</b>	<b>Secs</b>
1	Mark Grubb	Norfolk Gazelles AC	SM	56	34
2	Chris Merrylees	North Norfolk Beach Runners	SM	57	9
3	Richard Bateson	Coltishall Jaguars	SM	58	2
4	Mark Thompson	Gt Yarmouth Road Runners	SM	58	22
5	Joseph Hawes	Norfolk Gazelles AC	SM	58	24
6	RICHARD HEATH	Unattached	SM	58	31
7	Matt Pyatt	Fenland Running & AC	SM	59	2
8	GRANT HARRADENCE	Unattached	SM	59	31
9	Paul Muffett	North Norfolk Beach Runners	M50	60	33
10	Paul Blazey	Norwich Road Runners	SM	60	35
11	ANTHONY BOURNE	Horsham Blue Star	SM	60	38
12	Eleanor Matthews	City of Norwich AC	SF	60	40
13	GARY THOMPSON	Ipswich Jaffa	SM	61	13
14	RICHARD JORDAN	Eastern Vets AC	M55	61	19
15	STEPHEN PETTIT	Ely Runners	M45	61	41
16	JO COATES	St Edmunds Pacers	F35	62	4
17	Gavin Barron	Tri-Anglia	SM	62	50
18	ODETTE ROBSON	St Edmunds Pacers	F40	62	52
19	Todd Lake	Dereham Runners AC	M45	63	2
20	PERRY MANN	Blackpool Wyre & Fylde AC	SM	63	5
21	Charlotte Rose	City of Norwich AC	SF	63	10
22	Matthew Wortley	Ryston Runners AC	SM	63	17
23	Mark Clues	Tri-Anglia	M45	63	18
24	John Drewry	Unattached	M45	63	35
25	Macus Hawkins	Ryston Runners AC	SM	63	44
26	Mark Garrett	Norwich Road Runners	M45	64	41
27	TIM LARKE	Stowmarket Striders	M40	64	48
28	Pete Johnson	Norfolk Gazelles AC	M55	64	50
29	Michael Howlett	Ryston Runners AC	SM	65	15
30	ROGER MANTON	Unattached	M40	65	23
31	Steve Bowerman	Ryston Runners AC	M45	65	42
32	Martin Auger	Unattached	M55	65	43
33	Colin Robilliard	Coltishall Jaguars	M55	65	48
34	Stewart Robbins	Ryston Runners AC	M45	65	58
35	Richard White	Unattached	M50	66	2
36	Adrian Waters	Norfolk Gazelles AC	M45	66	14
37	Benjamin Bailey	Tri-Anglia	M40	66	22
38	CHRIS TYE	Ipswich Tri Club	M45	66	30
39	David Tandy	Norwich Road Runners	M40	66	31
40	Keith Brighty	Norwich Road Runners	M45	66	38
41	CHRIS MITCHELL	Unattached	SM	66	54
42	Martin Ive	Ryston Runners AC	M45	67	5
43	Ashley Gilbert	Unattached	SM	67	10
44	David Asker	Unattached	SM	67	42
45	Adrian Grand	Norwich Road Runners	M45	67	46
46	Katherine Trehane	Norfolk Gazelles AC	SF	67	55
47	CHRIS HAYLOCK	Lowestoft Road Runners	M40	68	13
48	Simon Able	Ryston Runners AC	M40	68	22
49	Rod Bye	Coltishall Jaguars	M50	68	32

50	Kevin Snelling	Norwich Road Runners	M45	68	40
51	Matthew Frary	Norwich Road Runners	SM	68	51
52	Leslie Scott	Ryston Runners AC	M55	68	55
53	Stephen Dady	Wymondham AC	M60	69	9
54	Richard Blake	North Norfolk Beach Runners	M60	69	26
55	John Leach	North Norfolk Beach Runners	M50	69	26
56	Russell Debeer	Norfolk Gazelles AC	SM	69	33
57	Rowena Leary	Norfolk Gazelles AC	SF	69	50
58	Jim Hayes	North Norfolk Beach Runners	M65	70	1
59	Vincent Ellis	City of Norwich AC	M55	70	24
60	Ken Bowman	Coltishall Jaguars	M65	70	29
61	Paul Beckett	Norwich Road Runners	M45	70	49
62	KER MACROSSON	Stowmarket Striders	M55	70	51
63	PETER BIRD	St Edmunds Pacers	SM	70	52
64	Peter Downing	Unattached	W/CHAIR	77	32
65	Melvyn Porter	Coltishall Jaguars	M45	71	35
66	Penny Edwards	Norwich Road Runners	F55	71	40
67	Stephen Leeves	Gt Yarmouth Road Runners	M55	71	41
68	Ian Edwards	Norfolk Gazelles AC	SM	71	45
69	LOY DICCON	Clapham Chasers	M40	72	5
70	ANN SWIFT	Unattached	F40	72	15
71	Carl Manning	Ryston Runners AC	M50	72	18
72	Shaun Conway	Unattached	M50	72	32
73	P Reeve	Unattached	M40	72	58
74	Ellie Bye	Coltishall Jaguars	SF	73	25
75	Alex Gaunt	Norwich Road Runners	M40	73	47
76	JASON TUTTLE	Unattached	SM	73	52
77	Janice Currey	Ryston Runners AC	SF	73	56
78	Mark Tayler	Norwich Road Runners	M60	74	4
79	Sharon Bardwell	Norwich Road Runners	F40	74	5
80	Lloyd Sillis	Unattached	SM	74	13
81	Jo Isbill	Ryston Runners AC	F45	74	26
82	RUTH JONES	Holme Pierrepont RC	F40	74	30
83	Anthony Kennedy	Stragglers	M40	74	36
84	Karl Wright	Thetford A C	SM	74	40
85	Nick Gurney	Norwich Road Runners	SM	74	43
86	Ian Sturgess	Wymondham AC	M50	74	47
87	CHERYL HOLDER	Purple Patch Runners	F45	74	55
88	Michael Barrett	Dereham Runners AC	M55	75	9
89	YVONNE PARKER	Road Runners Club	F55	75	12
90	Pauline Drewery	Ryston Runners AC	F40	75	13
91	Ben Swift	Unattached	SM	75	13
92	YVONNE OSBORNE	Unattached	F50	75	17
93	Andrew Hammond	Norfolk Gazelles AC	M55	75	51
94	Joanna Godwin	Norwich Road Runners	F35	75	53
95	CAMERON STARLING	Unattached	SM	75	53
96	Phillip Bazley	Unattached	SM	75	56
97	Richard Lawes	Unattached	M55	76	16
98	Ben Jackson	Unattached	SM	76	20
99	Tim Parr	Unattached	SM	76	24

<b>100</b>	Carl Wright	Norwich Road Runners	M50	76	36
<b>101</b>	David Kellaway	Dereham Runners AC	M50	76	40
<b>102</b>	Tim Woods	Norfolk Gazelles AC	M50	76	45
<b>103</b>	Petra Cook	Norwich Road Runners	F60	76	56
<b>104</b>	Thomas Rivett	North Norfolk Beach Runners	SM	77	15
<b>105</b>	Chris Moorg	Norfolk Gazelles AC	M50	77	17
<b>106</b>	John Tacey	Unattached	M45	77	19
<b>107</b>	Darren Chapman	Unattached	SM	77	23
<b>108</b>	Jason Buck	Unattached	SM	77	33
<b>109</b>	Daniel Tarr	Unattached	SM	77	33
<b>110</b>	Mark Sexton	Norfolk Gazelles AC	M45	77	34
<b>111</b>	Jamie Pretty	Unattached	SM	77	48
<b>112</b>	Richard Dye	Bungay Black Dog RC	M50	77	50
<b>113</b>	Chris Vernon	Unattached	M40	77	54
<b>114</b>	TIM HIGGINS	Ipswich Jaffa	M45	78	19
<b>115</b>	LAURA DEVEREUX	Unattached	F40	78	26
<b>116</b>	JOHN WALSH	East Cork AC	M60	78	40
<b>117</b>	Robin Symonds	Norwich Road Runners	M50	78	44
<b>118</b>	Guy Shearwood	Unattached	M50	78	48
<b>119</b>	GLEN HARVEY	Bildeston Bounders	M45	79	6
<b>120</b>	Paul Allen	Unattached	SM	79	15
<b>121</b>	Darren Collison	Unattached	M40	79	17
<b>122</b>	Brain Wright	Thetford A C	M60	79	21
<b>123</b>	Colin Fish	Unattached	M50	79	27
<b>124</b>	Maureen Wolfe	Ryston Runners AC	F50	79	36
<b>125</b>	Rob Osborne	North Norfolk Beach Runners	M50	79	45
<b>126</b>	Gavin Thouless	Norwich Road Runners	M40	79	50
<b>127</b>	DANIEL BELL	Unattached	M40	79	51
<b>128</b>	Anne Millett	Norwich Road Runners	F55	80	2
<b>129</b>	Pauline Richardson	Gt Yarmouth Road Runners	F50	80	32
<b>130</b>	Brian Titchiner	Dereham Runners AC	M50	80	37
<b>131</b>	HAZEL SPALDING	Ipswich Jaffa	F55	80	41
<b>132</b>	Tom Warnes	UK Net Runners	SM	80	46
<b>133</b>	Peter Walsh	Unattached	SM	80	52
<b>134</b>	CHRISTOPHER BRITTAIN	Road Runners Club	M60	81	5
<b>135</b>	LUCY JARVIS	Clapham Chasers	SF	81	14
<b>136</b>	Veronica Manly	Eastern Vets AC	F60	81	37
<b>137</b>	Jon Holt	Wymondham AC	SM	81	45
<b>138</b>	Michael King	Unattached	M60	81	47
<b>139</b>	Jen Rudd	Wymondham AC	F35	81	49
<b>140</b>	Katie Mack	City of Norwich AC	SF	82	1
<b>141</b>	Kathryn Hammond	Norwich Road Runners	F35	82	21
<b>142</b>	Michael Smith	Wymondham AC	M65	82	37
<b>143</b>	John Bennett	Unattached	SM	82	32
<b>144</b>	STEVE STARR	Ely Runners	M45	82	46
<b>145</b>	Martin Taylor	Unattached	M45	82	55
<b>146</b>	Angie Bear	Wymondham AC	F55	83	6
<b>147</b>	Keith Hood	Wymondham AC	M50	83	13
<b>148</b>	Tony Heath	North Norfolk Beach Runners	M60	83	24
<b>149</b>	Mike Smith	Wymondham AC	M65	83	40

<b>150</b>	Andi Osborne	North Norfolk Beach Runners	F55	83	42
<b>151</b>	Catherine Scott	Unattached	F40	83	58
<b>152</b>	Sarah Boosey	Norwich Road Runners	SF	84	13
<b>153</b>	Sarah Barber	Norwich Road Runners	F35	84	23
<b>154</b>	Ed Pruffitt	Unattached	M40	84	49
<b>155</b>	Robert Scarfe	Wymondham AC	M60	85	1
<b>156</b>	Kevin Smith	Ryston Runners AC	SM	85	3
<b>157</b>	Lucy Wright	Unattached	SF	85	10
<b>158</b>	TAMSIN DESBOROUGH	Gt Yarmouth Road Runners	SF	85	16
<b>159</b>	Donna Gray	Norwich Road Runners	F40	85	40
<b>160</b>	Trudi Kent	Norwich Road Runners	F40	85	40
<b>161</b>	Caroline Tayler	Norwich Road Runners	F55	86	27
<b>162</b>	GRAHAM SAMPSON	Bungay Black Dog RC	M65	87	1
<b>163</b>	Trevor Horrex	Norwich Road Runners	M50	87	49
<b>164</b>	Hayley Gerrard	Norwich Road Runners	F45	87	54
<b>165</b>	SCOTT OLDHAM	Unattached	SM	87	57
<b>166</b>	JANE MILLICHIP	Notts AC	F45	88	2
<b>167</b>	Julie London	Norfolk Gazelles AC	F45	88	18
<b>168</b>	Michelle Waters	Norfolk Gazelles AC	F45	88	54
<b>169</b>	ANNA SMITH	Stowmarket Striders	F35	89	36
<b>170</b>	Duncan Harrison	Unattached	SM	89	38
<b>171</b>	Janet Ivers	Tri-Anglia	F40	90	2
<b>172</b>	Ian Todd	Ryston Runners AC	M45	90	4
<b>173</b>	Alison Marchant	Wymondham AC	F45	90	6
<b>174</b>	John Wilson	Unattached	M45	90	10
<b>175</b>	JON BRIGGS	Stamford Striders	M45	90	26
<b>176</b>	Louise Barby	Ryston Runners AC	F40	90	28
<b>177</b>	Jeffrey Reed	Ryston Runners AC	M65	90	59
<b>178</b>	Jane Ashby	Ryston Runners AC	F60	91	27
<b>179</b>	Wendy Fisher	Ryston Runners AC	F45	91	40
<b>180</b>	Sarah Jane Partridge	Ryston Runners AC	F55	91	46
<b>181</b>	Marie Frary	Unattached	F40	91	48
<b>182</b>	Georgina Allen	Ryston Runners AC	F55	92	17
<b>183</b>	Carol Cooper	Norfolk Gazelles AC	F45	92	46
<b>184</b>	EMMA LEACH	Unattached	F40	93	11
<b>185</b>	Louise Macrae	Norwich Road Runners	SF	93	15
<b>186</b>	Graeme Kidd	Gt Yarmouth Road Runners	M40	93	17
<b>187</b>	Peter Spandler	Gt Yarmouth Road Runners	M50	93	20
<b>188</b>	Michelle Passam	Unattached	F40	93	34
<b>189</b>	DAVID SMITH	Unattached	M40	93	34
<b>190</b>	Sylvia Dady	Wymondham AC	SF	93	35
<b>191</b>	Steve Kirkendale	Unattached	M50	94	13
<b>192</b>	Sheila Smith	Unattached	F60	94	20
<b>193</b>	LISA RAYNER	Bungay Black Dog RC	F35	94	45
<b>194</b>	ROSIE BAZIRE	Unattached	SF	95	12
<b>195</b>	Jess Lawrence	Unattached	SF	95	35
<b>196</b>	Helen Auger	Unattached	SF	95	44
<b>197</b>	Rebecca Laughton	Norwich Road Runners	SF	96	29
<b>198</b>	Stephen Bennett	Unattached	M40	96	29
<b>199</b>	Glynis Bennett	Unattached	F40	96	30

<b>200</b>	Simon Tarling	Ryston Runners AC	M45	96	38
<b>201</b>	Emma Blake	Coltishall Jaguars	F35	96	59
<b>202</b>	Philip Neave	Bungay Black Dog RC	M60	97	0
<b>203</b>	Tony Britt	UK Net Runners	M55	97	8
<b>204</b>	S Burdett	Unattached	F50	97	27
<b>205</b>	JILL BAZIRE	Unattached	F55	97	39
<b>206</b>	Beth Cork	Unattached	F40	99	27
<b>207</b>	Karen Moss	Unattached	F40	100	6
<b>208</b>	Michael Ennis	Ryston Runners AC	M65	102	2
<b>209</b>	Clare Hicks	Coltishall Jaguars	F35	102	13
<b>210</b>	Rebecca Durant	Coltishall Jaguars	F60	102	22
<b>211</b>	Sue Smith	Ryston Runners AC	F45	103	13
<b>212</b>	Patricia Way	Unattached	F40	104	46
<b>213</b>	Timothy Johnson	Unattached	SM	107	12
<b>214</b>	SUSANNAH WARMAN	Bungay Black Dog RC	F40	107	55
<b>215</b>	Peter Witley	Ryston Runners AC	M65	110	32
<b>216</b>	SUE MASON	Unattached	F40	137	6