

ROUND NORFOLK RELAY 2015 - RUNNERS BY AGE GRADED PERFORMANCE

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
1	Elspeth Knott	65	L	LM	7	Harwich Runners	14	0:55:18	0:07:36	89.9%
2	Adrian Mussett	43	M	MM	36	City of Norwich AC - A	6	0:41:33	0:05:16	89.6%
3	Paul Muffett	57	M	MM	24	North Norfolk Beach Runners - Open	7	0:55:36	0:06:01	88.6%
4	Phillipa Taylor	48	L	LM	36	City of Norwich AC - A	17	1:14:00	0:06:19	87.7%
5	Matt Bidwell	43	M	MM	36	City of Norwich AC - A	9	1:40:54	0:05:39	86.7%
6	Maria Heslop	47	L	LM	9	Paddock Wood AC	10	1:34:41	0:06:27	86.0%
7	Pete Johnson	61	M	MM	17	Ryston Runners C	10	1:37:04	0:06:37	85.7%
8	Steve Dady	63	M	MM	23	Wymondham AC	7	1:01:15	0:06:38	84.9%
9	Sarah Stradling	40	L	LM	36	City of Norwich AC - A	7	0:55:52	0:06:03	84.6%
10	Diane Baldwin	58	I	Im	20	Marshall Milton Keynes AC	13	1:39:31	0:07:31	84.0%
11	Jane Clarke	55	L	LM	37	City of Norwich AC - B	7	1:05:49	0:07:07	83.9%
12	Steve Rolfe	59	M	MM	12	Norfolk Gazelles	2	1:33:01	0:06:37	83.8%
13	Dominic Blake	37	M	MS	10	Reepham Runners Club	12	1:51:04	0:05:39	83.2%
14	Tom Bracegirdle	36	M	MS	34	Ely A	13	1:14:23	0:05:37	82.7%
15	Phil Redden	63	M	MM	50	Riverside Runners B	11	1:26:17	0:06:56	82.6%
16	Graham Chapman	59	M	MM	34	Ely A	16	0:35:09	0:06:24	82.5%
17	Andrew Shields	50	M	MM	51	Cambridge & Coleridge A	13	1:22:23	0:06:13	82.1%
18	Matt Pyatt	38	M	MS	15	Ryston Runners A	10	1:23:16	0:05:41	82.1%
19	Jane Ashby	67	L	LM	17	Ryston Runners C	7	1:20:00	0:08:39	82.0%
20	Richard Sales	53	M	MM	43	Norwich Road Runners B	14	0:45:09	0:06:13	81.9%
21	Eamonn Dorling	60	M	MM	47	Team Thorney	9	2:04:33	0:06:58	81.6%
22	Andy Cowling	58	M	MM	47	Team Thorney	15	1:11:00	0:06:42	80.7%
23	Stephen Howard	51	M	MM	34	Ely A	7	0:58:08	0:06:17	80.5%
24	Penny Edwards	60	L	LM	42	Norwich Road Runners A	9	2:28:49	0:08:20	80.4%
25	Callum Stanforth	25	M	MS	15	Ryston Runners A	17	1:05:27	0:05:35	80.4%
26	Jeremy Rogers	41	M	MM	12	Norfolk Gazelles	11	1:13:28	0:05:54	80.2%
27	Charlie Wartnaby	45	M	MM	51	Cambridge & Coleridge A	9	1:51:26	0:06:14	79.8%
28	John Manlow	47	M	MM	34	Ely A	17	1:12:55	0:06:13	79.7%
29	Steve Hall	44	M	MM	31	Ramsey Road Runners	13	1:20:44	0:06:06	79.7%
30	Jamie Seamark	43	M	MM	24	North Norfolk Beach Runners - Open	10	1:29:27	0:06:06	79.5%
31	Martin Lawrence	51	M	MM	6	Haverhill Running Club	17	1:15:41	0:06:27	79.4%
32	Jake Stearman	15	M	MJ	40	Dereham Runners - Team A	16	0:31:59	0:05:50	79.3%
33	Pete Beatty	60	M	MM	29	Bishops Stortford Running Club	17	1:22:12	0:07:00	79.2%
34	Sarah Wightman	39	L	LM	51	Cambridge & Coleridge A	16	0:34:42	0:06:19	78.8%
35	Christof Schwiening	49	M	MM	51	Cambridge & Coleridge A	11	1:19:51	0:06:25	78.7%
36	Kevin Revell	53	M	MM	36	City of Norwich AC - A	8	0:48:47	0:06:29	78.7%
37	Michael Eccles	35	M	MS	12	Norfolk Gazelles	13	1:16:50	0:05:48	78.5%
38	Richard Price-Thomas	56	M	MM	24	North Norfolk Beach Runners - Open	17	1:20:04	0:06:50	78.4%
39	Steve Prosser	36	M	MS	29	Bishops Stortford Running Club	8	0:42:53	0:05:42	78.4%
40	Alan Darby	31	M	MS	34	Ely A	9	1:45:09	0:05:53	78.4%
41	Martin Jennings	44	M	MM	48	Fenland Running Club - 48	10	1:31:35	0:06:15	78.3%
42	Simon Mead	42	M	MM	31	Ramsey Road Runners	9	1:50:53	0:06:13	78.3%
43	Istvan Jacso	36	M	MS	51	Cambridge & Coleridge A	8	0:42:59	0:05:43	78.2%
44	Paul Veitch	43	M	MM	1	Riverside Runners A	12	2:03:58	0:06:18	78.1%
45	Ian Milburn	71	M	MM	2	Fenland Running Club - 2	17	1:33:06	0:07:56	77.9%
46	John Ferguson	51	M	MM	51	Cambridge & Coleridge A	6	0:50:56	0:06:27	77.9%
47	Tim Angell	52	M	MM	36	City of Norwich AC - A	15	1:09:52	0:06:36	77.8%
48	Kelly Grant	33	L	LS	37	City of Norwich AC - B	6	0:50:22	0:06:23	77.7%
49	John Griffiths	57	M	MM	14	Headington Road Runners	7	1:03:29	0:06:52	77.6%
50	Helen Mian	47	L	LM	12	Norfolk Gazelles	15	1:14:28	0:07:02	77.5%
51	Tracey Curl	53	L	LM	37	City of Norwich AC - B	1	2:08:05	0:07:51	77.3%
52	Laurie Hurman	61	M	MM	14	Headington Road Runners	2	1:42:54	0:07:19	77.2%
53	Tony Witmond	47	M	MM	24	North Norfolk Beach Runners - Open	4	1:11:18	0:06:24	77.2%
54	Alastair Fadden	50	M	MM	32	Bedford Harriers	17	1:17:40	0:06:37	76.8%
55	Nigel Arnold	57	M	MM	12	Norfolk Gazelles	5	1:15:49	0:07:01	76.7%
56	Kevin Murphy	41	M	MM	28	Saint Edmund Pacers	4	1:08:26	0:06:09	76.6%
57	Todd Lake	51	M	MM	40	Dereham Runners - Team A	11	1:23:30	0:06:42	76.6%
58	Jim Hayes	69	M	MM	25	North Norfolk Beach Runners - Vets	2	1:52:30	0:08:00	76.4%
59	Simon English	41	M	MM	45	Norwich Road Runners D	15	1:04:58	0:06:08	76.4%
60	Malcolm Pritchard	44	M	MM	1	Riverside Runners A	10	1:33:48	0:06:24	76.4%
61	Dena Parfitt	53	L	LM	26	North Norfolk Beach Runners - Ladies	9	2:22:37	0:07:59	76.3%
62	Geraldine Larham	45	L	LM	19	March A C	9	2:09:21	0:07:15	76.2%
63	Andrew Lane	59	M	MM	23	Wymondham AC	9	2:12:15	0:07:24	76.1%
64	Kieren Drane	33	M	MS	34	Ely A	6	0:45:46	0:05:48	76.0%
65	Rosie Sexton	46	L	LM	37	City of Norwich AC - B	14	0:50:56	0:07:00	76.0%
66	Chris Barkway	57	M	MM	36	City of Norwich AC - A	11	1:28:51	0:07:08	75.9%
67	Jevan Robertson	17	M	MJ	19	March A C	17	1:12:46	0:06:12	75.8%
68	Heather Hollister	64	L	LM	30	Coltishall Jaguars (50 Shades of Orang	4	1:40:17	0:09:00	75.8%

69	Mark Jones	59	M	MM	56	Old Greshamians	9	2:13:39	0:07:29	75.7%
70	John Moore	55	M	MM	12	Norfolk Gazelles	10	1:44:04	0:07:06	75.7%
71	Richard Sidlin	55	M	MM	4	Garden City Runners	8	0:51:39	0:06:52	75.6%
72	Paul Henderson	49	M	MM	54	Framlingham Flyers	13	1:28:45	0:06:42	75.6%
73	Alex Tate	39	M	MS	34	Ely A	10	1:31:06	0:06:13	75.6%
74	Matt Slater	31	M	MS	51	Cambridge & Coleridge A	10	1:28:22	0:06:01	75.5%
75	Dave Kellaway	54	M	MM	40	Dereham Runners - Team A	10	1:43:22	0:07:03	75.5%
76	Shane Draper	48	M	MM	48	Fenland Running Club - 48	12	2:13:49	0:06:48	75.5%
77	Sharon Hurren	44	L	LM	23	Wymondham AC	8	0:52:07	0:06:56	75.5%
78	Clem Vogler	69	M	MM	11	Reepham Runners Team	14	0:56:37	0:07:47	75.4%
79	Anne Ellen	60	L	LM	12	Norfolk Gazelles	3	0:48:03	0:08:21	75.4%
80	Stephane Lustig	38	M	MS	24	North Norfolk Beach Runners - Open	8	0:45:19	0:06:02	75.3%
81	John Bone	69	M	MM	13	Great Yarmouth Road Runners	1	2:14:31	0:08:15	75.2%
82	Nick Stephens	53	M	MM	5	Stowmarket Striders	15	1:12:54	0:06:53	75.2%
83	Sean Connolly	46	M	MM	48	Fenland Running Club - 48	9	1:59:22	0:06:41	75.1%
84	Tessa Jones	49	L	LM	37	City of Norwich AC - B	12	2:32:58	0:07:47	75.1%
85	Colin Tricker	34	M	MS	9	Paddock Wood AC	12	2:01:50	0:06:12	75.1%
86	Chris Starmer	55	M	MM	5	Stowmarket Striders	4	1:18:29	0:07:03	75.0%
87	Richard Somerset	47	M	MM	4	Garden City Runners	11	1:22:24	0:06:37	75.0%
88	Logan Smith	17	M	MJ	40	Dereham Runners - Team A	3	0:34:35	0:06:00	75.0%
89	Sharon Hawkins	51	L	LM	9	Paddock Wood AC	14	0:54:41	0:07:31	75.0%
90	Alan Routledge	52	M	MM	4	Garden City Runners	15	1:12:33	0:06:51	74.9%
91	Paul Ridley	48	M	MM	1	Riverside Runners A	15	1:10:12	0:06:38	74.8%
92	Claire Day	35	L	LM	9	Paddock Wood AC	15	1:11:12	0:06:43	74.8%
93	Rose Waterman	34	L	LS	3	Tri-Anglia	7	1:01:36	0:06:40	74.7%
94	Steve Moseley	48	M	MM	43	Norwich Road Runners B	16	0:35:29	0:06:28	74.6%
95	Simon Boothby	50	M	MM	50	Riverside Runners B	17	1:20:00	0:06:49	74.5%
96	Simon Dobbs	50	M	MM	45	Norwich Road Runners D	1	1:53:24	0:06:57	74.5%
97	Rod Sinnott	48	M	MM	48	Fenland Running Club - 48	13	1:29:19	0:06:44	74.5%
98	Stephen Gibbs	36	M	MS	45	Norwich Road Runners D	12	2:03:30	0:06:17	74.5%
99	John Walsham	46	M	MM	36	City of Norwich AC - A	14	0:46:54	0:06:27	74.5%
100	Chris Eland	47	M	MM	4	Garden City Runners	12	2:14:34	0:06:50	74.4%
101	Michael Stacey	54	M	MM	19	March A C	2	1:40:10	0:07:07	74.4%
102	Maurice Hemingway	60	M	MM	50	Riverside Runners B	12	2:31:28	0:07:42	74.4%
103	Kelvin Smith	66	M	MM	20	Marshall Milton Keynes AC	1	2:12:02	0:08:05	74.3%
104	Kevin Hickling	46	M	MM	1	Riverside Runners A	8	0:48:49	0:06:29	74.3%
105	Mark Garrett	52	M	MM	43	Norwich Road Runners B	9	2:07:09	0:07:07	74.3%
106	Andy Jones	46	M	MM	36	City of Norwich AC - A	4	1:13:29	0:06:36	74.3%
107	Paul Griffin	50	M	MM	48	Fenland Running Club - 48	2	1:36:55	0:06:54	74.3%
108	Steve Brooke	47	M	MM	39	Felixstowe Road Runners	11	1:23:19	0:06:42	74.2%
109	Richard Hammond	42	M	MM	48	Fenland Running Club - 48	15	1:07:28	0:06:22	74.2%
110	Neville Baker	61	M	MM	14	Headington Road Runners	3	0:41:53	0:07:16	74.2%
111	Nick Wells	51	M	MM	49	Stamford Striders	12	2:19:51	0:07:07	74.1%
112	Craig Holgate	38	M	MS	34	Ely A	1	1:43:15	0:06:20	74.1%
113	Ross Payne	20	M	MJ	34	Ely A	11	1:16:32	0:06:09	74.0%
114	John Christopher	51	M	MM	24	North Norfolk Beach Runners - Open	16	0:36:38	0:06:40	74.0%
115	Karl Sherry	53	M	MM	43	Norwich Road Runners B	5	1:15:56	0:07:01	74.0%
116	Mark Solway	47	M	MM	36	City of Norwich AC - A	16	0:35:30	0:06:28	73.9%
117	John Gay	55	M	MM	25	North Norfolk Beach Runners - Vets	7	1:05:32	0:07:06	73.9%
118	Neil Sibley	49	M	MM	13	Great Yarmouth Road Runners	11	1:25:08	0:06:50	73.8%
119	Elizabeth Daly	32	L	LS	40	Dereham Runners - Team A	8	0:50:13	0:06:41	73.8%
120	Kevin Mace	53	M	MM	43	Norwich Road Runners B	12	2:23:03	0:07:16	73.8%
121	Paul Blazey	29	M	MS	45	Norwich Road Runners D	7	0:55:19	0:05:59	73.8%
122	Adam Matthews	20	M	MJ	15	Ryston Runners A	14	0:43:21	0:05:58	73.7%
123	Niki Park	50	L	LM	42	Norwich Road Runners A	13	1:42:10	0:07:43	73.7%
124	Michael Taylor	33	M	MS	1	Riverside Runners A	4	1:07:48	0:06:05	73.6%
125	Charlie Ritchie	60	M	MM	52	Cambridge & Coleridge B	9	2:18:21	0:07:45	73.5%
126	Alex Eggeman	36	M	MS	51	Cambridge & Coleridge A	1	1:43:10	0:06:19	73.3%
127	Yvonne Youngman	42	L	LM	49	Stamford Striders	10	1:46:04	0:07:14	73.3%
128	Jo Isbill	50	L	LM	16	Ryston Runners B	7	1:10:43	0:07:39	73.3%
129	Lorraine Marshall	48	L	LM	37	City of Norwich AC - B	10	1:52:27	0:07:40	73.3%
130	Sze-Ming Cheung	41	M	MM	44	Norwich Road Runners C	15	1:07:47	0:06:24	73.3%
131	Maire Irlam	50	L	LM	48	Fenland Running Club - 48	4	1:25:51	0:07:42	73.2%
132	Jill Davis	61	L	LM	17	Ryston Runners C	6	1:09:47	0:08:50	73.2%
133	Matthew Holmes	37	M	MS	34	Ely A	15	1:05:53	0:06:13	73.1%
134	Juliet Naylor	43	L	LM	8	Biggleswade AC	9	2:12:17	0:07:24	73.1%
135	William Longworth	23	M	MS	40	Dereham Runners - Team A	17	1:11:59	0:06:08	73.1%
136	Stuart Robins	48	M	MM	17	Ryston Runners C	15	1:11:55	0:06:47	73.1%
137	Kevin O'Holleran	32	M	MS	51	Cambridge & Coleridge A	12	2:05:13	0:06:22	73.0%
138	Billy Bremner	45	M	MM	19	March A C	12	2:14:57	0:06:52	73.0%
139	Axel Finke	28	M	MS	51	Cambridge & Coleridge A	15	1:04:36	0:06:06	72.9%
140	Goy Roper	53	M	MM	36	City of Norwich AC - A	2	1:41:30	0:07:13	72.8%

141	Sam Windebank	44	L	LM	1	Riverside Runners A	13	1:37:10	0:07:20	72.8%
142	Andy Kett	38	M	MS	24	North Norfolk Beach Runners - Open	12	2:07:53	0:06:30	72.7%
143	Keith Brighty	52	M	MM	43	Norwich Road Runners B	11	1:28:48	0:07:08	72.6%
144	Jane Greenwood	60	L	LM	2	Fenland Running Club - 2	15	1:33:54	0:08:52	72.6%
145	Andrew Brett	34	M	MS	31	Ramsey Road Runners	6	0:48:07	0:06:05	72.6%
146	Nic Bensley	45	M	MM	15	Ryston Runners A	9	2:02:28	0:06:51	72.6%
147	Maureen Wolfe	56	L	LM	16	Ryston Runners B	11	1:45:13	0:08:27	72.6%
148	Sean Bowen	51	M	MM	4	Garden City Runners	2	1:39:59	0:07:07	72.6%
149	Graeme Knott	36	M	MS	7	Harwich Runners	13	1:23:29	0:06:18	72.6%
150	Chris Langton	48	M	MM	36	City of Norwich AC - A	1	1:54:33	0:07:01	72.5%
151	Melanie Trayford	39	L	LM	48	Fenland Running Club - 48	11	1:28:31	0:07:07	72.5%
152	Karl Bedingfield	52	M	MM	35	Ely B	7	1:05:06	0:07:03	72.5%
153	Andrew Manning	49	M	MM	13	Great Yarmouth Road Runners	2	1:38:28	0:07:00	72.5%
154	Conan Fryer	46	M	MM	34	Ely A	14	0:48:12	0:06:38	72.5%
155	Nadine Lewycky	34	L	LS	20	Marshall Milton Keynes AC	15	1:13:20	0:06:55	72.4%
156	Keith Pritchard	47	M	MM	1	Riverside Runners A	17	1:20:19	0:06:51	72.4%
157	Chris Merrylees	37	M	MS	24	North Norfolk Beach Runners - Open	1	1:45:04	0:06:26	72.4%
158	Chris Balmer	33	M	MS	15	Ryston Runners A	1	1:43:49	0:06:22	72.3%
159	Sarah Shephard	22	L	LS	9	Paddock Wood AC	8	0:51:08	0:06:48	72.3%
160	Karl Hiner	49	M	MM	1	Riverside Runners A	2	1:38:43	0:07:01	72.3%
161	James Quick	53	M	MM	56	Old Greshamians	12	2:27:12	0:07:29	72.3%
162	Carol Fowles	53	L	LM	5	Stowmarket Striders	1	2:17:06	0:08:24	72.3%
163	Alistair Hodges	37	M	MS	51	Cambridge & Coleridge A	5	1:08:20	0:06:19	72.2%
164	Molly James	44	L	LM	22	West Norfolk AC	16	0:39:15	0:07:09	72.2%
165	Inigo Surguy	39	M	MS	14	Headington Road Runners	17	1:15:37	0:06:27	72.1%
166	Shaun Mann	43	M	MM	15	Ryston Runners A	16	0:35:19	0:06:26	72.1%
167	Dave Aust	50	M	MM	49	Stamford Striders	17	1:22:44	0:07:03	72.1%
168	Paul Scofield	41	M	MM	29	Bishops Stortford Running Club	12	2:12:14	0:06:43	72.1%
169	Gary Walker	63	M	MM	53	RAF Marham	10	1:57:47	0:08:02	72.0%
170	Nicky Alford	34	L	LS	37	City of Norwich AC - B	11	1:27:27	0:07:01	71.9%
171	Graham Jones	29	M	MS	20	Marshall Milton Keynes AC	17	1:13:09	0:06:14	71.9%
172	James Ridger	36	M	MS	9	Paddock Wood AC	7	0:57:52	0:06:16	71.9%
173	Irene Lane	59	L	LM	47	Team Thorney	16	0:47:12	0:08:36	71.9%
174	Jacquie Wood	63	L	LM	41	Dereham Runners Team - B	14	1:07:09	0:09:14	71.8%
175	Peter Royle	46	M	MM	34	Ely A	4	1:16:01	0:06:49	71.8%
176	Steve Button	60	M	MM	4	Garden City Runners	16	0:40:46	0:07:26	71.7%
177	Kevin Howlett	58	M	MM	17	Ryston Runners C	9	2:19:07	0:07:47	71.7%
178	Alexandra Smith	40	L	LM	42	Norwich Road Runners A	7	1:05:55	0:07:08	71.7%
179	Dale Hurren	57	M	MM	45	Norwich Road Runners D	10	1:51:57	0:07:38	71.6%
180	Michael Armes	50	M	MM	45	Norwich Road Runners D	17	1:23:58	0:07:09	71.6%
181	Carmine De Grandis	44	M	MM	24	North Norfolk Beach Runners - Open	11	1:24:20	0:06:46	71.5%
182	Sarah Peachey	31	L	LS	45	Norwich Road Runners D	8	0:51:47	0:06:53	71.5%
183	Will Buck	54	M	MM	43	Norwich Road Runners B	8	0:54:11	0:07:12	71.5%
184	Sarah Taylor	50	L	LM	16	Ryston Runners B	17	1:33:00	0:07:56	71.4%
185	Mark Watts	52	M	MM	28	Saint Edmund Pacers	1	2:00:25	0:07:23	71.4%
186	Vivienne Lain	48	L	LM	37	City of Norwich AC - B	8	0:57:20	0:07:37	71.3%
187	Nev Hawkins	52	M	MM	52	Cambridge & Coleridge B	7	1:06:10	0:07:10	71.3%
188	Philip Lister	60	M	MM	14	Headington Road Runners	12	2:38:04	0:08:02	71.3%
189	Tim Chapman	51	M	MM	2	Fenland Running Club - 2	1	1:59:37	0:07:20	71.3%
190	Colin Locke	56	M	MM	7	Harwich Runners	7	1:08:32	0:07:25	71.2%
191	Paul Evans	54	M	MM	11	Reepham Runners Team	10	1:49:38	0:07:28	71.2%
192	Andrew Day	43	M	MM	9	Paddock Wood AC	17	1:19:11	0:06:45	71.1%
193	Deborah English	37	L	LM	45	Norwich Road Runners D	14	0:51:14	0:07:03	71.0%
194	Simon Brightwell	50	M	MM	52	Cambridge & Coleridge B	1	1:59:16	0:07:18	70.8%
195	Jeremey Vick	37	M	MS	20	Marshall Milton Keynes AC	9	1:57:51	0:06:36	70.8%
196	Mark Pople	24	M	MS	49	Stamford Striders	7	0:57:38	0:06:14	70.8%
197	Amanda Martin	49	L	LM	28	Saint Edmund Pacers	7	1:12:18	0:07:49	70.8%
198	Jo Stephenson	50	L	LM	5	Stowmarket Striders	12	2:44:29	0:08:22	70.7%
199	Nick Haworth	38	M	MS	8	Biggleswade AC	13	1:26:46	0:06:33	70.7%
200	Robert Simmonds	30	M	MS	15	Ryston Runners A	3	0:35:06	0:06:06	70.7%
201	Chris Capps	60	M	MM	32	Bedford Harriers	13	1:44:37	0:07:54	70.7%
202	Richard Steer	40	M	MM	45	Norwich Road Runners D	13	1:28:13	0:06:39	70.7%
203	Craig Bowen-Jones	44	M	MM	40	Dereham Runners - Team A	7	1:02:32	0:06:46	70.7%
204	Stephen Nicholls	40	M	MM	36	City of Norwich AC - A	13	1:28:15	0:06:40	70.6%
205	Mark Grubb	31	M	MS	12	Norfolk Gazelles	1	1:46:16	0:06:31	70.6%
206	Alex Hewson	25	M	MS	56	Old Greshamians	15	1:06:46	0:06:18	70.6%
207	Carly Jermey	35	L	LM	37	City of Norwich AC - B	16	0:38:08	0:06:57	70.5%
208	Che Plant	36	M	MS	15	Ryston Runners A	12	2:10:31	0:06:38	70.5%
209	Sam Lewsey	33	L	LS	51	Cambridge & Coleridge A	17	1:23:39	0:07:08	70.4%
210	Justin Kinsey	32	M	MS	15	Ryston Runners A	7	0:58:08	0:06:17	70.4%
211	Daniel Guppy	34	M	MS	15	Ryston Runners A	15	1:07:22	0:06:22	70.4%
212	Marie-Anne Fischer	54	L	LM	14	Headington Road Runners	14	1:00:32	0:08:20	70.4%

213	Justin Elvidge	44	M	MM	19	March A C	14	0:48:53	0:06:43	70.3%
214	Miranda Reynolds	42	L	LM	35	Ely B	15	1:18:36	0:07:25	70.3%
215	Simon Oldfield	44	M	MM	19	March A C	10	1:41:59	0:06:57	70.3%
216	Wayne Balmer	37	M	MS	9	Paddock Wood AC	11	1:21:20	0:06:32	70.2%
217	Gillian Paremain	64	L	LM	18	Thetford Athletic Club	17	1:54:26	0:09:45	70.2%
218	Alistair Robinson	29	M	MS	12	Norfolk Gazelles	17	1:14:56	0:06:23	70.2%
219	Clive Hedges	56	M	MM	25	North Norfolk Beach Runners - Vets	16	0:40:16	0:07:20	70.2%
220	Brian Daniells	75	M	MM	20	Marshall Milton Keynes AC	6	1:12:11	0:09:08	70.1%
221	Shaun Webb	41	M	MM	11	Reepham Runners Team	12	2:16:03	0:06:55	70.0%
222	Paul Sullivan	49	M	MM	43	Norwich Road Runners B	1	1:59:38	0:07:20	70.0%
223	Mal Taylor	54	M	MM	10	Reepham Runners Club	8	0:55:22	0:07:22	69.9%
224	Jason Brunt	43	M	MM	12	Norfolk Gazelles	9	2:05:11	0:07:01	69.9%
225	Paul Davis	47	M	MM	43	Norwich Road Runners B	13	1:34:25	0:07:08	69.9%
226	Andrew Thompson	56	M	MM	35	Ely B	13	1:42:04	0:07:42	69.9%
227	Kate Cole	40	L	LM	9	Paddock Wood AC	16	0:39:24	0:07:11	69.8%
228	Andy Sloan	36	M	MS	24	North Norfolk Beach Runners - Open	6	0:50:37	0:06:24	69.8%
229	Adrian Goode	51	M	MM	39	Felixstowe Road Runners	8	0:54:07	0:07:12	69.8%
230	James O'Neill	35	M	MS	15	Ryston Runners A	5	1:09:59	0:06:28	69.7%
231	William Forster	16	M	MJ	1	Riverside Runners A	3	0:37:45	0:06:33	69.7%
232	Darren Sheppard	44	M	MM	54	Framlingham Flyers	2	1:38:16	0:06:59	69.6%
233	Victoria Coe	28	L	LS	51	Cambridge & Coleridge A	14	0:51:22	0:07:04	69.6%
234	Andrew Plume	33	M	MS	48	Fenland Running Club - 48	1	1:47:59	0:06:37	69.5%
235	Tracy Stevenson	47	L	LM	12	Norfolk Gazelles	16	0:41:56	0:07:38	69.5%
236	Sue Ilsley	54	L	LM	26	North Norfolk Beach Runners - Ladies	17	1:40:36	0:08:35	69.5%
237	Jon Wiles	43	M	MM	21	Bungay Black Dog Running Club	11	1:26:10	0:06:55	69.5%
238	Marion Mccall	46	L	LM	18	Thetford Athletic Club	13	1:43:44	0:07:50	69.4%
239	Graham Jenvey	35	M	MS	21	Bungay Black Dog Running Club	17	1:16:36	0:06:32	69.4%
240	Andre Pittock	49	M	MM	2	Fenland Running Club - 2	12	2:26:52	0:07:28	69.4%
241	Russell Casey	38	M	MS	4	Garden City Runners	9	2:01:09	0:06:47	69.4%
242	Susan Matthews	36	L	LM	16	Ryston Runners B	1	2:01:03	0:07:25	69.4%
243	Maisie Pritchard	15	L	LJ	1	Riverside Runners A	16	0:40:13	0:07:20	69.4%
244	Graham Watering	42	M	MM	43	Norwich Road Runners B	7	1:02:44	0:06:47	69.3%
245	Simon Able	44	M	MM	17	Ryston Runners C	4	1:17:27	0:06:57	69.3%
246	Chris Parker	33	M	MS	24	North Norfolk Beach Runners - Open	13	1:26:32	0:06:32	69.3%
247	Simon Levy	34	M	MS	15	Ryston Runners A	13	1:26:45	0:06:33	69.3%
248	Sharon Perry	43	L	LM	28	Saint Edmund Pacers	8	0:56:20	0:07:29	69.2%
249	Phil Butson	49	M	MM	29	Bishops Stortford Running Club	16	0:38:32	0:07:01	69.2%
250	Geoff New	52	M	MM	20	Marshall Milton Keynes AC	7	1:08:10	0:07:23	69.2%
251	Neil Walpole	45	M	MM	43	Norwich Road Runners B	6	0:54:38	0:06:55	69.2%
252	Martin Cattell	48	M	MM	49	Stamford Striders	11	1:30:09	0:07:14	69.2%
253	Simon Render	51	M	MM	19	March A C	15	1:17:55	0:07:21	69.1%
254	Mary Ann Mosely	44	L	LM	6	Haverhill Running Club	11	1:36:08	0:07:43	69.1%
255	Mary Jennings	62	L	LM	52	Cambridge & Coleridge B	16	0:51:15	0:09:20	69.1%
256	Stephen Ashurst	52	M	MM	31	Ramsey Road Runners	17	1:27:47	0:07:29	69.1%
257	David Welsh	50	M	MM	44	Norwich Road Runners C	7	1:07:10	0:07:16	69.1%
258	Martin Kooenigsberger	46	M	MM	22	West Norfolk AC	9	2:09:51	0:07:16	69.1%
259	Nick Franklin	38	M	MS	22	West Norfolk AC	13	1:28:55	0:06:43	69.0%
260	Leo Gifford	27	M	MS	28	Saint Edmund Pacers	12	2:12:35	0:06:44	69.0%
261	Nicky Jennings	41	L	LM	48	Fenland Running Club - 48	6	0:58:45	0:07:26	69.0%
262	Giles Hawthorne	41	M	MM	8	Biggleswade AC	10	1:41:27	0:06:55	69.0%
263	Sarah Gauvin	44	L	LM	48	Fenland Running Club - 48	17	1:30:31	0:07:43	68.9%
264	Rosemary Jackson	61	L	LM	30	Coltishall Jaguars (50 Shades of Orang	6	1:14:08	0:09:23	68.9%
265	Rakesh Raja	47	M	MM	28	Saint Edmund Pacers	11	1:29:43	0:07:12	68.9%
266	Dave Chesterman	25	M	MS	34	Ely A	12	2:12:50	0:06:45	68.9%
267	Phil Twite	39	M	MS	17	Ryston Runners C	13	1:29:53	0:06:47	68.8%
268	Stuart Faust	44	M	MM	18	Thetford Athletic Club	12	2:21:58	0:07:13	68.8%
269	Sharon Bardwell	45	L	LM	42	Norwich Road Runners A	12	2:39:14	0:08:06	68.7%
270	Ben Jones	37	M	MS	24	North Norfolk Beach Runners - Open	15	1:10:06	0:06:37	68.7%
271	Steve Chivers	37	M	MS	9	Paddock Wood AC	13	1:28:42	0:06:42	68.7%
272	Laura Dixon	30	L	LS	37	City of Norwich AC - B	15	1:16:52	0:07:16	68.7%
273	Paul Newell	51	M	MM	50	Riverside Runners B	15	1:18:29	0:07:25	68.7%
274	Mark Sargeantson	62	M	MM	54	Framlingham Flyers	16	0:43:21	0:07:54	68.6%
275	Jackie Bye	57	I	Im	30	Coltishall Jaguars (50 Shades of Orang	12	3:06:00	0:09:27	68.6%
276	Chris Chorley	52	M	MM	21	Bungay Black Dog Running Club	9	2:17:39	0:07:42	68.6%
277	Stan Swanepoel	51	M	MM	3	Tri-Anglia	1	2:04:15	0:07:37	68.6%
278	Callum Bowen-Jones	15	M	MJ	41	Dereham Runners Team - B	16	0:37:00	0:06:44	68.6%
279	Adam Smart	33	M	MS	24	North Norfolk Beach Runners - Open	14	0:46:31	0:06:24	68.6%
280	Ray Butler	37	M	MS	29	Bishops Stortford Running Club	14	0:47:33	0:06:32	68.6%
281	Gary Stanley	60	M	MM	13	Great Yarmouth Road Runners	4	1:29:51	0:08:04	68.6%
282	Nicola Baker	47	L	LM	13	Great Yarmouth Road Runners	10	1:58:49	0:08:06	68.5%
283	Lucy Cooper	48	L	LM	12	Norfolk Gazelles	14	0:57:42	0:07:56	68.5%
284	Crossley Eccles	36	M	MS	27	Pink & Blacks	12	2:14:15	0:06:50	68.5%

285	Kirk Brawn	38	M	MS	47	Team Thorney	12	2:15:49	0:06:54	68.5%
286	Hayley Brewis	52	L	LM	55	Fetcheveryone	17	1:39:29	0:08:29	68.5%
287	Emma Mckay	41	L	LM	27	Pink & Blacks	17	1:29:04	0:07:36	68.5%
288	Julian Long	43	M	MM	28	Saint Edmund Pacers	6	0:54:22	0:06:53	68.4%
289	Stephane Schneider	36	M	MS	33	Serpentine Running Club	10	1:38:34	0:06:43	68.4%
290	Lee Thompson	26	M	MS	34	Ely A	8	0:47:59	0:06:23	68.4%
291	Rachel Gillings	30	L	LS	42	Norwich Road Runners A	10	1:48:21	0:07:23	68.4%
292	Stew Kelly	38	M	MS	22	West Norfolk AC	10	1:39:55	0:06:49	68.4%
293	Emma Greaves	43	L	LM	35	Ely B	16	0:41:06	0:07:29	68.3%
294	Craig Watt	44	M	MM	32	Bedford Harriers	9	2:09:09	0:07:14	68.3%
295	Jason Meacham	44	M	MM	7	Harwich Runners	10	1:44:58	0:07:09	68.3%
296	Lorena Latisaite	27	L	LS	16	Ryston Runners B	13	1:37:22	0:07:21	68.3%
297	Adam Howard	36	M	MS	15	Ryston Runners A	6	0:51:45	0:06:33	68.3%
298	Richard Bulman	64	M	MM	10	Reepham Runners Club	10	2:05:31	0:08:33	68.2%
299	Antony Orekogbe	39	M	MS	40	Dereham Runners - Team A	1	1:53:07	0:06:56	68.2%
300	Nicola Anderson	31	L	LS	33	Serpentine Running Club	16	0:39:09	0:07:08	68.1%
301	Phil Thompson	41	M	MM	15	Ryston Runners A	4	1:17:01	0:06:55	68.1%
302	Victoria Quantrill	41	L	LM	13	Great Yarmouth Road Runners	9	2:19:43	0:07:49	68.0%
303	Will Law	28	M	MS	21	Bungay Black Dog Running Club	12	2:14:32	0:06:50	68.0%
304	Patrick Ellerbeck	61	M	MM	50	Riverside Runners B	9	2:30:57	0:08:27	68.0%
305	Guy Shearwood	56	M	MM	44	Norwich Road Runners C	12	2:39:34	0:08:07	68.0%
306	Mark Louth	50	M	MM	47	Team Thorney	11	1:33:18	0:07:30	68.0%
307	Martin Horlock	41	M	MM	43	Norwich Road Runners B	4	1:17:11	0:06:56	67.9%
308	Clyde Stratton	44	M	MM	19	March A C	8	0:52:35	0:07:00	67.9%
309	John Jacobs	37	M	MS	3	Tri-Anglia	12	2:16:09	0:06:55	67.9%
310	Heather Beattie	31	L	LS	16	Ryston Runners B	9	2:13:58	0:07:30	67.9%
311	James Vickers	36	M	MS	27	Pink & Blacks	9	2:02:25	0:06:51	67.9%
312	Maria Calleia	43	L	LM	20	Marshall Milton Keynes AC	12	2:37:58	0:08:02	67.8%
313	Sean Chambers	41	M	MM	22	West Norfolk AC	12	2:20:26	0:07:08	67.8%
314	Chris Brown	58	M	MM	11	Reepham Runners Team	8	0:59:04	0:07:51	67.8%
315	Charles Arnold	59	M	MM	8	Biggleswade AC	11	1:41:13	0:08:08	67.8%
316	Robin Webb	31	M	MS	34	Ely A	2	1:33:59	0:06:41	67.8%
317	Rebecca Faircloth	43	L	LM	23	Wymondham AC	3	0:43:37	0:07:34	67.8%
318	Ian Milburn	28	M	MS	15	Ryston Runners A	11	1:22:39	0:06:38	67.8%
319	Don Beatty	61	M	MM	5	Stowmarket Striders	13	1:50:10	0:08:19	67.8%
320	Tony Cattle	55	M	MM	18	Thetford Athletic Club	2	1:51:09	0:07:54	67.6%
321	David Crosthwaite	47	M	MM	14	Headington Road Runners	13	1:37:34	0:07:22	67.6%
322	Sarah Jay	49	L	LM	3	Tri-Anglia	14	0:59:09	0:08:08	67.6%
323	Toni Alcaraz	41	L	LM	19	March A C	1	2:08:02	0:07:51	67.6%
324	Sabine Schaeffer	38	L	LM	18	Thetford Athletic Club	10	1:52:09	0:07:39	67.6%
325	Lesley Robins	43	L	LM	16	Ryston Runners B	12	2:38:37	0:08:04	67.6%
326	Emma Buckland	42	L	LM	51	Cambridge & Coleridge A	2	1:49:59	0:07:49	67.5%
327	Lorna Aust	50	L	LM	49	Stamford Striders	16	0:44:40	0:08:08	67.5%
328	Vinnie Purdy	39	M	MS	24	North Norfolk Beach Runners - Open	9	2:05:27	0:07:01	67.5%
329	Garry Thompson	30	M	MS	24	North Norfolk Beach Runners - Open	3	0:36:47	0:06:23	67.5%
330	Duncan Samwell	39	M	MS	3	Tri-Anglia	15	1:12:26	0:06:50	67.5%
331	Ellen Drew	35	L	LM	48	Fenland Running Club - 48	8	0:55:21	0:07:22	67.4%
332	Gavin Stokes	54	M	MM	31	Ramsey Road Runners	12	2:37:58	0:08:02	67.4%
333	Isabelle Lemasson	33	L	LS	52	Cambridge & Coleridge B	15	1:18:38	0:07:26	67.4%
334	Lucy Campbell	49	L	LM	26	North Norfolk Beach Runners - Ladies	12	2:50:31	0:08:40	67.4%
335	Phil Whiting	41	M	MM	12	Norfolk Gazelles	12	2:21:25	0:07:11	67.4%
336	Emma Potter-Campbell	46	L	LM	40	Dereham Runners - Team A	2	1:54:15	0:08:08	67.4%
337	Bill Banner	50	M	MM	6	Haverhill Running Club	8	0:55:38	0:07:24	67.3%
338	Peter Gipp	53	M	MM	35	Ely B	2	1:49:47	0:07:48	67.3%
339	Dave Yenerelski	48	M	MM	52	Cambridge & Coleridge B	8	0:54:50	0:07:18	67.2%
340	Andy Rowles	53	M	MM	40	Dereham Runners - Team A	6	1:00:01	0:07:36	67.2%
341	Mark Edwards	49	M	MM	43	Norwich Road Runners B	17	1:27:58	0:07:30	67.2%
342	Sean Robson	47	M	MM	25	North Norfolk Beach Runners - Vets	4	1:21:52	0:07:21	67.2%
343	Val Russell	69	L	LM	20	Marshall Milton Keynes AC	16	0:58:40	0:10:41	67.2%
344	Sal Ryder	49	L	LM	26	North Norfolk Beach Runners - Ladies	13	1:50:44	0:08:21	67.2%
345	Anna Kirkham	32	L	LS	42	Norwich Road Runners A	2	1:45:38	0:07:31	67.2%
346	Matthew Frary	42	M	MM	45	Norwich Road Runners D	4	1:18:44	0:07:04	67.1%
347	Mark Tinkler	58	M	MM	32	Bedford Harriers	1	2:15:24	0:08:18	67.1%
348	Matt Andrews	44	M	MM	25	North Norfolk Beach Runners - Vets	10	1:46:53	0:07:17	67.1%
349	James Mcfarlane	42	M	MM	44	Norwich Road Runners C	17	1:23:22	0:07:06	67.0%
350	David Sawyer	60	M	MM	14	Headington Road Runners	1	2:18:10	0:08:28	67.0%
351	Gary Barnes	51	M	MM	1	Riverside Runners A	1	2:07:18	0:07:48	67.0%
352	Jacky Walsingham	43	L	LM	53	RAF Marham	4	1:27:32	0:07:51	66.9%
353	Ben Collison	33	M	MS	22	West Norfolk AC	1	1:52:19	0:06:53	66.9%
354	Tom Richards	48	M	MM	2	Fenland Running Club - 2	10	1:50:51	0:07:33	66.8%
355	Christopher Mitchell	29	M	MS	40	Dereham Runners - Team A	15	1:10:33	0:06:40	66.8%
356	Julia Parsley	33	L	LS	37	City of Norwich AC - B	9	2:16:37	0:07:39	66.8%

357	Louis Fairfax	29	M	MS	19	March A C	13	1:29:39	0:06:46	66.8%
358	Alexandria Innes	32	L	LS	37	City of Norwich AC - B	17	1:28:05	0:07:31	66.7%
359	Bryn Williamson	50	M	MM	43	Norwich Road Runners B	2	1:47:51	0:07:40	66.7%
360	Judy Prior	67	L	LM	32	Bedford Harriers	14	1:16:53	0:10:35	66.7%
361	Christina Plumley	44	L	LM	18	Thetford Athletic Club	15	1:24:13	0:07:57	66.6%
362	Mandy Foyster	49	L	LM	44	Norwich Road Runners C	14	1:00:02	0:08:15	66.6%
363	Wendy Smith	53	L	LM	42	Norwich Road Runners A	3	0:49:30	0:08:36	66.6%
364	Michelle Reid	36	L	LM	14	Headington Road Runners	10	1:52:45	0:07:41	66.6%
365	Vicky Tovell	43	L	LM	30	Coltishall Jaguars (50 Shades of Orange)	13	1:45:19	0:07:57	66.6%
366	Mike Walter	37	M	MS	9	Paddock Wood AC	9	2:05:26	0:07:01	66.6%
367	Katrina Westenev	43	L	LM	22	West Norfolk AC	14	0:56:40	0:07:48	66.5%
368	Neil Watson	43	M	MM	22	West Norfolk AC	15	1:15:51	0:07:10	66.5%
369	Dave Tandy	45	M	MM	43	Norwich Road Runners B	10	1:48:43	0:07:25	66.5%
370	Jeremy Haslett	53	M	MM	10	Reepham Runners Club	13	1:44:32	0:07:53	66.4%
371	Ian Tuckwell	39	M	MS	53	RAF Marham	13	1:33:07	0:07:02	66.4%
372	Sally Cushing	50	L	LM	42	Norwich Road Runners A	15	1:30:03	0:08:30	66.4%
373	Tessa Killingbeck	33	L	LS	37	City of Norwich AC - B	13	1:40:34	0:07:35	66.4%
374	Adam Chapman	34	M	MS	29	Bishops Stortford Running Club	10	1:40:53	0:06:53	66.4%
375	Janos Orsos	30	M	MS	29	Bishops Stortford Running Club	9	2:04:23	0:06:58	66.3%
376	Rowena Leary	30	L	LS	12	Norfolk Gazelles	4	1:23:49	0:07:31	66.3%
377	Nigel Bush	67	M	MM	8	Biggleswade AC	3	0:49:31	0:08:36	66.3%
378	Graham Milham	39	M	MS	48	Fenland Running Club - 48	7	1:04:11	0:06:57	66.2%
379	Matthew Mason	46	M	MM	34	Ely A	3	0:41:26	0:07:12	66.2%
380	Raph Silver	55	M	MM	23	Wymondham AC	13	1:46:50	0:08:04	66.2%
381	Wayne Stimson	42	M	MM	19	March A C	7	1:05:45	0:07:07	66.2%
382	Russell Jones	41	M	MM	20	Marshall Milton Keynes AC	10	1:45:45	0:07:13	66.1%
383	Martin Ive	49	M	MM	17	Ryston Runners C	2	1:47:53	0:07:40	66.1%
384	Shaun Hurr	39	M	MS	10	Reepham Runners Club	7	1:04:19	0:06:58	66.1%
385	Joe Carr	36	M	MS	54	Framlingham Flyers	12	2:19:12	0:07:05	66.1%
386	Lucy Tyler	22	L	LS	18	Thetford Athletic Club	1	2:05:13	0:07:40	66.0%
387	Neil Adams	38	M	MS	24	North Norfolk Beach Runners - Open	2	1:38:49	0:07:02	66.0%
388	Deb Bryant	46	L	LM	8	Biggleswade AC	7	1:15:04	0:08:07	66.0%
389	Joss Williams	35	M	MS	1	Riverside Runners A	9	2:05:26	0:07:01	66.0%
390	Pippa Crosby	28	L	LS	11	Reepham Runners Team	6	0:59:05	0:07:29	66.0%
391	David Aldis	64	M	MM	36	City of Norwich AC - A	3	0:48:23	0:08:24	66.0%
392	Katie Penrose	45	L	LM	20	Marshall Milton Keynes AC	2	1:55:33	0:08:13	66.0%
393	Nicos Symeou	60	M	MM	13	Great Yarmouth Road Runners	14	0:59:36	0:08:12	65.9%
394	Jonathan Cousins	45	M	MM	25	North Norfolk Beach Runners - Vets	3	0:41:21	0:07:11	65.8%
395	Jay Gilbert	37	L	LM	48	Fenland Running Club - 48	14	0:55:15	0:07:36	65.8%
396	Rob White	47	M	MM	31	Ramsey Road Runners	1	2:05:11	0:07:40	65.8%
397	Mike Hankinson	54	M	MM	28	Saint Edmund Pacers	9	2:26:11	0:08:11	65.8%
398	Timothy Boyd	50	M	MM	19	March A C	4	1:25:46	0:07:42	65.8%
399	James Beadle	37	M	MS	10	Reepham Runners Club	1	1:55:37	0:07:05	65.8%
400	Christina Walker	44	L	LM	26	North Norfolk Beach Runners - Ladies	6	1:03:04	0:07:59	65.7%
401	Malcolm Tuff	50	M	MM	15	Ryston Runners A	8	0:56:59	0:07:35	65.7%
402	Dee Neal	56	L	LM	30	Coltishall Jaguars (50 Shades of Orange)	16	0:49:37	0:09:02	65.7%
403	Christina Howland	49	L	LM	39	Felixstowe Road Runners	16	0:45:23	0:08:16	65.6%
404	Claudia Milburn	33	L	LS	48	Fenland Running Club - 48	16	0:40:45	0:07:25	65.6%
405	Paul Dowson	56	M	MM	44	Norwich Road Runners C	6	1:03:03	0:07:59	65.6%
406	James Bolm	51	M	MM	50	Riverside Runners B	14	0:55:25	0:07:37	65.6%
407	Merle Riseborough	40	M	MM	25	North Norfolk Beach Runners - Vets	14	0:50:50	0:07:00	65.6%
408	David Almond	35	M	MS	55	Fetchevervone	10	1:42:27	0:06:59	65.6%
409	Graham Coulter	39	M	MS	54	Framlingham Flyers	17	1:23:16	0:07:06	65.5%
410	Ellie Bye	27	L	LS	30	Coltishall Jaguars (50 Shades of Orange)	1	2:06:22	0:07:45	65.4%
411	Rachel Banham	41	L	LM	45	Norwich Road Runners D	6	1:01:57	0:07:51	65.4%
412	Julie Jones	48	L	LM	20	Marshall Milton Keynes AC	4	1:33:57	0:08:26	65.4%
413	William Fadden	15	M	MJ	32	Bedford Harriers	16	0:38:50	0:07:04	65.4%
414	Jacquie Dockerill	45	L	LM	6	Haverhill Running Club	10	2:02:06	0:08:19	65.3%
415	Emily Beavis	20	L	LJ	45	Norwich Road Runners D	16	0:40:47	0:07:26	65.3%
416	Howard Revell	52	M	MM	54	Framlingham Flyers	1	2:11:40	0:08:04	65.3%
417	Jo Davies	28	L	LS	51	Cambridge & Coleridge A	4	1:25:03	0:07:38	65.3%
418	Kyle Chesterman	27	M	MS	1	Riverside Runners A	11	1:26:00	0:06:54	65.1%
419	Clare Howarth	34	L	LS	14	Headington Road Runners	11	1:36:33	0:07:45	65.1%
420	Neil Carrington	35	M	MS	51	Cambridge & Coleridge A	3	0:38:53	0:06:45	65.1%
421	Richard Dye	54	M	MM	21	Bungay Black Dog Running Club	10	2:00:01	0:08:11	65.0%
422	Andy Barber	48	M	MM	6	Haverhill Running Club	13	1:42:23	0:07:44	65.0%
423	Jo Mckay	44	L	LM	23	Wymondham AC	16	0:43:35	0:07:56	65.0%
424	Dave Hudson	43	M	MM	3	Tri-Anglia	13	1:38:16	0:07:25	65.0%
425	Ashley Van Beusekom	34	L	LS	51	Cambridge & Coleridge A	7	1:10:52	0:07:40	65.0%
426	Simon Bekker	40	M	MM	13	Great Yarmouth Road Runners	17	1:24:38	0:07:13	65.0%
427	Vernon Hoare	52	M	MM	25	North Norfolk Beach Runners - Vets	15	1:23:43	0:07:54	64.9%
428	Lisa Owen	36	L	LM	42	Norwich Road Runners A	11	1:37:30	0:07:50	64.9%

429	Eva Goes	55	L	LM	7	Harwich Runners	8	1:08:47	0:09:09	64.9%
430	Andy Ritchings	53	M	MM	11	Reepham Runners Team	4	1:29:12	0:08:00	64.9%
431	Sabina Spence	44	L	LM	37	City of Norwich AC - B	4	1:31:01	0:08:10	64.9%
432	Ed Fancourt	48	M	MM	49	Stamford Striders	2	1:49:04	0:07:45	64.9%
433	Harry Littlemore	50	M	MM	19	March A C	16	0:41:28	0:07:33	64.8%
434	Adele Bushell	48	L	LM	30	Coltishall Jaguars (50 Shades of Orange)	14	1:01:04	0:08:24	64.7%
435	Kelly De'Gol	36	L	LM	16	Ryston Runners B	8	0:57:52	0:07:42	64.7%
436	Alicia Lacey	22	L	LS	30	Coltishall Jaguars (50 Shades of Orange)	8	0:57:08	0:07:36	64.7%
437	Nick Bowden	59	M	MM	11	Reepham Runners Team	1	2:21:47	0:08:41	64.7%
438	Lesley Cooper	46	L	LM	39	Felixstowe Road Runners	13	1:51:27	0:08:25	64.6%
439	Andy Wicklen	40	M	MM	17	Ryston Runners C	11	1:30:27	0:07:16	64.6%
440	Martin Smith	46	M	MM	25	North Norfolk Beach Runners - Vets	17	1:29:19	0:07:37	64.6%
441	Robin Ball	62	M	MM	49	Stamford Striders	4	1:37:12	0:08:44	64.6%
442	Craig Rogers	38	M	MS	40	Dereham Runners - Team A	13	1:35:04	0:07:10	64.6%
443	Mark Salmons	40	M	MM	19	March A C	6	0:56:20	0:07:08	64.6%
444	Julia Lloyd	48	L	LM	23	Wymondham AC	11	1:47:03	0:08:36	64.5%
445	Richard Johnston	39	M	MS	45	Norwich Road Runners D	2	1:41:56	0:07:15	64.5%
446	Peter Woods	44	M	MM	36	City of Norwich AC - A	12	2:31:32	0:07:42	64.4%
447	Andrew Smith	26	M	MS	53	RAF Marham	1	1:56:30	0:07:08	64.4%
448	Paul Edwards	51	M	MM	22	West Norfolk AC	7	1:12:39	0:07:52	64.4%
449	Siobhan Dockerill	28	L	LS	6	Haverhill Running Club	12	2:35:55	0:07:56	64.3%
450	Claire Brooke	39	L	LM	23	Wymondham AC	15	1:24:16	0:07:57	64.3%
451	Sally Edwards	50	L	LM	22	West Norfolk AC	8	1:05:07	0:08:40	64.3%
452	Robin Wynde	57	M	MM	8	Biggleswade AC	16	0:44:18	0:08:04	64.3%
453	Debbie Tooke	43	L	LM	42	Norwich Road Runners A	6	1:03:56	0:08:06	64.3%
454	Elies Mann	43	L	LM	45	Norwich Road Runners D	3	0:46:02	0:08:00	64.2%
455	Peter Holmes	37	M	MS	33	Serpentine Running Club	5	1:16:50	0:07:06	64.2%
456	Steve Plackett	53	M	MM	11	Reepham Runners Team	2	1:55:01	0:08:11	64.2%
457	Euan Prasser	43	M	MM	25	North Norfolk Beach Runners - Vets	8	0:55:10	0:07:20	64.2%
458	Louise Bonner	31	L	LS	35	Ely B	9	2:21:41	0:07:56	64.2%
459	Karen Smith	47	L	LM	16	Ryston Runners B	10	2:06:58	0:08:39	64.1%
460	Adam Smith	47	M	MM	56	Old Greshamians	17	1:30:41	0:07:44	64.1%
461	Mark Darlow	41	M	MM	19	March A C	11	1:31:52	0:07:23	64.1%
462	Guzel Sari	34	M	MS	40	Dereham Runners - Team A	9	2:08:46	0:07:13	64.1%
463	Paul Marriage	43	M	MM	56	Old Greshamians	10	1:51:31	0:07:36	64.1%
464	Luke Whitwell	32	M	MS	39	Felixstowe Road Runners	12	2:22:46	0:07:15	64.1%
465	Sam Kingston	47	M	MM	56	Old Greshamians	1	2:09:35	0:07:56	64.1%
466	Ali Middleton	28	L	LS	42	Norwich Road Runners A	14	0:55:50	0:07:41	64.0%
467	Colin Weller	44	M	MM	44	Norwich Road Runners C	1	2:05:32	0:07:42	64.0%
468	Sonya Wragg	44	L	LM	30	Coltishall Jaguars (50 Shades of Orange)	17	1:37:32	0:08:19	64.0%
469	Lucy Sheahan	31	L	LS	39	Felixstowe Road Runners	15	1:22:38	0:07:48	63.9%
470	Darren Neale	37	M	MS	24	North Norfolk Beach Runners - Open	5	1:17:14	0:07:09	63.9%
471	Darren Honour	46	M	MM	13	Great Yarmouth Road Runners	5	1:22:55	0:07:40	63.9%
472	Sarah Coulter	48	L	LM	54	Framlingham Flyers	11	1:48:17	0:08:42	63.8%
473	Nick Fairclough	44	M	MM	33	Serpentine Running Club	14	0:53:55	0:07:25	63.8%
474	Cassie Barker	40	L	LM	23	Wymondham AC	10	2:00:14	0:08:12	63.8%
475	John Chapman	47	M	MM	2	Fenland Running Club - 2	2	1:50:01	0:07:49	63.8%
476	Andre Besant	45	M	MM	7	Harwich Runners	12	2:34:27	0:07:51	63.8%
477	Gary Donoghue	49	M	MM	7	Harwich Runners	11	1:38:38	0:07:55	63.7%
478	Debbie Jones	41	L	LM	30	Coltishall Jaguars (50 Shades of Orange)	15	1:26:07	0:08:08	63.7%
479	Karen Rix	46	L	LM	12	Norfolk Gazelles	6	1:06:15	0:08:23	63.7%
480	Ricky Peacher	39	M	MS	54	Framlingham Flyers	7	1:06:44	0:07:13	63.7%
481	Anna Rust	22	L	LS	32	Bedford Harriers	8	0:58:03	0:07:43	63.7%
482	Jenny King	57	L	LM	32	Bedford Harriers	6	1:15:56	0:09:37	63.6%
483	Angela Whiting	53	L	LM	5	Stowmarket Striders	14	1:06:08	0:09:06	63.6%
484	Lee Pretlove	32	M	MS	52	Cambridge & Coleridge B	4	1:18:22	0:07:02	63.6%
485	Steve Chalklen	31	M	MS	9	Paddock Wood AC	4	1:18:20	0:07:02	63.5%
486	Harry Druif	53	M	MM	52	Cambridge & Coleridge B	2	1:56:16	0:08:16	63.5%
487	Rob Rowland	41	M	MM	9	Paddock Wood AC	6	0:57:42	0:07:18	63.5%
488	Mike Harley	35	M	MS	33	Serpentine Running Club	12	2:24:22	0:07:20	63.5%
489	Paul Taverner	53	M	MM	18	Thetford Athletic Club	4	1:31:13	0:08:11	63.4%
490	Karen Wood	51	L	LM	16	Ryston Runners B	3	0:50:42	0:08:48	63.4%
491	Bob Grainger	35	M	MS	5	Stowmarket Striders	6	0:55:25	0:07:01	63.4%
492	Chris Hurcomb	44	M	MM	52	Cambridge & Coleridge B	17	1:29:34	0:07:38	63.4%
493	Ben Snelling	44	M	MM	44	Norwich Road Runners C	9	2:19:14	0:07:48	63.4%
494	Anna Seaman	36	L	LM	17	Ryston Runners C	14	0:57:11	0:07:52	63.3%
495	Neil Bunnage	49	M	MM	43	Norwich Road Runners B	15	1:23:39	0:07:54	63.3%
496	Suzanne Moon	38	L	LM	49	Stamford Striders	8	0:59:41	0:07:56	63.3%
497	Gordon Irvine	36	M	MS	34	Ely A	5	1:17:28	0:07:10	63.3%
498	Caroline Tayler	58	L	LM	44	Norwich Road Runners C	4	1:50:15	0:09:54	63.3%
499	Julie Flower	51	L	LM	56	Old Greshamians	8	1:07:02	0:08:55	63.3%
500	Richard Sargeant	43	M	MM	43	Norwich Road Runners B	3	0:42:25	0:07:22	63.2%

501	Samatha Day	43	L	LM	33	Serpentine Running Club	8	1:01:45	0:08:13	63.2%
502	Jonathon Lucas-Frost	40	M	MM	50	Riverside Runners B	10	1:49:54	0:07:29	63.2%
503	Nick Askham	41	M	MM	3	Tri-Anglia	9	2:16:20	0:07:38	63.1%
504	George Thomas	67	M	MM	29	Bishops Stortford Running Club	5	1:41:16	0:09:22	63.1%
505	Trudy Sayell	36	L	LM	22	West Norfolk AC	17	1:34:11	0:08:02	63.1%
506	Rich Hodge	42	M	MM	55	Fetcheveryone	11	1:34:06	0:07:33	63.1%
507	Angela Brinkley	52	L	LM	5	Stowmarket Striders	7	1:24:13	0:09:07	63.1%
508	Julia Norman	40	L	LM	17	Ryston Runners C	8	1:00:34	0:08:03	63.1%
509	Amy Chapman	24	L	LS	16	Ryston Runners B	2	1:52:17	0:07:59	63.0%
510	Amelia Whiting	38	L	LM	12	Norfolk Gazelles	7	1:14:11	0:08:02	63.0%
511	Dawn Marshall	53	L	LM	28	Saint Edmund Pacers	17	1:49:31	0:09:20	63.0%
512	Mark Mountain	43	M	MM	13	Great Yarmouth Road Runners	13	1:41:22	0:07:39	63.0%
513	Jake Sanders	36	M	MS	27	Pink & Blacks	10	1:47:07	0:07:18	63.0%
514	Catherine Bradnam	42	L	LM	28	Saint Edmund Pacers	15	1:27:47	0:08:17	62.9%
515	Glen Dunham	50	M	MM	36	City of Norwich AC - A	5	1:26:58	0:08:03	62.9%
516	Nicholas Smith	49	M	MM	49	Stamford Striders	13	1:46:38	0:08:03	62.9%
517	Jen Armstrong	41	L	LM	26	North Norfolk Beach Runners - Ladies	1	2:17:37	0:08:26	62.9%
518	Hazel Wray	47	L	LM	26	North Norfolk Beach Runners - Ladies	4	1:36:36	0:08:40	62.9%
519	Ruth Chamberlain	41	L	LM	50	Riverside Runners B	7	1:15:42	0:08:12	62.8%
520	Matt Ironside	32	M	MS	29	Bishops Stortford Running Club	1	1:59:33	0:07:20	62.8%
521	Jack Barrington	18	M	MJ	7	Harwich Runners	6	0:56:49	0:07:12	62.8%
522	Joshua Brighty	24	M	MS	45	Norwich Road Runners D	11	1:29:15	0:07:10	62.8%
523	Mark Stone	43	M	MM	13	Great Yarmouth Road Runners	7	1:09:52	0:07:34	62.7%
524	Jen Rudd	41	L	LM	23	Wymondham AC	12	2:47:48	0:08:32	62.7%
525	Carlene Epps	29	L	LS	42	Norwich Road Runners A	1	2:12:01	0:08:05	62.6%
526	David Martin	35	M	MS	33	Serpentine Running Club	1	2:00:23	0:07:23	62.6%
527	Craig Moore	27	M	MS	40	Dereham Runners - Team A	14	0:50:32	0:06:57	62.6%
528	Rachel Roberts	44	L	LM	55	Fetcheveryone	8	1:02:54	0:08:22	62.5%
529	Aaron Rowland	16	M	MJ	9	Paddock Wood AC	3	0:42:04	0:07:18	62.5%
530	Julie Garner	51	L	LM	2	Fenland Running Club - 2	16	0:48:52	0:08:54	62.5%
531	Emma Thompson	38	L	LM	16	Ryston Runners B	14	0:58:29	0:08:03	62.5%
532	Sabrina Norton	37	L	LM	21	Bungay Black Dog Running Club	6	1:03:29	0:08:02	62.5%
533	Gary Pillar	49	M	MM	13	Great Yarmouth Road Runners	3	0:45:02	0:07:49	62.4%
534	Jonathan Kemp	35	M	MS	45	Norwich Road Runners D	9	2:12:42	0:07:26	62.4%
535	Louise Webb	15	L	LJ	28	Saint Edmund Pacers	16	0:44:44	0:08:09	62.4%
536	Grace Barnett	25	L	LS	33	Serpentine Running Club	15	1:24:41	0:08:00	62.3%
537	Yusuf Firat Firat	52	M	MM	6	Haverhill Running Club	9	2:31:43	0:08:30	62.3%
538	Martin Dawson	34	M	MS	47	Team Thorney	17	1:25:01	0:07:15	62.3%
539	Andrew Williams	31	M	MS	33	Serpentine Running Club	9	2:12:31	0:07:25	62.2%
540	Graham Veitch	42	M	MM	55	Fetcheveryone	15	1:20:27	0:07:36	62.2%
541	Steve Bland	28	M	MS	52	Cambridge & Coleridge B	10	1:47:20	0:07:19	62.2%
542	Nicki Gibson	39	L	LM	42	Norwich Road Runners A	16	0:44:00	0:08:01	62.2%
543	Leigh Nobes	37	M	MS	11	Reepham Runners Team	15	1:17:30	0:07:19	62.1%
544	Jason Allard	41	M	MM	5	Stowmarket Striders	5	1:21:52	0:07:34	62.1%
545	Melody Neville	45	L	LM	5	Stowmarket Striders	8	1:03:51	0:08:29	62.1%
546	Barry Smith	50	M	MM	17	Ryston Runners C	12	2:45:25	0:08:25	62.1%
547	Darren Armstrong	41	M	MM	25	North Norfolk Beach Runners - Vets	12	2:33:28	0:07:48	62.1%
548	Andrew Parsons	36	M	MS	52	Cambridge & Coleridge B	11	1:31:28	0:07:21	62.1%
549	Nicola Holden	40	L	LM	30	Coltishall Jaguars (50 Shades of Orang	2	1:58:00	0:08:24	62.1%
550	Sue Allen	56	L	LM	30	Coltishall Jaguars (50 Shades of Orang	5	1:46:17	0:09:50	62.0%
551	Richie Walker	49	M	MM	22	West Norfolk AC	3	0:45:19	0:07:52	62.0%
552	Keith Hood	56	M	MM	23	Wymondham AC	4	1:35:54	0:08:37	62.0%
553	Mark Clues	49	M	MM	3	Tri-Anglia	4	1:30:23	0:08:07	61.9%
554	David Prior	68	M	MM	32	Bedford Harriers	11	2:01:00	0:09:43	61.9%
555	Danny Bond	40	M	MM	44	Norwich Road Runners C	11	1:34:27	0:07:35	61.9%
556	York Deavers	46	M	MM	11	Reepham Runners Team	9	2:25:01	0:08:07	61.8%
557	Andy Bonner	33	M	MS	35	Ely B	10	1:48:05	0:07:22	61.8%
558	Andrew Simmonds	34	M	MS	15	Ryston Runners A	2	1:43:28	0:07:22	61.8%
559	Emily Haughan	37	L	LM	26	North Norfolk Beach Runners - Ladies	2	1:56:41	0:08:18	61.8%
560	Richard Smith	56	M	MM	39	Felixstowe Road Runners	7	1:19:06	0:08:34	61.7%
561	Tina Foster	47	L	LM	26	North Norfolk Beach Runners - Ladies	14	1:03:22	0:08:43	61.7%
562	Emma Wilcock	23	L	LS	30	Coltishall Jaguars (50 Shades of Orang	7	1:14:08	0:08:01	61.7%
563	Helen Melville	40	L	LM	16	Ryston Runners B	16	0:44:36	0:08:07	61.7%
564	Sarah Friel	31	L	LS	1	Riverside Runners A	14	0:58:01	0:07:59	61.7%
565	Tim Larke	42	M	MM	5	Stowmarket Striders	9	2:20:44	0:07:53	61.7%
566	Owen Marsden	36	M	MS	3	Tri-Anglia	2	1:44:31	0:07:26	61.6%
567	Charlotte Noakes	34	L	LS	14	Headington Road Runners	9	2:28:31	0:08:19	61.6%
568	Katie Ward	35	L	LM	48	Fenland Running Club - 48	3	0:45:57	0:07:59	61.6%
569	Daniel Amps Woodward	16	M	MJ	47	Team Thorney	3	0:42:42	0:07:25	61.6%
570	Clive Cartner	36	M	MS	44	Norwich Road Runners C	8	0:54:37	0:07:16	61.6%
571	Zoe Jones	41	L	LM	23	Wymondham AC	6	1:05:51	0:08:20	61.5%
572	Tom Kingsnorth	35	M	MS	28	Saint Edmund Pacers	2	1:44:14	0:07:25	61.5%

573	Sian White	45	L	LM	31	Ramsey Road Runners	14	1:02:21	0:08:35	61.5%
574	John Davis The Shorter	62	M	MM	4	Garden City Runners	7	1:23:47	0:09:04	61.5%
575	Justin Lawton	44	M	MM	25	North Norfolk Beach Runners - Vets	13	1:44:45	0:07:54	61.5%
576	Joe Geitner	47	M	MM	36	City of Norwich AC - A	10	1:59:38	0:08:09	61.4%
577	Stewart Harrison	37	M	MS	2	Fenland Running Club - 2	11	1:33:04	0:07:29	61.4%
578	Nigel Reynolds	52	M	MM	35	Ely B	14	0:59:46	0:08:13	61.3%
579	Julie Wacey	44	L	LM	16	Ryston Runners B	15	1:31:32	0:08:39	61.3%
580	Dan Kinsman	41	M	MM	54	Framlingham Flyers	4	1:25:30	0:07:41	61.3%
581	Heath Bew	43	M	MM	23	Wymondham AC	17	1:31:49	0:07:50	61.3%
582	Johan Preis	48	M	MM	4	Garden City Runners	14	0:57:54	0:07:58	61.3%
583	Hilary Cox	45	L	LM	49	Stamford Striders	9	2:40:54	0:09:01	61.3%
584	Stuart Canwell	40	M	MM	13	Great Yarmouth Road Runners	6	0:59:31	0:07:32	61.1%
585	Michelle Brett	32	L	LS	31	Ramsey Road Runners	5	1:28:23	0:08:11	61.1%
586	Stef Rider	43	M	MM	3	Tri-Anglia	17	1:32:10	0:07:51	61.1%
587	David Dinnage	32	M	MS	54	Framlingham Flyers	15	1:17:17	0:07:18	61.1%
588	Sally Juby	33	L	LS	41	Dereham Runners Team - B	13	1:49:24	0:08:15	61.0%
589	Steven Lawson	50	M	MM	31	Ramsey Road Runners	10	2:03:35	0:08:25	61.0%
590	Amy Burdis	32	L	LS	55	Fetcheverone	12	2:45:06	0:08:24	60.9%
591	Tony Bacon	32	M	MS	6	Haverhill Running Club	16	0:38:54	0:07:05	60.9%
592	Guy Hayward	44	M	MM	54	Framlingham Flyers	10	1:57:38	0:08:01	60.9%
593	Malene Godson	47	L	LM	5	Stowmarket Striders	3	0:50:22	0:08:45	60.9%
594	Noel Jones	52	M	MM	55	Fetcheverone	9	2:35:11	0:08:41	60.9%
595	Stephen Starr	48	M	MM	35	Ely B	8	1:00:33	0:08:03	60.9%
596	Jamie Luke	23	M	MS	53	RAF Marham	9	2:15:46	0:07:36	60.7%
597	Nicky Neil	43	L	LM	53	RAF Marham	3	0:48:43	0:08:27	60.7%
598	Stephen Burbidge	31	M	MS	7	Harwich Runners	1	2:03:43	0:07:35	60.7%
599	Ashley Blackmore	53	M	MM	35	Ely B	6	1:06:31	0:08:25	60.6%
600	Lesley Carroll	50	L	LM	50	Riverside Runners B	13	2:04:11	0:09:22	60.6%
601	Paulina Zub	35	L	LM	2	Fenland Running Club - 2	7	1:16:11	0:08:15	60.6%
602	Natalie Morgan	39	L	LM	8	Biggleswade AC	15	1:29:35	0:08:28	60.5%
603	Keith Moore	52	M	MM	41	Dereham Runners Team - B	4	1:34:49	0:08:31	60.5%
604	Howard Olby	36	M	MS	56	Old Greshamians	2	1:47:01	0:07:37	60.5%
605	Chris Perry	40	M	MM	28	Saint Edmund Pacers	13	1:43:06	0:07:47	60.5%
606	Sue Garrod	50	L	LM	5	Stowmarket Striders	11	1:57:00	0:09:24	60.5%
607	Samantha Epps	30	L	LS	21	Bungay Black Dog Running Club	14	0:59:08	0:08:08	60.5%
608	Melanie Reed	32	L	LS	16	Ryston Runners B	4	1:32:05	0:08:16	60.4%
609	Stacey Harper	37	L	LM	42	Norwich Road Runners A	17	1:38:45	0:08:25	60.4%
610	Jeremy Navrady	49	M	MM	17	Ryston Runners C	1	2:18:39	0:08:30	60.4%
611	Ashley Jarvis	17	M	MJ	41	Dereham Runners Team - B	3	0:42:56	0:07:27	60.4%
612	Jackie Gooch	52	L	LM	30	Coltishall Jaguars (50 Shades of Orang	3	0:53:57	0:09:22	60.3%
613	Andy Harrod	51	M	MM	17	Ryston Runners C	16	0:44:56	0:08:11	60.3%
614	Ryan Jones	26	M	MS	48	Fenland Running Club - 48	5	1:20:09	0:07:25	60.2%
615	Ian Grimwood	62	M	MM	8	Biggleswade AC	1	2:36:41	0:09:36	60.2%
616	Will Honeybone	44	M	MM	17	Ryston Runners C	5	1:26:34	0:08:00	60.2%
617	Piers Serjeant	41	M	MM	1	Riverside Runners A	5	1:24:35	0:07:49	60.1%
618	Mark Ford	48	M	MM	39	Felixstowe Road Runners	4	1:32:17	0:08:17	60.1%
619	Rob Dilley	36	M	MS	4	Garden City Runners	13	1:40:50	0:07:37	60.1%
620	Sarah Maidment	39	L	LM	21	Bungay Black Dog Running Club	13	1:53:43	0:08:35	60.1%
621	Lionel Smith	62	M	MM	35	Ely B	11	1:57:35	0:09:27	60.0%
622	Andrew Baker	48	M	MM	13	Great Yarmouth Road Runners	12	2:48:15	0:08:33	60.0%
623	Federico Hinrichs	34	M	MS	33	Serpentine Running Club	17	1:28:14	0:07:31	60.0%
624	Ray Lindsay	60	M	MM	44	Norwich Road Runners C	2	2:11:17	0:09:20	60.0%
625	Martin Hammond	50	M	MM	17	Ryston Runners C	17	1:39:29	0:08:29	59.9%
626	Alec Walliker	60	M	MM	20	Marshall Milton Keynes AC	14	1:05:33	0:09:01	59.9%
627	Ian Davies	61	M	MM	47	Team Thorney	7	1:25:14	0:09:13	59.9%
628	Sarah Atkinson	31	L	LS	56	Old Greshamians	11	1:44:25	0:08:23	59.9%
629	Silje Hovstad	37	L	LM	37	City of Norwich AC - B	3	0:47:39	0:08:16	59.8%
630	Alan Bird	44	M	MM	2	Fenland Running Club - 2	4	1:29:43	0:08:03	59.8%
631	Louise White	39	L	LM	18	Thetford Athletic Club	9	2:36:33	0:08:46	59.8%
632	Lee Carey	34	M	MS	19	March A C	5	1:21:17	0:07:31	59.8%
633	Sandra Harding-Brown	50	L	LM	14	Headington Road Runners	16	0:50:28	0:09:12	59.8%
634	Abi Bruce	24	L	LS	1	Riverside Runners A	6	1:05:14	0:08:15	59.7%
635	Barry Barnes	37	M	MS	6	Haverhill Running Club	15	1:20:38	0:07:37	59.7%
636	Ramune Raicheliene	34	L	LS	2	Fenland Running Club - 2	14	1:00:16	0:08:17	59.7%
637	Fred Boggis	58	M	MM	39	Felixstowe Road Runners	6	1:10:31	0:08:56	59.7%
638	Michael Grand	44	M	MM	10	Reepham Runners Club	14	0:57:36	0:07:55	59.7%
639	Damien Pitts	32	M	MS	8	Biggleswade AC	6	0:58:07	0:07:21	59.7%
640	Jeremy Boreham	44	M	MM	25	North Norfolk Beach Runners - Vets	6	1:02:53	0:07:58	59.6%
641	Terry Cross	67	M	MM	49	Stamford Striders	15	1:44:39	0:09:53	59.6%
642	Stuart Spencer	46	M	MM	21	Bungay Black Dog Running Club	15	1:26:46	0:08:12	59.6%
643	Ulen Neale	44	M	MM	14	Headington Road Runners	15	1:25:23	0:08:04	59.6%
644	Kevin Biggs	46	M	MM	14	Headington Road Runners	8	1:00:59	0:08:07	59.5%

645	Emma Evans	18	L	LJ	1	Riverside Runners A	7	1:17:58	0:08:26	59.4%
646	John Davis The Taller	50	M	MM	4	Garden City Runners	10	2:06:52	0:08:39	59.4%
647	Daz Burgess	44	M	MM	53	RAF Marham	8	1:00:06	0:08:00	59.4%
648	John Tilston	40	M	MM	9	Paddock Wood AC	2	1:51:35	0:07:56	59.4%
649	Brian Titchiner	53	M	MM	41	Dereham Runners Team - B	1	2:26:05	0:08:57	59.4%
650	Richard Dolman	52	M	MM	18	Thetford Athletic Club	5	1:33:45	0:08:40	59.4%
651	Sarah Allen	34	L	LS	27	Pink & Blacks	14	1:00:37	0:08:20	59.4%
652	Rachel Holman	40	L	LM	3	Tri-Anglia	6	1:07:52	0:08:35	59.3%
653	Emma Jordan	44	L	LM	30	Coltishall Jaguars (50 Shades of Orange)	11	1:51:58	0:09:00	59.3%
654	Neil Hewson	42	M	MM	31	Ramsey Road Runners	2	1:53:30	0:08:04	59.3%
655	Mark Alderson	40	M	MM	49	Stamford Striders	1	2:11:03	0:08:02	59.3%
656	Peter Wenzel	64	M	MM	29	Bishops Stortford Running Club	4	1:47:55	0:09:41	59.3%
657	Denise Griffin	51	L	LM	2	Fenland Running Club - 2	3	0:54:15	0:09:25	59.3%
658	Tessa Lukehurst	54	L	LM	55	Fetchevervone	6	1:18:22	0:09:55	59.3%
659	James Howlett	42	M	MM	54	Framlingham Flyers	9	2:26:33	0:08:12	59.2%
660	Duncan Henry	45	M	MM	6	Haverhill Running Club	7	1:15:19	0:08:09	59.1%
661	Clare Russell	33	L	LS	33	Serpentine Running Club	11	1:46:05	0:08:31	59.1%
662	Kirstie Gladwell	30	L	LS	54	Framlingham Flyers	6	1:05:57	0:08:21	59.1%
663	Nick Gurney	24	M	MS	44	Norwich Road Runners C	13	1:41:15	0:07:38	59.1%
664	Louis Clabburn	42	M	MM	56	Old Greshamians	7	1:13:20	0:07:56	59.1%
665	Tom Rivett	40	M	MM	25	North Norfolk Beach Runners - Vets	1	2:11:35	0:08:04	59.1%
666	Celina Silver	46	L	LM	49	Stamford Striders	14	1:05:33	0:09:01	59.1%
667	Louise Blazey	28	L	LS	42	Norwich Road Runners A	8	1:02:39	0:08:20	59.0%
668	Joe Legge	36	M	MS	27	Pink & Blacks	1	2:08:15	0:07:52	59.0%
669	Kaylee Brown	27	L	LS	37	City of Norwich AC - B	2	2:00:02	0:08:32	59.0%
670	John Foster	55	M	MM	35	Ely B	12	3:02:19	0:09:16	59.0%
671	Oliver Truby	24	M	MS	53	RAF Marham	5	1:21:56	0:07:35	58.9%
672	Nicky Dowson	50	L	LM	42	Norwich Road Runners A	5	1:43:37	0:09:35	58.9%
673	Ashley Gilbert	30	M	MS	40	Dereham Runners - Team A	12	2:35:29	0:07:54	58.8%
674	Jose Perez	42	M	MM	35	Ely B	17	1:34:58	0:08:06	58.8%
675	Jessica Robinson	26	L	LS	16	Ryston Runners B	6	1:06:18	0:08:24	58.8%
676	Stewart White	38	M	MS	28	Saint Edmund Pacers	10	1:56:14	0:07:55	58.8%
677	William Haining	59	M	MM	7	Harwich Runners	2	2:12:42	0:09:26	58.8%
678	Gareth Robb	40	M	MM	9	Paddock Wood AC	1	2:12:25	0:08:07	58.7%
679	Emma Brewer	44	L	LM	31	Ramsey Road Runners	8	1:07:02	0:08:55	58.7%
680	Sarah Edwards	32	L	LS	35	Ely B	3	0:47:55	0:08:19	58.6%
681	Phillip Mordecai	40	M	MM	13	Great Yarmouth Road Runners	15	1:24:03	0:07:56	58.6%
682	Marc Gladwell	35	M	MS	53	RAF Marham	16	0:41:00	0:07:28	58.6%
683	Paul Cooke	38	M	MS	8	Biggleswade AC	2	1:51:23	0:07:55	58.6%
684	Ben Davies	36	M	MS	47	Team Thorney	14	0:55:18	0:07:36	58.6%
685	Janice Coglin-Hibbert	41	L	LM	3	Tri-Anglia	16	0:47:17	0:08:37	58.6%
686	Stephanie Laurence	28	L	LS	37	City of Norwich AC - B	5	1:32:02	0:08:31	58.5%
687	Mick Wise	61	M	MM	4	Garden City Runners	3	0:53:07	0:09:13	58.5%
688	Liz Harris	39	L	LM	10	Reepham Runners Club	11	1:49:45	0:08:49	58.5%
689	Patrick Bird	56	M	MM	4	Garden City Runners	5	1:38:40	0:09:08	58.4%
690	Katie Samuelson	37	L	LM	55	Fetchevervone	1	2:24:23	0:08:51	58.4%
691	Corrina Smith	48	L	LM	18	Thetford Athletic Club	7	1:26:39	0:09:23	58.4%
692	Friederike Schoeps	26	L	LS	32	Bedford Harriers	2	2:01:15	0:08:37	58.4%
693	Lucy Boothby	49	L	LM	50	Riverside Runners B	16	0:51:04	0:09:18	58.3%
694	Ian Gooderham	48	M	MM	28	Saint Edmund Pacers	3	0:47:48	0:08:18	58.3%
695	Zoe Luscombe	41	L	LM	8	Biggleswade AC	14	1:03:46	0:08:46	58.3%
696	Neil Jones	41	M	MM	20	Marshall Milton Keynes AC	5	1:27:18	0:08:05	58.3%
697	Martin Stringfellow	41	M	MM	23	Wymondham AC	2	1:54:38	0:08:09	58.3%
698	Larissa Follen	41	L	LM	2	Fenland Running Club - 2	6	1:09:35	0:08:48	58.2%
699	Becky Guy	23	L	LS	28	Saint Edmund Pacers	14	1:01:23	0:08:27	58.2%
700	Ed Rawlings	40	M	MM	25	North Norfolk Beach Runners - Vets	5	1:26:44	0:08:01	58.2%
701	Jayne Allen	48	L	LM	23	Wymondham AC	5	1:42:30	0:09:29	58.1%
702	Eddie Barrett	47	M	MM	31	Ramsey Road Runners	15	1:29:39	0:08:28	58.1%
703	Corin Thoday	40	M	MM	10	Reepham Runners Club	4	1:29:38	0:08:03	58.0%
704	Jason Moore	44	M	MM	22	West Norfolk AC	4	1:32:37	0:08:19	58.0%
705	Juliet Grimwood	51	L	LM	8	Biggleswade AC	17	1:56:16	0:09:55	57.9%
706	Julia Baldwin	45	L	LM	5	Stowmarket Striders	17	1:48:49	0:09:17	57.8%
707	Andy Howard	28	M	MS	52	Cambridge & Coleridge B	6	0:59:41	0:07:33	57.8%
708	Andy Dennis	25	M	MS	49	Stamford Striders	6	0:59:41	0:07:33	57.8%
709	Darren Gillman	45	M	MM	55	Fetchevervone	2	1:59:23	0:08:29	57.8%
710	Charlotte Cook	32	L	LS	35	Ely B	4	1:36:19	0:08:39	57.8%
711	Chris Fadden	52	M	MM	32	Bedford Harriers	7	1:21:41	0:08:50	57.8%
712	Lisa Smith	41	L	LM	13	Great Yarmouth Road Runners	8	1:06:38	0:08:52	57.7%
713	Richard Bidois	49	M	MM	9	Paddock Wood AC	5	1:34:09	0:08:43	57.6%
714	Stuart Follen	41	M	MM	2	Fenland Running Club - 2	5	1:28:16	0:08:10	57.6%
715	Daniel Rourke	26	M	MS	33	Serpentine Running Club	13	1:43:51	0:07:50	57.6%
716	Stuart Bullard	40	M	MM	32	Bedford Harriers	10	2:00:28	0:08:13	57.6%

717	Daniel Kitchie	31	M	MS	52	Cambridge & Coleridge B	13	1:43:53	0:07:50	57.6%
718	Simon Watts	43	M	MM	33	Serpentine Running Club	6	1:04:37	0:08:11	57.6%
719	Claire Hewson	40	L	LM	31	Ramsey Road Runners	7	1:22:07	0:08:53	57.6%
720	Simon Phillips	24	M	MS	53	RAF Marham	11	1:37:28	0:07:50	57.5%
721	Terry Hunter	61	M	MM	5	Stowmarket Striders	16	0:51:21	0:09:21	57.4%
722	Paul Crosby	35	M	MS	11	Reepham Runners Team	5	1:24:57	0:07:52	57.4%
723	Jon Beverley	35	M	MS	10	Reepham Runners Club	2	1:51:41	0:07:57	57.4%
724	Jimmy Russel	48	M	MM	39	Felixstowe Road Runners	10	2:09:09	0:08:48	57.4%
725	Pete Reed	32	M	MS	53	RAF Marham	14	0:55:26	0:07:37	57.4%
726	Wim Jennes	39	M	MS	27	Pink & Blacks	15	1:25:21	0:08:04	57.3%
727	Dave Asker	31	M	MS	3	Tri-Anglia	5	1:24:22	0:07:48	57.2%
728	David Silk	48	M	MM	13	Great Yarmouth Road Runners	16	0:46:14	0:08:25	57.2%
729	Mik Carr	59	M	MM	21	Bungay Black Dog Running Club	2	2:16:18	0:09:42	57.2%
730	Clare Barstow	38	L	LM	54	Framlingham Flyers	3	0:50:04	0:08:42	57.2%
731	Paul Scibilia	49	M	MM	3	Tri-Anglia	11	1:49:52	0:08:49	57.2%
732	Brian Glazebrook	49	M	MM	29	Bishops Stortford Running Club	6	1:08:12	0:08:38	57.2%
733	Ian Rodgers	49	M	MM	29	Bishops Stortford Running Club	2	2:04:44	0:08:52	57.2%
734	Matt Mowbray	30	M	MS	50	Riverside Runners B	6	1:00:23	0:07:39	57.2%
735	Dan Wate	31	M	MS	2	Fenland Running Club - 2	9	2:24:13	0:08:04	57.2%
736	Louise Goddard	41	L	LM	5	Stowmarket Striders	2	2:08:58	0:09:10	57.2%
737	Alix Almond	35	L	LM	55	Fetcheveroyne	3	0:49:35	0:08:36	57.1%
738	Gavin Lane	46	M	MM	22	West Norfolk AC	6	1:06:45	0:08:27	57.1%
739	Rhianwen Smee	32	L	LS	26	North Norfolk Beach Runners - Ladies	15	1:32:43	0:08:45	57.1%
740	Samantha Collins-Shirley	42	L	LM	35	Ely B	1	2:32:56	0:09:22	57.1%
741	Gary Backhouse	43	M	MM	22	West Norfolk AC	11	1:44:54	0:08:26	57.0%
742	Julie Wade	45	L	LM	10	Reepham Runners Club	17	1:50:22	0:09:25	57.0%
743	Michelle Hewitt	26	L	LS	54	Framlingham Flyers	8	1:04:51	0:08:37	57.0%
744	Adrian Smith	49	M	MM	50	Riverside Runners B	8	1:05:11	0:08:40	57.0%
745	Martin Kirk	46	M	MM	31	Ramsey Road Runners	11	1:47:51	0:08:40	56.9%
746	Craig Farr	40	M	MM	10	Reepham Runners Club	9	2:30:12	0:08:25	56.8%
747	Brian Gilks	81	M	MM	20	Marshall Milton Keynes AC	8	1:36:19	0:12:48	56.8%
748	Rob Allen	36	M	MS	27	Pink & Blacks	3	0:44:49	0:07:47	56.8%
749	Suzanne Barnes	35	L	LM	6	Haverhill Running Club	14	1:03:34	0:08:45	56.8%
750	Brad Smith	34	M	MS	4	Garden City Runners	1	2:12:32	0:08:07	56.7%
751	Catherine Hemingway	16	L	LJ	50	Riverside Runners B	3	0:51:09	0:08:53	56.7%
752	Rebecca (Becky) Hardy	36	L	LM	41	Dereham Runners Team - B	15	1:34:23	0:08:55	56.7%
753	Clare Bradbury	39	L	LM	23	Wymondham AC	14	1:04:50	0:08:55	56.6%
754	Simon Cooper	50	M	MM	56	Old Greshamians	13	1:59:53	0:09:03	56.6%
755	Rebecca Coulter	38	L	LM	23	Wymondham AC	1	2:29:52	0:09:11	56.6%
756	Liam O'Grady	34	M	MS	52	Cambridge & Coleridge B	3	0:44:30	0:07:44	56.6%
757	Jack Barker	16	M	MJ	11	Reepham Runners Team	3	0:46:30	0:08:04	56.6%
758	Simon Wiggins	43	M	MM	39	Felixstowe Road Runners	1	2:20:54	0:08:38	56.5%
759	Bob Rowles	56	M	MM	7	Harwich Runners	15	1:39:35	0:09:24	56.5%
760	Steven Rix	33	M	MS	40	Dereham Runners - Team A	4	1:28:27	0:07:56	56.4%
761	Steve Atkins	50	M	MM	28	Saint Edmund Pacers	5	1:37:09	0:08:59	56.3%
762	Claire Alexandre	41	L	LM	33	Serpentine Running Club	4	1:42:32	0:09:12	56.3%
763	Stephen Lee	35	M	MS	41	Dereham Runners Team - B	5	1:26:42	0:08:01	56.3%
764	Richard Stone	47	M	MM	31	Ramsey Road Runners	16	0:46:40	0:08:30	56.3%
765	Nicola John	32	L	LS	30	Coltishall Jaguars (50 Shades of Orang	10	2:12:05	0:09:00	56.2%
766	Ben Chamberlin	34	M	MS	52	Cambridge & Coleridge B	12	2:42:48	0:08:17	56.2%
767	Di Swanepoel	46	M	MM	3	Tri-Anglia	3	0:48:53	0:08:29	56.1%
768	Oliver Sadler	36	M	MS	27	Pink & Blacks	4	1:30:17	0:08:06	56.0%
769	Louise Norkett	38	L	LM	18	Thetford Athletic Club	8	1:07:32	0:08:59	56.0%
770	Marc Martin	41	M	MM	2	Fenland Running Club - 2	13	1:52:29	0:08:29	55.9%
771	Jonathan Russell	37	M	MS	27	Pink & Blacks	7	1:14:59	0:08:07	55.8%
772	Sarah Severwright	35	L	LM	39	Felixstowe Road Runners	14	1:04:38	0:08:53	55.8%
773	Simon Sparkes	42	M	MM	21	Bungay Black Dog Running Club	7	1:17:57	0:08:26	55.8%
774	Laura Greenwood	46	L	LM	47	Team Thorney	8	1:11:51	0:09:33	55.7%
775	Cath Fenn	44	L	LM	55	Fetcheveroyne	5	1:42:53	0:09:31	55.7%
776	Richard Watson	48	M	MM	32	Bedford Harriers	15	1:34:21	0:08:55	55.7%
777	Guy Simmonds	38	M	MS	27	Pink & Blacks	2	1:57:11	0:08:20	55.7%
778	Jamie Randall	45	M	MM	6	Haverhill Running Club	1	2:25:32	0:08:55	55.6%
779	Adrian Woods	43	M	MM	25	North Norfolk Beach Runners - Vets	11	1:47:37	0:08:39	55.6%
780	Dom McIntyre	50	M	MM	55	Fetcheveroyne	14	1:04:55	0:08:56	55.6%
781	Giles Balleny	37	M	MS	33	Serpentine Running Club	7	1:15:22	0:08:09	55.6%
782	Neil Martin	44	M	MM	47	Team Thorney	5	1:33:47	0:08:41	55.6%
783	Sarah Mapes	36	L	LM	26	North Norfolk Beach Runners - Ladies	11	1:53:59	0:09:09	55.5%
784	Shelly Burton	44	L	LM	26	North Norfolk Beach Runners - Ladies	16	0:51:02	0:09:18	55.5%
785	Matt Simmonds	36	M	MS	27	Pink & Blacks	11	1:42:28	0:08:14	55.4%
786	Stuart Slattery	33	M	MS	41	Dereham Runners Team - B	17	1:35:28	0:08:08	55.3%
787	Mathew Cowell	41	M	MM	6	Haverhill Running Club	5	1:32:06	0:08:31	55.2%
788	Madeleine Ding	33	L	LS	14	Headington Road Runners	5	1:38:06	0:09:04	55.2%

789	Bethan Mose	37	L	LM	4	Garden City Runners	6	1:11:55	0:09:06	55.1%
790	Mel Harris	26	L	LS	12	Norfolk Gazelles	8	1:07:13	0:08:56	55.0%
791	Arron Friend	28	M	MS	47	Team Thorney	10	2:01:33	0:08:17	54.9%
792	Ian Kingstone	49	M	MM	32	Bedford Harriers	4	1:41:52	0:09:09	54.9%
793	Pauline Drewery	46	L	LM	16	Ryston Runners B	5	1:46:18	0:09:50	54.9%
794	Colin Ewin	61	M	MM	4	Garden City Runners	4	1:53:21	0:10:11	54.9%
795	Roly Cook	53	M	MM	44	Norwich Road Runners C	3	0:52:55	0:09:11	54.8%
796	Jonathan Burton	47	M	MM	41	Dereham Runners Team - B	12	3:02:41	0:09:17	54.8%
797	Terry Moat	47	M	MM	47	Team Thorney	2	2:08:01	0:09:06	54.8%
798	Carl Willemott	44	M	MM	10	Reepham Runners Club	6	1:08:29	0:08:40	54.8%
799	Liz Clues	44	L	LM	3	Tri-Anglia	8	1:11:50	0:09:33	54.7%
800	Matt Doran	42	M	MM	7	Harwich Runners	4	1:36:44	0:08:41	54.6%
801	Frank Mcloughlin	52	M	MM	8	Biggleswade AC	12	3:11:35	0:09:44	54.6%
802	Leigh Wisdom	28	L	LS	47	Team Thorney	6	1:11:24	0:09:02	54.6%
803	Jonathan Cope	36	M	MS	27	Pink & Blacks	13	1:51:00	0:08:23	54.6%
804	Libby Ashton	34	L	LS	26	North Norfolk Beach Runners - Ladies	8	1:08:12	0:09:04	54.6%
805	Leona Broughton	37	L	LM	10	Reepham Runners Club	3	0:52:16	0:09:04	54.6%
806	Paul Martin	38	M	MS	45	Norwich Road Runners D	5	1:31:07	0:08:26	54.6%
807	Viv Samuelson	40	L	LM	55	Fetcheverone	4	1:45:17	0:09:27	54.5%
808	Dan Gould	41	M	MM	39	Felixstowe Road Runners	17	1:41:51	0:08:41	54.4%
809	Kris Semple	47	M	MM	52	Cambridge & Coleridge B	5	1:38:08	0:09:05	54.4%
810	Grant King	37	M	MS	56	Old Greshamians	3	0:46:37	0:08:06	54.3%
811	Edward Byard	34	M	MS	14	Headington Road Runners	4	1:32:22	0:08:17	54.2%
812	Naomi Shields	25	L	LS	11	Reepham Runners Team	13	2:02:50	0:09:16	54.1%
813	Simon King	57	M	MM	32	Bedford Harriers	5	1:47:30	0:09:57	54.1%
814	Fiona Wynde	41	L	LM	8	Biggleswade AC	5	1:43:31	0:09:35	54.1%
815	Jenny De Grandis	36	L	LM	26	North Norfolk Beach Runners - Ladies	7	1:25:39	0:09:16	54.1%
816	Ian Mulcahy	52	M	MM	50	Riverside Runners B	4	1:46:09	0:09:32	54.1%
817	Andrew Hedley	53	M	MM	8	Biggleswade AC	4	1:47:06	0:09:37	54.0%
818	Matt Phelps	46	M	MM	11	Reepham Runners Team	16	0:48:13	0:08:47	54.0%
819	Andy Parish	47	M	MM	25	North Norfolk Beach Runners - Vets	9	2:47:33	0:09:23	54.0%
820	Annette Boreham	42	L	LM	26	North Norfolk Beach Runners - Ladies	3	0:54:30	0:09:28	53.9%
821	Christopher Hosier	39	M	MS	41	Dereham Runners Team - B	9	2:37:26	0:08:49	53.8%
822	Martin Strowger	48	M	MM	41	Dereham Runners Team - B	2	2:11:33	0:09:21	53.8%
823	Shayney Blyth	44	L	LM	10	Reepham Runners Club	15	1:44:25	0:09:52	53.8%
824	Bob Hammond	39	M	MS	56	Old Greshamians	4	1:36:05	0:08:38	53.7%
825	Christopher Lawrence	36	M	MS	19	March A C	3	0:47:24	0:08:14	53.7%
826	Michelle Fadden	49	L	LM	32	Bedford Harriers	3	0:58:29	0:10:09	53.6%
827	Iain Berwick	41	M	MM	55	Fetcheverone	13	1:57:23	0:08:52	53.5%
828	Matthew Freezer	26	M	MS	41	Dereham Runners Team - B	8	1:01:22	0:08:10	53.5%
829	Emma Carter	43	L	LM	14	Headington Road Runners	6	1:16:51	0:09:44	53.5%
830	Nicola Jones	44	L	LM	50	Riverside Runners B	5	1:47:06	0:09:54	53.5%
831	William Roxby-Clarke	28	M	MS	7	Harwich Runners	17	1:38:27	0:08:24	53.4%
832	Nathalie Palmer	45	L	LM	47	Team Thorney	4	1:51:37	0:10:01	53.4%
833	Matthew Plunkett	43	M	MM	41	Dereham Runners Team - B	10	2:13:18	0:09:05	53.3%
834	Rob Groves	29	M	MS	11	Reepham Runners Team	11	1:45:07	0:08:27	53.3%
835	Russell Slattery	30	M	MS	18	Thetford Athletic Club	14	0:59:30	0:08:11	53.2%
836	Daniel Ward	23	M	MS	18	Thetford Athletic Club	11	1:45:33	0:08:29	53.1%
837	Malcolm Fisher	37	M	MS	41	Dereham Runners Team - B	7	1:19:00	0:08:33	53.0%
838	Edek Rej	49	M	MM	31	Ramsey Road Runners	4	1:45:47	0:09:30	52.9%
839	Jon Gipson	37	M	MS	47	Team Thorney	1	2:23:53	0:08:49	52.8%
840	Neil Bailey	40	M	MM	2	Fenland Running Club - 2	8	1:05:34	0:08:43	52.8%
841	Phil Jarvis	60	M	MM	6	Haverhill Running Club	6	1:21:19	0:10:18	52.7%
842	Tim Coates	47	M	MM	22	West Norfolk AC	2	2:13:19	0:09:29	52.6%
843	Sally Middleton	44	L	LM	26	North Norfolk Beach Runners - Ladies	5	1:49:11	0:10:06	52.5%
844	Andrew Potruff	49	M	MM	21	Bungay Black Dog Running Club	5	1:43:28	0:09:34	52.5%
845	Carol Le Roy	38	L	LM	6	Haverhill Running Club	3	0:54:43	0:09:30	52.4%
846	Wayne Aylott	53	M	MM	4	Garden City Runners	17	1:56:50	0:09:58	52.4%
847	Matt Eveleigh	34	M	MS	5	Stowmarket Striders	10	2:08:08	0:08:44	52.2%
848	Natasha Walsh	29	L	LS	44	Norwich Road Runners C	10	2:22:02	0:09:41	52.2%
849	Fiona Cresswell	36	L	LM	27	Pink & Blacks	6	1:15:45	0:09:35	52.1%
850	Lee Radley	45	M	MM	50	Riverside Runners B	1	2:35:42	0:09:32	52.0%
851	Alex Jacobs	34	M	MS	39	Felixstowe Road Runners	3	0:48:30	0:08:25	51.9%
852	Hayley Thompson	31	L	LS	10	Reepham Runners Club	16	0:51:22	0:09:21	51.9%
853	Sirley Fowler	52	L	LM	6	Haverhill Running Club	4	2:04:35	0:11:11	51.8%
854	Michelle Homden	43	L	LM	33	Serpentine Running Club	2	2:24:44	0:10:18	51.7%
855	Marcus Nichols	39	M	MS	21	Bungay Black Dog Running Club	4	1:39:52	0:08:58	51.7%
856	Kay Riley	36	L	LM	47	Team Thorney	13	2:10:19	0:09:50	51.7%
857	Kirstie Russell	36	L	LM	27	Pink & Blacks	8	1:12:31	0:09:39	51.7%
858	Ian Cannons	43	M	MM	7	Harwich Runners	5	1:40:14	0:09:16	51.6%
859	Stephen Crafford	48	M	MM	29	Bishops Stortford Running Club	7	1:28:30	0:09:35	51.6%
860	Kareana Symonds	34	L	LS	41	Dereham Runners Team - B	11	2:02:06	0:09:48	51.5%

861	Jason Snook	45	M	MM	56	Old Greshamians	5	1:42:03	0:09:26	51.5%
862	Allison West	51	L	LM	18	Thetford Athletic Club	6	1:27:04	0:11:01	51.3%
863	Adi Fisher	42	M	MM	49	Stamford Striders	5	1:39:58	0:09:15	51.3%
864	Natalie Southgate	45	L	LM	11	Reepham Runners Team	17	2:02:46	0:10:28	51.3%
865	Emma Blake	38	L	LM	30	Coltishall Jaguars (50 Shades of Orange)	9	3:01:44	0:10:11	51.2%
866	David Morris	47	M	MM	11	Reepham Runners Team	7	1:28:28	0:09:34	51.2%
867	Sharon Try	36	L	LM	18	Thetford Athletic Club	16	0:52:45	0:09:37	51.1%
868	Robert Dale	50	M	MM	56	Old Greshamians	16	0:52:15	0:09:31	51.0%
869	Sarah Sparkes	42	L	LM	21	Bungay Black Dog Running Club	8	1:15:54	0:10:06	51.0%
870	Tom De Raedt	39	M	MS	27	Pink & Blacks	16	0:48:26	0:08:49	51.0%
871	Jayne Burman	25	L	LS	39	Felixstowe Road Runners	9	2:58:31	0:10:00	50.9%
872	Myles Doran	15	M	MJ	7	Harwich Runners	3	0:52:44	0:09:09	50.7%
873	Karl Kisala	31	M	MS	29	Bishops Stortford Running Club	13	1:58:05	0:08:55	50.7%
874	Joanne Cartwright	42	L	LM	54	Framlingham Flyers	5	1:51:58	0:10:21	50.4%
875	Angie Ivison	38	L	LM	41	Dereham Runners Team - B	6	1:19:08	0:10:01	50.3%
876	Mark Stead	47	M	MM	8	Biggleswade AC	8	1:12:40	0:09:40	50.3%
877	Stuart Lawn	33	M	MS	21	Bungay Black Dog Running Club	1	2:29:32	0:09:10	50.2%
878	Chris Holt	32	M	MS	29	Bishops Stortford Running Club	15	1:34:00	0:08:53	50.2%
879	Rob Hurst	36	M	MS	56	Old Greshamians	6	1:09:56	0:08:51	50.1%
880	Liz O'Donovan	33	L	LS	52	Cambridge & Coleridge B	14	1:11:48	0:09:53	50.0%
881	Alan Findley	50	M	MM	29	Bishops Stortford Running Club	11	2:07:02	0:10:12	49.9%
882	Libby Mead	40	L	LM	31	Ramsey Road Runners	3	0:58:03	0:10:05	49.9%
883	James Brown	38	M	MS	27	Pink & Blacks	5	1:40:08	0:09:16	49.6%
884	Liz Jones	36	L	LM	42	Norwich Road Runners A	4	1:53:39	0:10:12	49.5%
885	Dani Welter	32	L	LS	29	Bishops Stortford Running Club	3	0:56:54	0:09:53	49.4%
886	Howard Bailey	31	M	MS	40	Dereham Runners - Team A	5	1:37:57	0:09:04	49.3%
887	Larissa Smith	32	L	LS	21	Bungay Black Dog Running Club	3	0:57:02	0:09:54	49.3%
888	Melanie Watts	39	L	LM	17	Ryston Runners C	3	0:58:28	0:10:09	49.3%
889	Steve Dickens	41	M	MM	3	Tri-Anglia	10	2:22:02	0:09:41	49.3%
890	Rebecca Wass	34	L	LS	21	Bungay Black Dog Running Club	16	0:54:41	0:09:58	49.0%
891	Steph Brighty	27	L	LS	44	Norwich Road Runners C	16	0:54:26	0:09:55	48.9%
892	Steve Hughes	34	M	MS	50	Riverside Runners B	2	2:11:08	0:09:20	48.8%
893	Adam Newbould	27	M	MS	53	RAF Marham	15	1:37:05	0:09:10	48.5%
894	James Howard	25	M	MS	22	West Norfolk AC	5	1:39:50	0:09:14	48.4%
895	Nikki Kavanagh	37	L	LM	26	North Norfolk Beach Runners - Ladies	10	2:36:15	0:10:39	48.3%
896	Benjamin Warnes	34	M	MS	53	RAF Marham	12	3:09:53	0:09:39	48.2%
897	Emma Sowden	28	L	LS	49	Stamford Striders	3	0:58:14	0:10:07	48.1%
898	Jack Tappin	36	M	MS	6	Haverhill Running Club	2	2:14:20	0:09:33	48.0%
899	Rachel Duffy	36	L	LM	55	Fetcheverone	16	0:56:19	0:10:15	47.9%
900	Adam Tingey	31	M	MS	53	RAF Marham	17	1:49:57	0:09:22	47.8%
901	Edward Day	25	M	MS	32	Bedford Harriers	12	3:12:45	0:09:48	47.5%
902	Andy Hawes	36	M	MS	10	Reepham Runners Club	5	1:43:56	0:09:37	47.2%
903	Faye Brown	32	L	LS	7	Harwich Runners	16	0:57:04	0:10:24	46.8%
904	Daniel Hatcher	21	M	MS	53	RAF Marham	7	1:27:36	0:09:29	46.8%
905	Sam Laugher	31	M	MS	53	RAF Marham	2	2:16:43	0:09:43	46.6%
906	Nigel Burbidge	34	M	MS	7	Harwich Runners	9	2:57:44	0:09:57	46.4%
907	Adam Etches	41	M	MM	35	Ely B	5	1:50:05	0:10:11	46.2%
908	Ann-Michelle Kirton	46	L	LM	18	Thetford Athletic Club	3	1:05:44	0:11:25	46.2%
909	Ben Taylor	36	M	MS	44	Norwich Road Runners C	5	1:46:36	0:09:52	46.0%
910	Jessica Ring	17	L	LJ	56	Old Greshamians	14	1:19:57	0:11:00	46.0%
911	Helen Forsey	34	L	LS	33	Serpentine Running Club	3	1:02:11	0:10:48	45.4%
912	Jacquie Mayock	46	L	LM	20	Marshall Milton Keynes AC	11	2:30:03	0:12:03	45.1%
913	Ali Ostler	33	L	LS	39	Felixstowe Road Runners	2	2:38:19	0:11:16	44.9%
914	Tony Reid	38	M	MS	55	Fetcheverone	7	1:37:18	0:10:32	43.4%
915	Milford Callow	80	M	MM	20	Marshall Milton Keynes AC	3	1:34:21	0:16:23	42.8%
916	Jayne Wright	35	L	LM	54	Framlingham Flyers	14	1:27:35	0:12:03	41.2%
917	Carla Wiggins	35	L	LM	39	Felixstowe Road Runners	5	2:16:27	0:12:37	39.9%
918	Andrew Billinghurst	34	M	MS	53	RAF Marham	6	1:27:58	0:11:08	39.7%