

ROUND NORFOLK RELAY 2016 - RUNNERS BY AGE GRADED PERFORMANCE

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
1	Maria Heslop	48	f	LM	24	Paddock Wood AC	11	1:19:16	0:06:22	87.2%
2	Nigel Arnold	58	m	MM	25	Norfolk Gazelles Red	6	0:48:20	0:06:07	87.1%
3	Pete Johnson	62	m	MM	28	Ryston Runners A	8	0:48:18	0:06:25	86.0%
4	Philippa Taylor	49	f	LM	37	City of Norwich AC A	17	1:16:22	0:06:31	85.9%
5	Elsbeth Knott	66	f	LM	31	Harwich Runners	6	1:04:39	0:08:11	85.1%
6	Andrew Shields	51	m	MM	27	Cambridge & Coleridge AC - A	16	0:31:55	0:05:49	84.9%
7	Malcolm Tuff	51	m	MM	28	Ryston Runners A	7	0:55:10	0:05:58	84.8%
8	Sarah Stradling	41	f	LM	37	City of Norwich AC A	7	0:56:19	0:06:06	84.5%
9	Aaron Scott	29	m	MS	4	Bure Valley Harriers	12	1:49:02	0:05:33	83.9%
10	Shirley Ball	62	f	LM	39	Bishops Stortford Running Club	8	0:59:13	0:07:52	83.0%
11	Alison Stewart	58	f	LM	20	Norwich Road Runners	8	0:56:07	0:07:28	82.8%
12	Dale Hurren	58	m	MM	25	Norfolk Gazelles Red	7	1:00:02	0:06:30	82.8%
13	Nora Haggart	59	f	LM	52	Bedford Harriers B	16	0:41:07	0:07:29	82.5%
14	Matt Bidwell	44	m	MM	37	City of Norwich AC A	10	1:46:45	0:05:53	82.5%
15	John Moore	56	m	MM	25	Norfolk Gazelles Red	14	0:46:14	0:06:22	82.0%
16	Graham Chapman	60	m	MM	32	Ely Runners A	16	0:35:52	0:06:32	81.5%
17	Geraldine Larham	46	f	LM	14	March AC	9	1:53:51	0:06:52	81.4%
18	Penny Edwards	61	f	LM	22	Norwich Road Runners Ladies Te	10	2:31:47	0:08:22	81.3%
19	Logan Smith	18	m	MJ	33	Dereham Runners - A Team	6	0:43:55	0:05:34	81.2%
20	Stephen Mead	64	m	MM	8	Stowmarket Striders	11	1:28:49	0:07:08	81.0%
21	Simon Barrett	41	m	MM	19	Serpentine RC	15	1:01:20	0:05:47	81.0%
22	Andrew Larham	58	m	MM	14	March AC	11	1:24:05	0:06:45	80.9%
23	Brian Kearsey	68	m	MM	42	Stamford Striders	8	0:54:21	0:07:14	80.8%
24	Kevin Shelton Smith	56	m	MM	52	Bedford Harriers B	13	1:28:34	0:06:41	80.5%
25	Colin Robilliard	63	m	MM	4	Bure Valley Harriers	10	2:10:08	0:07:11	80.4%
26	Tessa Pike	56	f	LM	38	City Of Norwich AC Ladies	3	0:42:50	0:07:26	80.1%
27	Matt Pyatt	39	m	MS	28	Ryston Runners A	12	1:57:11	0:05:57	80.0%
28	Jonathan Escalante-Phillips	24	m	MS	27	Cambridge & Coleridge AC - A	6	0:43:09	0:05:28	79.9%
29	Jake Stearman	16	m	MJ	33	Dereham Runners - A Team	16	0:31:19	0:05:42	79.7%
30	Jon Kemp	45	m	MM	48	Wellingborough & District AC.	7	0:56:00	0:06:04	79.5%
31	Jane Clarke	56	f	LM	38	City Of Norwich AC Ladies	15	1:21:18	0:07:41	79.4%
32	Claire Somerton	29	f	LS	27	Cambridge & Coleridge AC - A	14	0:45:10	0:06:13	79.1%
33	Richard Sales	54	m	MM	21	Norwich Road Runners B	16	0:35:07	0:06:24	79.1%
34	Simon Dobbs	51	m	MM	21	Norwich Road Runners B	7	0:59:10	0:06:24	79.1%
35	Lisa Marriott	57	f	LM	18	Ramsey Road Runners	1	2:12:16	0:08:06	79.0%
36	Jim Hayes	70	m	MM	41	North Norfolk Beach Runners B	7	1:10:31	0:07:38	79.0%
37	Mark Garrett	53	m	MM	21	Norwich Road Runners B	15	1:09:29	0:06:34	78.9%
38	Piers Arnold	27	m	MS	37	City of Norwich AC A	13	1:16:07	0:05:45	78.6%
39	Kirstie Sharman	40	f	LM	52	Bedford Harriers B	7	1:00:08	0:06:30	78.6%
40	Matt Slater	32	m	MS	27	Cambridge & Coleridge AC - A	9	1:37:40	0:05:53	78.5%
41	Jeremy Lawrence	58	m	MM	13	Coltishall Jaguars	15	1:13:28	0:06:56	78.0%
42	Angie Joiner-Handy	47	f	LM	11	Saint Edmund Pacers	17	1:22:18	0:07:01	78.0%
43	Peter Ward	52	m	MM	47	Thorney Running Club	15	1:09:58	0:06:36	77.7%
44	Alan Darby	32	m	MS	32	Ely Runners A	9	1:38:45	0:05:57	77.6%
45	Marie French	36	f	LM	29	Ryston Ladies	15	1:08:59	0:06:31	77.5%
46	Mark Jones	57	m	MM	9	Headington RoadRunners	11	1:27:01	0:06:59	77.5%
47	Alex Tate	40	m	MM	32	Ely Runners A	17	1:11:03	0:06:03	77.4%
48	Sally Cartwright	49	f	LM	52	Bedford Harriers B	3	0:40:33	0:07:02	77.4%
49	Mark Grubb	32	m	MS	25	Norfolk Gazelles Red	9	1:39:11	0:05:58	77.3%
50	Tom Bracegirdle	37	m	MS	32	Ely Runners A	6	0:46:02	0:05:50	77.3%
51	Billy Bremner	46	m	MM	14	March AC	12	2:08:36	0:06:32	77.2%
52	Chris Merrylees	38	m	MS	40	North Norfolk Beach Runners A-T	15	1:02:53	0:05:56	77.1%
53	Axel Finke	29	m	MS	27	Cambridge & Coleridge AC - A	11	1:12:38	0:05:50	77.1%
54	Todd Lake	52	m	MM	33	Dereham Runners - A Team	17	1:18:43	0:06:43	77.0%
55	Helen Mian	48	f	LM	25	Norfolk Gazelles Red	15	1:15:48	0:07:09	77.0%
56	Clem Vogler	70	m	MM	45	Reepham Runners Masters	16	0:41:46	0:07:36	76.9%
57	Ian Milburn	72	m	MM	43	Fenland Running Club - B	15	1:25:38	0:08:05	76.9%
58	James Senior	25	m	MS	37	City of Norwich AC A	6	0:44:54	0:05:41	76.8%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
59	Callum Stanforth	26	m	MS	28	Ryston Runners A	17	1:08:27	0:05:50	76.8%
60	Ben Russell	26	m	MS	20	Norwich Road Runners	7	0:53:08	0:05:45	76.8%
61	Robert Campbell	50	m	MM	32	Ely Runners A	3	0:36:54	0:06:24	76.7%
62	Mabel Beckett	21	f	LS	37	City of Norwich AC A	15	1:08:47	0:06:30	76.7%
63	Gill Woodhouse	68	f	LM	34	Dereham Runners - Team B	6	1:14:01	0:09:22	76.7%
64	Renee Allen	41	f	LM	52	Bedford Harriers B	8	0:50:10	0:06:40	76.6%
65	Neil Loader	49	m	MM	52	Bedford Harriers B	15	1:09:11	0:06:32	76.6%
66	Tessa Jones	50	f	LM	38	City Of Norwich AC Ladies	9	2:07:11	0:07:40	76.5%
67	Jon Quint	39	m	MS	37	City of Norwich AC A	12	2:02:37	0:06:14	76.5%
68	Karen Patterson	45	f	LM	14	March AC	15	1:14:10	0:07:00	76.4%
69	Millie Solway	16	f	LJ	38	City Of Norwich AC Ladies	16	0:36:05	0:06:34	76.3%
70	Malcolm Pritchard	45	m	MM	12	Riverside Runners A	9	1:48:20	0:06:32	76.3%
71	Dave Kellaway	55	m	MM	33	Dereham Runners - A Team	8	0:51:12	0:06:49	76.3%
72	Paul Scofield	42	m	MM	39	Bishops Stortford Running Club	13	1:23:07	0:06:16	76.2%
73	Warren Armstrong	43	m	MM	28	Ryston Runners A	11	1:18:34	0:06:19	76.2%
74	Annie Baldwin	55	f	LM	29	Ryston Ladies	7	1:12:30	0:07:51	76.2%
75	Stephane Lustig	39	m	MS	40	North Norfolk Beach Runners A-T	8	0:45:08	0:06:00	76.1%
76	Adam Howlett	45	m	MM	54	Framlingham Flyers	12	2:09:23	0:06:35	76.1%
77	Anna Folland	46	f	LM	52	Bedford Harriers B	4	1:19:13	0:07:07	75.9%
78	Martin Yeoman	65	m	MM	46	Birketts' Runners AC	8	0:56:14	0:07:29	75.9%
79	Danny Rock	35	m	MS	59	Felixstowe Road Runners	12	2:01:02	0:06:09	75.8%
80	Debra Wait	51	f	LM	14	March AC	4	1:24:04	0:07:33	75.7%
81	Claire Hoblyn	52	f	LM	11	Saint Edmund Pacers	6	0:59:47	0:07:34	75.7%
82	Henry Steele	15	m	MJ	11	Saint Edmund Pacers	16	0:33:33	0:06:07	75.6%
83	Nic Bensley	46	m	MM	28	Ryston Runners A	9	1:50:27	0:06:39	75.5%
84	John Griffiths	58	m	MM	9	Headington RoadRunners	15	1:15:56	0:07:10	75.4%
85	Nick Stephens	53	m	MM	8	Stowmarket Striders	9	1:57:45	0:07:06	75.2%
86	Andy Kett	39	m	MS	40	North Norfolk Beach Runners A-T	9	1:44:42	0:06:18	75.2%
87	Emma Hollands	43	f	LM	24	Paddock Wood AC	15	1:14:09	0:07:00	75.1%
88	Stuart Dare	39	m	MS	52	Bedford Harriers B	9	1:45:02	0:06:20	75.0%
89	Kevin O'Holleran	33	m	MS	27	Cambridge & Coleridge AC - A	12	2:02:10	0:06:13	74.9%
90	Mark Edwards	50	m	MM	21	Norwich Road Runners B	6	0:52:35	0:06:39	74.8%
91	Craig Bowen-Jones	45	m	MM	33	Dereham Runners - A Team	12	2:11:48	0:06:42	74.7%
92	Sarah Partridge	60	f	LM	30	Ryston Runners C	8	1:03:58	0:08:30	74.7%
93	Lesley Robins	44	f	LM	29	Ryston Ladies	9	2:01:42	0:07:20	74.5%
94	Chris Capps	61	m	MM	23	Bedford Harriers	17	1:28:11	0:07:31	74.5%
95	Kevin Howlett	59	m	MM	30	Ryston Runners C	13	1:38:22	0:07:25	74.5%
96	Richard Somerset	48	m	MM	16	Garden City Runners	17	1:18:41	0:06:42	74.5%
97	Sue Cooke	56	f	LM	38	City Of Norwich AC Ladies	17	1:36:18	0:08:13	74.5%
98	Claire Day	36	f	LM	24	Paddock Wood AC	14	0:48:38	0:06:41	74.5%
99	Nicky Alford	35	f	LM	38	City Of Norwich AC Ladies	13	1:30:12	0:06:48	74.4%
100	Martin Sheldrick	46	m	MM	28	Ryston Runners A	16	0:35:02	0:06:23	74.4%
101	Paul Hensby	51	m	MM	14	March AC	8	0:50:48	0:06:45	74.3%
102	Adam Mills	46	m	MM	52	Bedford Harriers B	1	1:49:55	0:06:44	74.3%
103	Tom Vickery	30	m	MS	27	Cambridge & Coleridge AC - A	2	1:25:51	0:06:06	74.2%
104	Tony Witmond	48	m	MM	40	North Norfolk Beach Runners A-T	4	1:14:45	0:06:43	74.2%
105	Tim Chapman	51	m	MM	5	Fenland Running Club	11	1:26:15	0:06:56	74.1%
106	Neil White	45	m	MM	27	Cambridge & Coleridge AC - A	10	1:59:56	0:06:37	74.0%
107	Alan Routledge	53	m	MM	16	Garden City Runners	7	1:04:20	0:06:58	74.0%
108	Jamie Seamark	44	m	MM	40	North Norfolk Beach Runners A-T	7	0:59:46	0:06:28	73.9%
109	Tim Sexton	45	m	MM	25	Norfolk Gazelles Red	11	1:22:20	0:06:37	73.9%
110	Martin Jennings	45	m	MM	5	Fenland Running Club	13	1:27:53	0:06:38	73.8%
111	Simon Mead	43	m	MM	18	Ramsey Road Runners	17	1:16:15	0:06:30	73.8%
112	Phil Redden	64	m	MM	12	Riverside Runners A	4	1:26:39	0:07:47	73.8%
113	Eamonn Dorling	61	m	MM	47	Thorney Running Club	9	2:09:17	0:07:47	73.8%
114	Justin Elvidge	45	m	MM	14	March AC	14	0:47:00	0:06:28	73.7%
115	Juliet Naylor	44	f	LM	3	Biggleswade AC	17	1:24:37	0:07:13	73.7%
116	Simon Boothby	51	m	MM	12	Riverside Runners A	14	0:49:22	0:06:47	73.7%
117	Michael Taylor	34	m	MS	55	Riverside Runners	17	1:11:51	0:06:08	73.7%
118	Carl Manning	56	m	MM	17	West Norfolk AC	14	0:51:31	0:07:05	73.6%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
119	Mark Solway	48	m	MM	37	City of Norwich AC A	8	0:50:04	0:06:39	73.6%
120	Jason Mann	50	m	MM	32	Ely Runners A	11	1:26:13	0:06:56	73.5%
121	Stephen Howard	52	m	MM	32	Ely Runners A	12	2:22:18	0:07:14	73.5%
122	Chris Pitts	37	m	MS	39	Bishops Stortford Running Club	12	2:05:44	0:06:24	73.5%
123	John Christopher	52	m	MM	40	North Norfolk Beach Runners A-T	13	1:33:39	0:07:04	73.5%
124	Lawrence Wade	42	m	MM	4	Bure Valley Harriers	11	1:20:46	0:06:29	73.5%
125	Sarah Shephard	23	f	LS	24	Paddock Wood AC	6	0:53:03	0:06:43	73.5%
126	Matt Frary	43	m	MM	21	Norwich Road Runners B	8	0:48:18	0:06:25	73.3%
127	John Bone	70	m	MM	36	Great Yarmouth Road Runners	2	1:58:31	0:08:26	73.3%
128	Stan Swanepoel	52	m	MM	2	Tri-Anglia	13	1:33:55	0:07:05	73.3%
129	Kevin Mace	54	m	MM	21	Norwich Road Runners B	10	2:11:08	0:07:14	73.2%
130	Gill Paremain	66	f	LM	15	Thetford AC	7	1:28:09	0:09:32	73.2%
131	Will Parry	48	m	MM	49	London Fronrunners	17	1:20:03	0:06:49	73.2%
132	Miranda Reynolds	43	f	LM	57	Ely Runners B	11	1:29:59	0:07:14	73.2%
133	Jeremy Rodgers	42	m	MM	25	Norfolk Gazelles Red	10	1:58:22	0:06:32	73.2%
134	Graeme Kennedy	38	m	MS	27	Cambridge & Coleridge AC - A	15	1:06:22	0:06:16	73.1%
135	Steve Horton	36	m	MS	52	Bedford Harriers B	2	1:28:10	0:06:16	73.1%
136	Michael Stacey	55	m	MM	14	March AC	2	1:42:59	0:07:19	73.0%
137	Peter Russell	66	m	MM	54	Framlingham Flyers	16	0:42:18	0:07:42	73.0%
138	Ed Moffett	29	m	MS	27	Cambridge & Coleridge AC - A	7	0:55:57	0:06:03	72.9%
139	Andy Preston	51	m	MM	46	Birketts' Runners AC	2	1:39:32	0:07:05	72.9%
140	Ruth Gaunt	49	f	LM	22	Norwich Road Runners Ladies Te	7	1:10:15	0:07:36	72.9%
141	John Scoggins	35	m	MS	37	City of Norwich AC A	9	1:45:35	0:06:22	72.8%
142	Martin Horlock	42	m	MM	21	Norwich Road Runners B	11	1:21:33	0:06:33	72.8%
143	Richard Harbon	54	m	MM	50	North Herts Road Runners	17	1:24:48	0:07:14	72.8%
144	Nicky Wnek	45	f	LM	29	Ryston Ladies	10	2:17:21	0:07:35	72.7%
145	Steven Brooke	48	m	MM	59	Felixstowe Road Runners	11	1:25:48	0:06:53	72.7%
146	Gary Walker	64	m	MM	44	RAF Marham	10	2:25:25	0:08:01	72.6%
147	Danni Nimmock	26	f	LS	38	City Of Norwich AC Ladies	12	2:18:06	0:07:01	72.6%
148	Mel Snare	43	f	LM	54	Framlingham Flyers	8	0:53:45	0:07:09	72.6%
149	Steve Rolfe	60	m	MM	25	Norfolk Gazelles Red	1	2:07:40	0:07:49	72.5%
150	Darren Sunter	40	m	MM	50	North Herts Road Runners	9	1:49:29	0:06:36	72.5%
151	Paul Smith	48	m	MM	44	RAF Marham	16	0:36:31	0:06:39	72.5%
152	Virginia Bird	56	f	LM	16	Garden City Runners	14	1:00:22	0:08:18	72.4%
153	Adam Matthews	21	m	MS	28	Ryston Runners A	14	0:43:51	0:06:02	72.4%
154	Patrick Mace	54	m	MM	56	Norwich Road Runners D	9	2:03:42	0:07:27	72.2%
155	Colin Tricker	35	m	MS	24	Paddock Wood AC	10	1:54:28	0:06:19	72.2%
156	Andrew Lane	60	m	MM	7	Wymondham AC	2	1:49:00	0:07:45	72.2%
157	Neville Baker	62	m	MM	9	Headington RoadRunners	17	1:31:51	0:07:50	72.2%
158	William Forster	17	m	MJ	12	Riverside Runners A	16	0:34:07	0:06:13	72.2%
159	Jack Gillick	29	m	MS	7	Wymondham AC	9	1:46:13	0:06:24	72.2%
160	Yvonne Youngman	43	f	LM	42	Stamford Striders	11	1:31:20	0:07:20	72.1%
161	Stewart Robins	49	m	MM	30	Ryston Runners C	9	1:58:34	0:07:09	72.1%
162	Danny Winn	32	m	MS	52	Bedford Harriers B	12	2:06:52	0:06:27	72.1%
163	Greg Quinn	55	m	MM	45	Reepham Runners Masters	17	1:26:20	0:07:22	72.1%
164	Keith Pritchard	48	m	MM	12	Riverside Runners A	8	0:51:07	0:06:48	72.1%
165	Geraldine Clarke	47	f	LM	54	Framlingham Flyers	11	1:34:49	0:07:37	72.1%
166	Lorraine Marshall	49	f	LM	38	City Of Norwich AC Ladies	11	1:37:00	0:07:47	72.0%
167	John Uff	35	m	MS	27	Cambridge & Coleridge AC - A	13	1:23:44	0:06:19	72.0%
168	Tony Cantle	56	m	MM	15	Thetford AC	6	0:57:28	0:07:16	72.0%
169	Bryan Rootes	48	m	MM	10	Haverhill Running Club	14	0:49:18	0:06:47	72.0%
170	Scott Walford	46	m	MM	4	Bure Valley Harriers	5	1:13:34	0:06:48	72.0%
171	Karl Hiner	50	m	MM	12	Riverside Runners A	2	1:39:59	0:07:07	72.0%
172	Adam Hills	39	m	MS	52	Bedford Harriers B	6	0:50:11	0:06:21	71.9%
173	James Vickers	37	m	MS	6	Pink & Blacks	17	1:14:44	0:06:22	71.9%
174	Graeme Knott	37	m	MS	31	Harwich Runners	4	1:10:46	0:06:21	71.9%
175	Sean Connolly	47	m	MM	5	Fenland Running Club	10	2:05:44	0:06:56	71.8%
176	Sabine Schaefer	39	f	LM	15	Thetford AC	12	2:24:24	0:07:20	71.8%
177	Paul Martin	39	m	MS	20	Norwich Road Runners	17	1:16:00	0:06:29	71.8%
178	Toni Alcaraz	42	f	LM	14	March AC	13	1:37:01	0:07:19	71.7%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
179	Francis Hale	48	m	MM	21	Norwich Road Runners B	1	1:55:54	0:07:06	71.7%
180	Bart Hommels	43	m	MM	53	Cambridge & Coleridge Team B	15	1:10:26	0:06:39	71.6%
181	Chris Chorley	53	m	MM	1	Bungay Black Dog Running Club	15	1:16:37	0:07:14	71.5%
182	Alistair Steele	28	m	MS	32	Ely Runners A	13	1:23:41	0:06:19	71.5%
183	Becca Frake	25	f	LS	27	Cambridge & Coleridge AC - A	17	1:22:02	0:07:00	71.5%
184	Linda Marshall	51	f	LM	29	Ryston Ladies	8	0:59:19	0:07:53	71.5%
185	Maire Irlam	51	f	LM	5	Fenland Running Club	3	0:45:02	0:07:49	71.4%
186	Les Scott	58	m	MM	30	Ryston Runners C	11	1:35:18	0:07:39	71.4%
187	Jo Summer	51	f	LM	50	North Herts Road Runners	12	2:45:16	0:08:24	71.3%
188	Sarah Golding	52	f	LM	11	Saint Edmund Pacers	7	1:14:31	0:08:04	71.3%
189	Peter Bennet	52	m	MM	53	Cambridge & Coleridge Team B	8	0:53:25	0:07:06	71.3%
190	Rebecca Maun	47	f	LM	41	North Norfolk Beach Runners B	8	0:56:48	0:07:33	71.2%
191	Victoria Coe	29	f	LS	27	Cambridge & Coleridge AC - A	8	0:51:55	0:06:54	71.2%
192	Carol Devlin	51	f	LM	33	Dereham Runners - A Team	5	1:26:47	0:08:02	71.2%
193	Vicky Quantrill	42	f	LM	36	Great Yarmouth Road Runners	8	0:54:23	0:07:14	71.2%
194	Karl Hayer	40	m	MM	49	London Fronrunners	9	1:51:31	0:06:43	71.2%
195	Kevin Hickling	47	m	MM	12	Riverside Runners A	17	1:21:44	0:06:58	71.1%
196	Penny Studley	43	f	LM	36	Great Yarmouth Road Runners	7	1:07:50	0:07:20	71.1%
197	John Gay	56	m	MM	40	North Norfolk Beach Runners A-T	3	0:41:50	0:07:16	71.1%
198	Karl Sherry	54	m	MM	21	Norwich Road Runners B	5	1:19:39	0:07:22	71.1%
199	Robin Webb	32	m	MS	32	Ely Runners A	2	1:29:38	0:06:23	71.1%
200	Catherine Henery	52	f	LM	22	Norwich Road Runners Ladies Te	2	1:56:15	0:08:16	71.1%
201	Elizabeth Daly	33	f	LS	33	Dereham Runners - A Team	7	1:04:39	0:07:00	71.1%
202	Peter Holmes	38	m	MS	19	Serpentine RC	12	2:10:59	0:06:40	71.0%
203	Patrick Bird	57	m	MM	16	Garden City Runners	15	1:19:59	0:07:33	71.0%
204	Chris Balmer	34	m	MS	28	Ryston Runners A	1	1:45:54	0:06:29	71.0%
205	Andrew Baker	49	m	MM	36	Great Yarmouth Road Runners	11	1:28:41	0:07:07	70.9%
206	Keith White	69	m	MM	43	Fenland Running Club - B	14	1:00:16	0:08:17	70.9%
207	Paul Dowson	57	m	MM	56	Norwich Road Runners D	16	0:40:12	0:07:19	70.9%
208	Neil Hume	42	m	MM	16	Garden City Runners	12	2:15:37	0:06:54	70.8%
209	Jane Greenwood	61	f	LM	43	Fenland Running Club - B	2	2:11:53	0:09:23	70.8%
210	Tom Kingsnorth	36	m	MS	11	Saint Edmund Pacers	4	1:11:23	0:06:24	70.8%
211	Samantha Windebanks	45	f	LM	12	Riverside Runners A	13	1:40:47	0:07:36	70.8%
212	Sam Williams	38	m	MS	12	Riverside Runners A	10	1:58:33	0:06:32	70.8%
213	Jonny Cousins	46	m	MM	40	North Norfolk Beach Runners A-T	14	0:49:21	0:06:47	70.8%
214	Alison Bryant-Smith	33	f	LS	19	Serpentine RC	13	1:34:24	0:07:07	70.7%
215	Adrian Waters	49	m	MM	26	Norfolk Gazelles Black	17	1:23:37	0:07:08	70.7%
216	Emmanuel Lumineau	41	m	MM	49	London Fronrunners	16	0:35:29	0:06:28	70.7%
217	Matt Stone	45	m	MM	4	Bure Valley Harriers	7	1:03:04	0:06:50	70.6%
218	John Walshaw	47	m	MM	37	City of Norwich AC A	2	1:39:22	0:07:04	70.6%
219	George Gay	21	m	MS	37	City of Norwich AC A	4	1:10:46	0:06:21	70.6%
220	Billy Fadden	16	m	MJ	52	Bedford Harriers B	14	0:47:35	0:06:33	70.6%
221	Simon Hardy	54	m	MM	19	Serpentine RC	8	0:54:52	0:07:18	70.6%
222	Ruth Steele	49	f	LM	22	Norwich Road Runners Ladies Te	9	2:16:10	0:08:12	70.6%
223	Russell Casey	39	m	MS	16	Garden City Runners	9	1:51:36	0:06:43	70.5%
224	Chris Mickleburgh	27	m	MS	20	Norwich Road Runners	12	2:09:42	0:06:36	70.5%
225	Sarah Bradley	53	f	LM	56	Norwich Road Runners D	8	1:01:41	0:08:12	70.5%
226	Cat Cummings	39	f	LM	7	Wymondham AC	6	0:56:49	0:07:12	70.5%
227	Shane Cullinan	42	m	MM	49	London Fronrunners	11	1:24:16	0:06:46	70.5%
228	Anna Hoogkame	21	f	LS	38	City Of Norwich AC Ladies	8	0:52:29	0:06:59	70.4%
229	Marcus Hawkins	43	m	MM	28	Ryston Runners A	6	0:52:50	0:06:41	70.4%
230	Kevin Willett	53	m	MM	52	Bedford Harriers B	5	1:19:45	0:07:23	70.4%
231	Lindsay Cook	41	f	LM	50	North Herts Road Runners	15	1:17:56	0:07:22	70.4%
232	Deb Bryant	47	f	LM	3	Biggleswade AC	6	1:00:35	0:07:40	70.4%
233	Sze-Ming Cheung	42	m	MM	21	Norwich Road Runners B	13	1:30:00	0:06:48	70.4%
234	Paul Davies	48	m	MM	21	Norwich Road Runners B	14	0:50:26	0:06:56	70.4%
235	Jeremy Amies	49	m	MM	56	Norwich Road Runners D	7	1:05:24	0:07:05	70.4%
236	Niki Park	51	f	LM	22	Norwich Road Runners Ladies Te	17	1:35:39	0:08:09	70.3%
237	Paul Evans	53	m	MM	45	Reepham Runners Masters	7	1:07:40	0:07:19	70.3%
238	Ashley Dennett	19	m	MJ	37	City of Norwich AC A	11	1:21:34	0:06:33	70.3%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
239	Phil Whiting	42	m	MM	25	Norfolk Gazelles Red	12	2:16:51	0:06:57	70.2%
240	Dominic Blake	38	m	MS	35	Reepham Runners	1	1:49:05	0:06:41	70.2%
241	Glyn Loveday	46	m	MM	32	Ely Runners A	14	0:49:49	0:06:51	70.1%
242	Chrissie Spooner	45	f	LM	41	North Norfolk Beach Runners B	10	2:22:31	0:07:52	70.1%
243	Marie-Anne Fischer	55	f	LM	9	Headington RoadRunners	8	1:03:41	0:08:28	70.1%
244	Julie Parker	51	f	LM	42	Stamford Striders	13	1:48:51	0:08:13	70.0%
245	Neil Adams	39	m	MS	40	North Norfolk Beach Runners A-T	2	1:33:56	0:06:41	70.0%
246	Sharon Perry	44	f	LM	11	Saint Edmund Pacers	8	0:56:11	0:07:28	70.0%
247	Daniel Grimwood	40	m	MM	24	Paddock Wood AC	9	1:53:29	0:06:50	69.9%
248	Rob Simmonds	31	m	MS	28	Ryston Runners A	2	1:31:10	0:06:29	69.9%
249	Sarah Taylor	51	f	LM	29	Ryston Ladies	17	1:36:19	0:08:13	69.8%
250	Andy Mulligan	25	m	MS	13	Coltishall Jaguars	17	1:15:21	0:06:25	69.8%
251	Nicky Jennings	44	f	LM	5	Fenland Running Club	8	0:56:23	0:07:30	69.7%
252	Martin Stringfellow	43	m	MM	7	Wymondham AC	11	1:25:50	0:06:54	69.7%
253	Mark Watts	53	m	MM	11	Saint Edmund Pacers	2	1:45:58	0:07:32	69.7%
254	Dean Blake	42	m	MM	13	Coltishall Jaguars	6	0:53:00	0:06:43	69.7%
255	Mike Hankinson	55	m	MM	11	Saint Edmund Pacers	11	1:35:02	0:07:38	69.7%
256	David Chesterman	26	m	MS	32	Ely Runners A	10	1:58:25	0:06:32	69.7%
257	Jack Adcock	18	m	MJ	37	City of Norwich AC A	14	0:46:57	0:06:27	69.7%
258	Gary Barnes	52	m	MM	12	Riverside Runners A	12	2:30:23	0:07:39	69.6%
259	Frazer Heasman	23	m	MS	4	Bure Valley Harriers	15	1:07:45	0:06:24	69.6%
260	Kevin Murphy	42	m	MM	11	Saint Edmund Pacers	1	1:53:35	0:06:58	69.6%
261	Ryan Jones	27	m	MS	43	Fenland Running Club - B	12	2:11:37	0:06:41	69.5%
262	Charlie Stone	16	m	MJ	15	Thetford AC	14	0:48:19	0:06:39	69.5%
263	Andrew Brett	33	m	MS	18	Ramsey Road Runners	9	1:50:19	0:06:39	69.5%
264	Laurie Hurman	62	m	MM	9	Headington RoadRunners	5	1:27:43	0:08:07	69.4%
265	Sam Russell	28	m	MS	7	Wymondham AC	17	1:15:47	0:06:28	69.4%
266	Steven Neaves	59	m	MM	1	Bungay Black Dog Running Club	4	1:27:59	0:07:54	69.4%
267	Steve Mckeown	47	m	MM	50	North Herts Road Runners	7	1:05:15	0:07:04	69.4%
268	Paul Edwards	52	m	MM	17	West Norfolk AC	7	1:08:03	0:07:22	69.3%
269	Trevor Sutherland	66	m	MM	5	Fenland Running Club	16	0:44:33	0:08:07	69.3%
270	David Bray	44	m	MM	10	Haverhill Running Club	8	0:51:34	0:06:51	69.2%
271	Jacky Walsingham	43	f	LM	44	RAF Marham	9	2:09:48	0:07:49	69.2%
272	Paul Barrell	52	m	MM	46	Birketts' Runners AC	16	0:39:30	0:07:12	69.2%
273	Steve Cannell	28	m	MS	4	Bure Valley Harriers	17	1:16:02	0:06:29	69.2%
274	James Ridger	37	m	MS	24	Paddock Wood AC	7	1:00:34	0:06:33	69.1%
275	Chris Edwards	56	m	MM	45	Reepham Runners Masters	4	1:25:57	0:07:43	69.1%
276	Matt Holmes	38	m	MS	32	Ely Runners A	15	1:10:11	0:06:38	69.1%
277	Paul Veitch	45	m	MM	12	Riverside Runners A	1	1:57:09	0:07:11	69.1%
278	Ali Robinson	30	m	MS	25	Norfolk Gazelles Red	17	1:16:06	0:06:29	69.1%
279	Kelly Mepham	36	f	LM	10	Haverhill Running Club	12	2:27:33	0:07:30	69.1%
280	Neville Hawkins	53	m	MM	53	Cambridge & Coleridge Team B	10	2:17:52	0:07:36	69.0%
281	Ed Fancourt	49	m	MM	42	Stamford Striders	4	1:21:03	0:07:17	69.0%
282	Jo Isbill	51	f	LM	29	Ryston Ladies	2	1:58:20	0:08:25	69.0%
283	Richard Hammond	43	m	MM	5	Fenland Running Club	12	2:20:29	0:07:09	68.9%
284	Gavin Stokes	55	m	MM	18	Ramsey Road Runners	12	2:35:55	0:07:56	68.9%
285	Tony Bacon	33	m	MS	10	Haverhill Running Club	16	0:34:31	0:06:17	68.9%
286	Neil Walpole	46	m	MM	20	Norwich Road Runners	16	0:37:49	0:06:53	68.9%
287	Sarah Stubbs	41	f	LM	4	Bure Valley Harriers	8	0:55:50	0:07:25	68.9%
288	Philip Lister	61	m	MM	9	Headington RoadRunners	12	2:45:15	0:08:24	68.8%
289	Kyle Chesterman	28	m	MS	12	Riverside Runners A	11	1:21:25	0:06:32	68.8%
290	Victoria Holden	35	f	LM	24	Paddock Wood AC	16	0:39:05	0:07:07	68.8%
291	Alan Griffiths	49	f	LM	48	Wellingborough & District AC.	13	1:48:09	0:08:10	68.8%
292	Lucy Tyler	23	f	LS	15	Thetford AC	17	1:25:17	0:07:16	68.8%
293	Jamie Conyard	29	m	MS	20	Norwich Road Runners	11	1:21:38	0:06:33	68.6%
294	Graham Johnson	50	m	MM	13	Coltishall Jaguars	14	0:52:36	0:07:14	68.6%
295	Vernon Hoare	53	m	MM	41	North Norfolk Beach Runners B	16	0:40:12	0:07:19	68.5%
296	Lorena Latisaite	28	f	LS	29	Ryston Ladies	13	1:37:02	0:07:19	68.5%
297	Chris Parker	34	m	MS	40	North Norfolk Beach Runners A-T	11	1:22:11	0:06:36	68.5%
298	Mike Kendall	45	m	MM	55	Riverside Runners	2	1:40:53	0:07:11	68.4%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
299	Wayne Lincoln	50	m	MM	37	City of Norwich AC A	1	2:03:33	0:07:34	68.4%
300	Gareth Fletcher	38	m	MS	49	London Frontrunners	15	1:11:00	0:06:42	68.3%
301	Jason Rix	47	m	MM	26	Norfolk Gazelles Black	14	0:51:32	0:07:05	68.3%
302	Charles George	16	m	MJ	24	Paddock Wood AC	8	0:51:02	0:06:47	68.3%
303	Chris Moore	55	m	MM	26	Norfolk Gazelles Black	13	1:43:31	0:07:49	68.3%
304	John Haynes	61	m	MM	39	Bishops Stortford Running Club	1	2:16:56	0:08:23	68.2%
305	Sharon Bardwell	46	f	LM	20	Norwich Road Runners	6	1:01:55	0:07:50	68.2%
306	James O'Neill	36	m	MS	28	Ryston Runners A	5	1:11:58	0:06:39	68.1%
307	Helen Salmon	50	f	LM	26	Norfolk Gazelles Black	9	2:23:00	0:08:37	68.0%
308	Caroline Thrussel	53	f	LM	50	North Herts Road Runners	2	2:03:07	0:08:45	68.0%
309	Graham Milham	40	m	MM	5	Fenland Running Club	9	1:56:42	0:07:02	68.0%
310	Barbara Sayers	44	f	LM	50	North Herts Road Runners	8	0:57:50	0:07:41	68.0%
311	Paul Sullivan	49	m	MM	21	Norwich Road Runners B	2	1:44:56	0:07:28	68.0%
312	Tony Savage	55	m	MM	30	Ryston Runners C	4	1:26:37	0:07:47	68.0%
313	Ben Jones	28	m	MS	53	Cambridge & Coleridge Team B	17	1:17:24	0:06:36	67.9%
314	Andy Ritchings	54	m	MM	35	Reepham Runners	13	1:43:08	0:07:47	67.9%
315	Andrew Hammond	60	m	MM	26	Norfolk Gazelles Black	11	1:42:03	0:08:12	67.9%
316	David Houghton	45	m	MM	20	Norwich Road Runners	13	1:35:35	0:07:13	67.9%
317	Emma Potter-Campbell	46	f	LM	34	Dereham Runners - Team B	10	2:29:02	0:08:13	67.8%
318	Joseph Lowe	41	m	MM	49	London Frontrunners	6	0:54:02	0:06:50	67.8%
319	Lee Thompson	27	m	MS	32	Ely Runners A	7	1:00:11	0:06:31	67.8%
320	Maija Kozlova	33	f	LS	53	Cambridge & Coleridge Team B	2	1:44:52	0:07:28	67.8%
321	Colin Stark	41	m	MM	40	North Norfolk Beach Runners A-T	1	1:55:37	0:07:05	67.8%
322	Stacey Harper	38	f	LM	22	Norwich Road Runners Ladies Te	8	0:55:45	0:07:25	67.8%
323	Laura Dixon	32	f	LS	38	City Of Norwich AC Ladies	14	0:52:55	0:07:17	67.7%
324	Shaun Webb	42	m	MM	45	Reepham Runners Masters	10	2:07:57	0:07:03	67.7%
325	Mark Jones	60	m	MM	58	Old Greshamians	12	2:46:23	0:08:28	67.7%
326	Studney Kirby	51	m	MM	48	Wellingborough & District AC.	14	0:53:44	0:07:23	67.7%
327	Andy Palombella	36	m	MS	52	Bedford Harriers B	17	1:18:56	0:06:44	67.7%
328	Mark Louth	51	m	MM	47	Thorney Running Club	2	1:47:19	0:07:38	67.6%
329	Stewart Marden	54	m	MM	13	Coltishall Jaguars	11	1:37:04	0:07:48	67.6%
330	Stew Kelly	40	m	MM	17	West Norfolk AC	9	1:57:22	0:07:04	67.6%
331	Pete Graham	31	m	MS	52	Bedford Harriers B	10	2:02:03	0:06:44	67.6%
332	Siobhan Rootes	29	f	LS	10	Haverhill Running Club	11	1:32:30	0:07:26	67.5%
333	Rowena Leary	31	f	LS	25	Norfolk Gazelles Red	4	1:22:19	0:07:23	67.5%
334	Daniel Guppy	35	m	MS	28	Ryston Runners A	10	2:02:32	0:06:46	67.5%
335	Wayne Stimson	43	m	MM	14	March AC	7	1:04:58	0:07:02	67.5%
336	James Bolm	52	m	MM	55	Riverside Runners	13	1:42:02	0:07:42	67.5%
337	James Lambett	37	m	MS	13	Coltishall Jaguars	7	1:02:04	0:06:43	67.5%
338	Rosa Sampson Geroski	26	f	LS	53	Cambridge & Coleridge Team B	13	1:38:32	0:07:26	67.5%
339	Sean Bowen	51	m	MM	16	Garden City Runners	4	1:24:20	0:07:34	67.5%
340	Wendy Hughes	56	f	LM	8	Stowmarket Striders	8	1:07:04	0:08:55	67.4%
341	Lee Tatum	35	m	MS	32	Ely Runners A	4	1:14:37	0:06:42	67.4%
342	Mark Haynes	39	m	MS	4	Bure Valley Harriers	2	1:37:35	0:06:56	67.4%
343	Vinnie Purdy	40	m	MM	40	North Norfolk Beach Runners A-T	10	2:06:31	0:06:59	67.4%
344	Jonathan Cordle	52	m	MM	20	Norwich Road Runners	1	2:07:40	0:07:49	67.4%
345	Claudia Milburn	32	f	LS	5	Fenland Running Club	15	1:18:33	0:07:25	67.3%
346	Sarah Gauvin	45	f	LM	43	Fenland Running Club - B	10	2:28:26	0:08:11	67.3%
347	Andrew Corti	45	m	MM	49	London Frontrunners	7	1:06:12	0:07:10	67.3%
348	Annie Rooks	17	f	LJ	29	Ryston Ladies	16	0:40:26	0:07:22	67.3%
349	David Welsh	51	m	MM	56	Norwich Road Runners D	6	0:59:00	0:07:28	67.2%
350	Robert Hurst	37	m	MS	58	Old Greshamians	14	0:48:31	0:06:40	67.2%
351	Simon Render	52	m	MM	14	March AC	17	1:30:20	0:07:42	67.1%
352	Phil Jamieson	31	m	MS	52	Bedford Harriers B	11	1:23:28	0:06:42	67.1%
353	Michael Armes	51	m	MM	21	Norwich Road Runners B	17	1:29:35	0:07:38	67.1%
354	Adrian Hall	52	m	MM	7	Wymondham AC	7	1:10:18	0:07:36	67.1%
355	Bobbie Sauerzapf	57	f	LM	1	Bungay Black Dog Running Club	3	0:51:48	0:09:00	67.1%
356	Hazel Wray	48	f	LM	41	North Norfolk Beach Runners B	17	1:36:44	0:08:15	67.1%
357	Lauren Bradshaw	32	f	LS	27	Cambridge & Coleridge AC - A	3	0:41:54	0:07:16	67.1%
358	Nicholas Sinnott	44	m	MM	48	Wellingborough & District AC.	9	2:02:18	0:07:22	67.0%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
359	Matthew Ironside	33	m	MS	39	Bishops Stortford Running Club	9	1:54:22	0:06:53	67.0%
360	Louise White	40	f	LM	15	Thetford AC	9	2:10:51	0:07:53	67.0%
361	Dave Aust	51	m	MM	42	Stamford Striders	10	2:19:40	0:07:42	67.0%
362	Cameron Harris	22	m	MS	42	Stamford Striders	17	1:18:37	0:06:42	66.9%
363	Roly Knott	66	m	MM	31	Harwich Runners	8	1:04:23	0:08:34	66.9%
364	Andy Rowles	54	m	MM	33	Dereham Runners - A Team	15	1:22:38	0:07:48	66.9%
365	Tom Richards	49	m	MM	43	Fenland Running Club - B	13	1:40:18	0:07:34	66.9%
366	Andy Sloan	37	m	MS	40	North Norfolk Beach Runners A-T	6	0:53:11	0:06:44	66.9%
367	Adrian Sherwood	51	m	MM	50	North Herts Road Runners	1	2:07:36	0:07:49	66.8%
368	Mark Clues	49	m	MM	2	Tri-Anglia	8	0:55:37	0:07:24	66.8%
369	Joe Carr	37	m	MS	54	Framlingham Flyers	13	1:31:18	0:06:53	66.8%
370	Philip Cooper	56	m	MM	45	Reepham Runners Masters	2	1:53:41	0:08:05	66.7%
371	Rui Gomes	35	m	MS	32	Ely Runners A	8	0:50:06	0:06:40	66.7%
372	Neil Tween	32	m	MS	53	Cambridge & Coleridge Team B	4	1:14:41	0:06:42	66.7%
373	Gary Stanley	61	m	MM	36	Great Yarmouth Road Runners	4	1:33:12	0:08:22	66.7%
374	Nicola Jones	45	f	LM	12	Riverside Runners A	7	1:13:39	0:07:58	66.6%
375	Peter Kean Cockburn	57	m	MM	13	Coltishall Jaguars	16	0:42:47	0:07:48	66.6%
376	Jenny King	58	f	LM	23	Bedford Harriers	6	1:13:34	0:09:19	66.6%
377	Tom White	34	m	MS	11	Saint Edmund Pacers	10	2:03:59	0:06:50	66.6%
378	Paul Davies	47	m	MM	3	Biggleswade AC	9	2:06:24	0:07:37	66.5%
379	Simon Levy	35	m	MS	28	Ryston Runners A	13	1:30:43	0:06:51	66.5%
380	Les Rennie	62	m	MM	18	Ramsey Road Runners	16	0:44:47	0:08:09	66.5%
381	Alex Bland	39	f	LM	22	Norwich Road Runners Ladies Te	16	0:41:10	0:07:30	66.4%
382	Anne Ellen	61	f	LM	26	Norfolk Gazelles Black	5	1:46:17	0:09:50	66.4%
383	Louise Juby	36	f	LM	33	Dereham Runners - A Team	9	2:08:59	0:07:46	66.4%
384	Dave Philpot	56	m	MM	18	Ramsey Road Runners	15	1:24:43	0:08:00	66.4%
385	Clyde Stratton	45	m	MM	14	March AC	6	0:56:57	0:07:13	66.4%
386	Nicos Symeou	61	m	MM	36	Great Yarmouth Road Runners	14	0:59:43	0:08:13	66.4%
387	Lorna Aust	51	f	LM	42	Stamford Striders	3	0:48:27	0:08:25	66.4%
388	Lucy Cooper	49	f	LM	2	Tri-Anglia	14	1:00:22	0:08:18	66.3%
389	Mel Porter	49	m	MM	13	Coltishall Jaguars	2	1:47:43	0:07:40	66.2%
390	Alex French	40	f	LM	38	City Of Norwich AC Ladies	7	1:11:22	0:07:43	66.2%
391	David Evans	26	m	MS	19	Serpentine RC	2	1:36:16	0:06:51	66.2%
392	Yusuf Firat	53	m	MM	10	Haverhill Running Club	2	1:51:34	0:07:56	66.2%
393	Ellie Stevens	37	f	LM	37	City of Norwich AC A	16	0:40:55	0:07:27	66.2%
394	Clare Meraz	34	f	LS	19	Serpentine RC	11	1:35:00	0:07:38	66.2%
395	Duncan Andrew	48	m	MM	46	Birketts' Runners AC	15	1:19:25	0:07:30	66.2%
396	Chris Chapman	59	m	MM	30	Ryston Runners C	3	0:46:12	0:08:01	66.1%
397	Susan Matthews	37	f	LM	29	Ryston Ladies	1	2:07:44	0:07:50	66.0%
398	Andrew Plume	34	m	MS	5	Fenland Running Club	1	1:53:50	0:06:59	66.0%
399	Paul Cooke	39	m	MS	3	Biggleswade AC	10	2:08:05	0:07:04	66.0%
400	Andy Pond	51	m	MM	2	Tri-Anglia	4	1:25:38	0:07:41	66.0%
401	John Keenan	44	m	MM	49	London Fronrunners	5	1:18:59	0:07:18	66.0%
402	Dave Tandy	46	m	MM	21	Norwich Road Runners B	4	1:22:44	0:07:26	66.0%
403	Bill Banner	50	m	MM	10	Haverhill Running Club	7	1:10:21	0:07:37	65.9%
404	Peter Nelson	41	m	MM	13	Coltishall Jaguars	9	2:01:19	0:07:18	65.9%
405	Sarah Peachey	32	f	LS	20	Norwich Road Runners	3	0:42:37	0:07:24	65.9%
406	Sally Cushing	51	f	LM	22	Norwich Road Runners Ladies Te	4	1:36:34	0:08:40	65.9%
407	Kelly De'Gol	37	f	LM	29	Ryston Ladies	14	0:55:09	0:07:35	65.9%
408	Mark Tayler	63	m	MM	46	Birketts' Runners AC	3	0:47:58	0:08:20	65.9%
409	Chris Langton	49	m	MM	37	City of Norwich AC A	5	1:22:26	0:07:38	65.8%
410	Simon Bekker	41	m	MM	36	Great Yarmouth Road Runners	9	2:01:30	0:07:19	65.8%
411	Gary Finch	47	m	MM	23	Bedford Harriers	10	2:17:12	0:07:34	65.8%
412	Katie Harbon	21	f	LS	50	North Herts Road Runners	13	1:40:59	0:07:37	65.8%
413	Mike Walter	38	m	MS	24	Paddock Wood AC	17	1:22:16	0:07:01	65.8%
414	Jon Wiles	44	m	MM	1	Bungay Black Dog Running Club	10	2:13:53	0:07:23	65.8%
415	Graham Watering	43	m	MM	21	Norwich Road Runners B	9	2:03:38	0:07:27	65.8%
416	Mark Philo	48	m	MM	2	Tri-Anglia	16	0:40:14	0:07:20	65.8%
417	Chas Allen	39	m	MS	20	Norwich Road Runners	4	1:18:32	0:07:03	65.7%
418	Ian Rodgers	50	m	MM	39	Bishops Stortford Running Club	7	1:10:35	0:07:38	65.7%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
419	Amy Balaam	34	f	LS	4	Bure Valley Harriers	14	0:54:45	0:07:32	65.7%
420	Tom Pullinger	45	m	MM	1	Bungay Black Dog Running Club	13	1:38:47	0:07:27	65.7%
421	Patrick Lock	27	m	MS	7	Wymondham AC	8	0:50:00	0:06:39	65.7%
422	Colin Weller	45	m	MM	20	Norwich Road Runners	2	1:45:04	0:07:28	65.7%
423	Charlie Arnold	60	m	MM	3	Biggleswade AC	13	1:52:39	0:08:30	65.7%
424	Emily Haughan	37	f	LM	41	North Norfolk Beach Runners B	9	2:11:06	0:07:54	65.7%
425	Aaron Rowland	17	m	MJ	24	Paddock Wood AC	3	0:39:30	0:06:51	65.7%
426	Darren Matussa	40	m	MM	50	North Herts Road Runners	10	2:09:50	0:07:10	65.7%
427	Jo West	52	f	LM	45	Reepham Runners Masters	8	1:05:25	0:08:42	65.6%
428	Henry Gurney	35	m	MS	4	Bure Valley Harriers	13	1:31:53	0:06:56	65.6%
429	Howard Bailey	32	m	MS	33	Dereham Runners - A Team	4	1:15:56	0:06:49	65.6%
430	Dave Asker	32	m	MS	2	Tri-Anglia	15	1:11:55	0:06:47	65.6%
431	Samuel Burdett	21	m	MS	8	Stowmarket Striders	15	1:12:08	0:06:49	65.6%
432	Jason Brunt	43	m	MM	25	Norfolk Gazelles Red	2	1:43:35	0:07:22	65.5%
433	Jevan Robertson	18	m	MJ	14	March AC	1	1:59:09	0:07:18	65.5%
434	Ellen Connolly	36	f	LM	5	Fenland Running Club	7	1:10:48	0:07:40	65.5%
435	Julia Lloyd	49	f	LM	7	Wymondham AC	15	1:30:14	0:08:31	65.4%
436	Mark Tufts	48	m	MM	7	Wymondham AC	12	2:34:23	0:07:51	65.4%
437	Mark Winfield	49	m	MM	2	Tri-Anglia	11	1:36:06	0:07:43	65.4%
438	Amy Southward	26	f	LS	57	Ely Runners B	14	0:54:39	0:07:31	65.4%
439	Alex Eggeman	37	m	MS	27	Cambridge & Coleridge AC - A	1	1:56:14	0:07:07	65.4%
440	Craig Crofts	32	m	MS	47	Thorney Running Club	17	1:20:32	0:06:52	65.4%
441	Craig Rogers	39	m	MS	33	Dereham Runners - A Team	11	1:28:46	0:07:08	65.3%
442	Dawn Marshall	54	f	LM	11	Saint Edmund Pacers	15	1:36:18	0:09:06	65.3%
443	Neville Knights	56	m	MM	34	Dereham Runners - Team B	3	0:45:34	0:07:55	65.3%
444	Robin Brookes	47	m	MM	31	Harwich Runners	2	1:47:28	0:07:39	65.3%
445	Kristoffer Semple	48	m	MM	53	Cambridge & Coleridge Team B	16	0:40:32	0:07:23	65.3%
446	Stuart Rose	41	m	MM	33	Dereham Runners - A Team	13	1:36:19	0:07:16	65.2%
447	Will Law	29	m	MS	1	Bungay Black Dog Running Club	12	2:20:18	0:07:08	65.2%
448	Sam Coyne	23	m	MS	4	Bure Valley Harriers	1	1:55:14	0:07:04	65.1%
449	Eve Casbard	42	f	LM	12	Riverside Runners A	6	1:02:44	0:07:56	65.0%
450	Adam Smith	48	m	MM	58	Old Greshamians	17	1:30:10	0:07:41	65.0%
451	Clare Howarth	35	f	LM	9	Headington RoadRunners	13	1:43:15	0:07:48	65.0%
452	John Auld	34	m	MS	50	North Herts Road Runners	4	1:17:06	0:06:55	64.9%
453	Paul Marriage	44	m	MM	58	Old Greshamians	9	2:06:14	0:07:36	64.9%
454	Hannah Fisher	31	f	LS	50	North Herts Road Runners	11	1:36:18	0:07:44	64.9%
455	Vhari King	38	f	LM	4	Bure Valley Harriers	6	1:01:21	0:07:46	64.9%
456	Lucy Boothby	50	f	LM	55	Riverside Runners	14	1:02:22	0:08:35	64.9%
457	David Prior	69	m	MM	23	Bedford Harriers	14	1:05:48	0:09:03	64.9%
458	Michael Barrett	60	m	MM	34	Dereham Runners - Team B	11	1:46:46	0:08:35	64.9%
459	Michael Howlett	31	m	MS	30	Ryston Runners C	15	1:12:38	0:06:52	64.9%
460	Kevin Byrne	62	m	MM	9	Headington RoadRunners	2	2:03:39	0:08:48	64.9%
461	Vince Butler	47	m	MM	2	Tri-Anglia	9	2:09:43	0:07:49	64.8%
462	David Gilbert	54	m	MM	1	Bungay Black Dog Running Club	9	2:17:55	0:08:18	64.8%
463	Chris Eland	48	m	MM	16	Garden City Runners	1	2:08:14	0:07:51	64.8%
464	Neil Harvey	56	m	MM	3	Biggleswade AC	15	1:26:55	0:08:12	64.7%
465	Darren Hire	41	m	MM	47	Thorney Running Club	13	1:37:04	0:07:20	64.7%
466	Andrew Thompson	57	m	MM	57	Ely Runners B	2	1:58:17	0:08:25	64.7%
467	Gareth Hunt	25	m	MS	28	Ryston Runners A	3	0:38:16	0:06:39	64.7%
468	John Davis (The Shorter)	63	m	MM	16	Garden City Runners	6	1:08:01	0:08:37	64.7%
469	Matthew Dawson	35	m	MS	44	RAF Marham	8	0:51:41	0:06:52	64.7%
470	Emma Greaves	44	f	LM	57	Ely Runners B	12	2:47:29	0:08:31	64.6%
471	Bethan Everson	25	f	LS	5	Fenland Running Club	2	1:49:29	0:07:47	64.6%
472	Anthony Beales	50	m	MM	7	Wymondham AC	14	0:55:48	0:07:41	64.6%
473	Louise Wilkinson	54	f	LM	38	City Of Norwich AC Ladies	5	1:39:32	0:09:12	64.5%
474	Charlotte Neale	30	f	LS	40	North Norfolk Beach Runners A-T	16	0:41:20	0:07:32	64.4%
475	Charlie Barker	65	m	MM	57	Ely Runners B	4	1:40:14	0:09:00	64.4%
476	Ross Payne	21	m	MS	32	Ely Runners A	1	1:57:16	0:07:11	64.3%
477	Tim Larke	43	m	MM	8	Stowmarket Striders	4	1:22:51	0:07:26	64.3%
478	Gail Mackie	27	f	LS	59	Felixstowe Road Runners	15	1:22:07	0:07:45	64.3%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
479	Andrew Wade	52	m	MM	42	Stamford Striders	15	1:24:35	0:07:59	64.2%
480	Bob Hammond	40	m	MM	58	Old Greshamians	8	0:53:54	0:07:10	64.2%
481	Rod Sinnott	49	m	MM	5	Fenland Running Club	5	1:24:31	0:07:49	64.2%
482	Sally Edwards	51	f	LM	17	West Norfolk AC	8	1:06:03	0:08:47	64.2%
483	Michael Gilbert	25	m	MS	10	Haverhill Running Club	5	1:15:13	0:06:57	64.2%
484	Julia Norman	41	f	LM	30	Ryston Runners C	7	1:14:08	0:08:01	64.2%
485	Martin Koenigsberger	47	m	MM	17	West Norfolk AC	12	2:36:15	0:07:57	64.1%
486	Joanna Davies	29	f	LS	27	Cambridge & Coleridge AC - A	4	1:26:44	0:07:47	64.0%
487	Natalie Kim Cant	35	f	LM	20	Norwich Road Runners	14	0:56:27	0:07:46	63.9%
488	Philippa Crosby	29	f	LS	35	Reepham Runners	12	2:36:55	0:07:59	63.9%
489	Andy Simmonds	35	m	MS	28	Ryston Runners A	4	1:18:41	0:07:04	63.9%
490	Maria Frykfors	24	f	LS	9	Headington RoadRunners	4	1:26:53	0:07:48	63.9%
491	Leigh Nobes	38	m	MS	35	Reepham Runners	17	1:24:46	0:07:14	63.9%
492	Brook Doughty	26	m	MS	44	RAF Marham	14	0:49:31	0:06:49	63.9%
493	Maisie Pritchard	16	f	LJ	12	Riverside Runners A	3	0:45:26	0:07:53	63.8%
494	Ed Rawlings	41	m	MM	40	North Norfolk Beach Runners A-T	17	1:26:51	0:07:24	63.8%
495	Debbie Tooke	44	f	LM	22	Norwich Road Runners Ladies Te	3	0:46:44	0:08:07	63.8%
496	Andrew Parsons	37	m	MS	53	Cambridge & Coleridge Team B	9	2:01:39	0:07:20	63.8%
497	Howard Smith	56	m	MM	48	Wellingborough & District AC.	15	1:28:13	0:08:20	63.8%
498	Roddie Shepherd	64	m	MM	57	Ely Runners B	8	1:06:18	0:08:49	63.8%
499	Sophie Thrussell	23	f	LS	12	Riverside Runners A	15	1:22:47	0:07:49	63.7%
500	Charlie Ritchie	61	m	MM	53	Cambridge & Coleridge Team B	1	2:26:35	0:08:59	63.7%
501	Mick Wise	62	m	MM	16	Garden City Runners	3	0:49:13	0:08:33	63.7%
502	Andy McLaren	51	m	MM	41	North Norfolk Beach Runners B	12	2:42:58	0:08:17	63.6%
503	Isabelle Lemasson	34	f	LS	53	Cambridge & Coleridge Team B	12	2:39:02	0:08:05	63.6%
504	Rachael Leah	35	f	LM	53	Cambridge & Coleridge Team B	7	1:12:39	0:07:52	63.6%
505	Paul Newell	51	m	MM	55	Riverside Runners	4	1:29:31	0:08:02	63.6%
506	Nicholas Smith	50	m	MM	42	Stamford Striders	7	1:13:00	0:07:54	63.5%
507	Mickael Hegesippe	44	m	MM	24	Paddock Wood AC	4	1:24:30	0:07:35	63.5%
508	Crossley Eccles	37	m	MS	6	Pink & Blacks	10	2:11:13	0:07:14	63.5%
509	Caroline Brown	41	f	LM	57	Ely Runners B	15	1:26:25	0:08:10	63.5%
510	Mel Reed	33	f	LS	29	Ryston Ladies	12	2:38:50	0:08:04	63.5%
511	Vivienne Lain	49	f	LM	38	City Of Norwich AC Ladies	6	1:08:42	0:08:42	63.5%
512	Graham Anderson	34	m	MS	27	Cambridge & Coleridge AC - A	5	1:16:34	0:07:05	63.5%
513	Stewart White	39	m	MS	11	Saint Edmund Pacers	9	2:04:09	0:07:29	63.4%
514	Christine Ashe	55	f	LM	1	Bungay Black Dog Running Club	6	1:14:13	0:09:24	63.4%
515	Ali Middleton	29	f	LS	22	Norwich Road Runners Ladies Te	15	1:23:16	0:07:52	63.4%
516	Glyn Peck	75	m	MM	31	Harwich Runners	15	1:48:34	0:10:15	63.4%
517	Anna Seaman	37	f	LM	30	Ryston Runners C	14	0:57:25	0:07:54	63.3%
518	Adrian Mark	32	m	MS	49	London Fronrunners	13	1:34:31	0:07:08	63.3%
519	James Beadle	38	m	MS	35	Reepham Runners	11	1:30:54	0:07:18	63.3%
520	Paul Taylor	50	m	MM	13	Coltishall Jaguars	3	0:44:45	0:07:46	63.3%
521	Bradley Greeves	52	m	MM	45	Reepham Runners Masters	6	1:03:13	0:08:00	63.3%
522	Sam Kingston	48	m	MM	58	Old Greshamians	10	2:24:03	0:07:57	63.2%
523	David Mould	50	m	MM	57	Ely Runners B	9	2:16:24	0:08:13	63.2%
524	Matin West	68	m	MM	31	Harwich Runners	16	0:49:44	0:09:04	63.2%
525	Craig Goldie	48	m	MM	15	Thetford AC	2	1:51:57	0:07:58	63.2%
526	Karl Chapman	47	m	MM	7	Wymondham AC	5	1:24:29	0:07:49	63.2%
527	Noel Jones	53	m	MM	46	Birketts' Runners AC	11	1:42:58	0:08:16	63.2%
528	Bryn Williams	50	m	MM	21	Norwich Road Runners B	12	2:42:40	0:08:16	63.2%
529	Dean Saunders	43	m	MM	36	Great Yarmouth Road Runners	13	1:41:07	0:07:38	63.1%
530	Sam Thelwell	26	m	MS	26	Norfolk Gazelles Black	15	1:14:41	0:07:03	63.1%
531	Jan Manning	37	f	LM	29	Ryston Ladies	11	1:40:46	0:08:06	63.1%
532	Neil Hewson	43	m	MM	18	Ramsey Road Runners	10	2:18:33	0:07:39	63.0%
533	Jamie Randall	50	m	MM	10	Haverhill Running Club	9	2:16:52	0:08:15	63.0%
534	Sam Laugher	32	m	MS	44	RAF Marham	2	1:41:10	0:07:12	63.0%
535	Craig Sisson	28	m	MS	10	Haverhill Running Club	13	1:34:59	0:07:10	63.0%
536	Richard Sargeant	44	m	MM	21	Norwich Road Runners B	3	0:42:54	0:07:27	63.0%
537	Ian Elden	42	m	MM	10	Haverhill Running Club	10	2:17:41	0:07:36	62.9%
538	Kat Burr	36	f	LM	50	North Herts Road Runners	6	1:02:47	0:07:57	62.9%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
539	Amelia Whiting	39	f	LM	25	Norfolk Gazelles Red	8	1:00:25	0:08:02	62.9%
540	David Tuffnail	45	m	MM	14	March AC	3	0:43:19	0:07:31	62.8%
541	Nina Atkinson	42	f	LM	35	Reepham Runners	7	1:16:13	0:08:15	62.8%
542	Nick Gurney	25	m	MS	56	Norwich Road Runners D	14	0:50:20	0:06:55	62.8%
543	Martin Taylor	46	m	MM	24	Paddock Wood AC	5	1:24:18	0:07:48	62.8%
544	Gavin Reid	50	m	MM	6	Pink & Blacks	12	2:43:38	0:08:19	62.8%
545	Nick Haworth	39	m	MS	3	Biggleswade AC	12	2:29:18	0:07:35	62.8%
546	Colin Ewin	62	m	MM	16	Garden City Runners	16	0:47:24	0:08:38	62.8%
547	Adi Goode	52	f	LM	59	Felixstowe Road Runners	5	1:39:40	0:09:13	62.8%
548	Steve Chivers	38	m	MS	24	Paddock Wood AC	13	1:37:50	0:07:23	62.7%
549	Rhiannon Needham	36	f	LM	19	Serpentine RC	14	0:57:44	0:07:56	62.7%
550	David Crosthwaite	48	m	MM	9	Headington RoadRunners	9	2:15:12	0:08:09	62.7%
551	Aaron Rudkin	36	m	MS	31	Harwich Runners	14	0:51:40	0:07:06	62.7%
552	Sarah Adcock	42	f	LM	37	City of Norwich AC A	3	0:46:50	0:08:08	62.7%
553	Andrew Merrett	43	m	MM	44	RAF Marham	1	2:07:23	0:07:48	62.5%
554	Tate Devlin	17	m	MJ	33	Dereham Runners - A Team	14	0:53:00	0:07:17	62.5%
555	Sean Jermy	28	m	MS	36	Great Yarmouth Road Runners	10	2:12:04	0:07:17	62.5%
556	Ben Churchman	32	m	MS	44	RAF Marham	11	1:29:46	0:07:13	62.4%
557	Mark Lawrence	24	m	MS	39	Bishops Stortford Running Club	15	1:15:30	0:07:08	62.4%
558	Mick Jones	45	m	MM	8	Stowmarket Striders	13	1:44:03	0:07:51	62.4%
559	Karl Wright	35	m	MS	15	Thetford AC	11	1:30:36	0:07:17	62.4%
560	Darren Sheppard	45	m	MM	54	Framlingham Flyers	1	2:09:51	0:07:57	62.4%
561	Chris Harrison	34	m	MS	56	Norwich Road Runners D	17	1:24:52	0:07:14	62.4%
562	Nicky Sparkes	17	m	MJ	1	Bungay Black Dog Running Club	14	0:53:08	0:07:19	62.3%
563	Lisa Owen	37	f	LM	22	Norwich Road Runners Ladies Te	11	1:41:57	0:08:11	62.3%
564	Pandora Buck	52	f	LM	36	Great Yarmouth Road Runners	16	0:49:39	0:09:03	62.3%
565	Julia Baldwin	46	f	LM	8	Stowmarket Striders	6	1:07:49	0:08:35	62.2%
566	Martin Candish	43	m	MM	42	Stamford Striders	2	1:49:05	0:07:46	62.2%
567	Julie London	49	f	LM	26	Norfolk Gazelles Black	7	1:22:20	0:08:55	62.2%
568	Andy Bonner	34	m	MS	57	Ely Runners B	17	1:25:10	0:07:16	62.1%
569	Lee Carey	35	m	MS	14	March AC	10	2:13:05	0:07:20	62.1%
570	Howard Revell	53	m	MM	54	Framlingham Flyers	2	1:58:57	0:08:28	62.1%
571	Mark Stone	44	m	MM	36	Great Yarmouth Road Runners	17	1:31:24	0:07:48	62.1%
572	Ed Sidgwick	27	m	MS	58	Old Greshamians	2	1:42:47	0:07:19	62.0%
573	Paul Krause	27	m	MS	10	Haverhill Running Club	4	1:20:15	0:07:12	62.0%
574	Mark Alderson	41	m	MM	42	Stamford Striders	1	2:06:25	0:07:45	62.0%
575	William Burdett	54	m	MM	8	Stowmarket Striders	14	1:00:11	0:08:17	62.0%
576	Steve Parker	50	m	MM	42	Stamford Striders	12	2:46:08	0:08:27	61.9%
577	Stewart Harrison	39	m	MS	17	West Norfolk AC	13	1:40:04	0:07:33	61.8%
578	Sachin Shah	39	m	MS	49	London Fronrunners	8	0:55:37	0:07:24	61.8%
579	Ben Chamberlin	35	m	MS	53	Cambridge & Coleridge Team B	14	0:52:07	0:07:10	61.8%
580	Sabrina Norton	38	f	LM	1	Bungay Black Dog Running Club	7	1:15:40	0:08:11	61.8%
581	Natalie Selby	33	f	LS	18	Ramsey Road Runners	13	1:48:05	0:08:09	61.8%
582	Ian Mulcahy	53	m	MM	55	Riverside Runners	7	1:17:04	0:08:20	61.7%
583	Sam Brooke	25	m	MS	59	Felixstowe Road Runners	13	1:36:59	0:07:19	61.7%
584	David Inder	51	m	MM	59	Felixstowe Road Runners	14	0:58:57	0:08:07	61.7%
585	Adam Smart	34	m	MS	40	North Norfolk Beach Runners A-T	12	2:28:25	0:07:33	61.7%
586	David Alderson	51	m	MM	53	Cambridge & Coleridge Team B	11	1:43:43	0:08:20	61.7%
587	Steve Sadd	57	m	MM	26	Norfolk Gazelles Black	1	2:25:56	0:08:57	61.7%
588	Natalie Fairbairn	45	f	LM	55	Riverside Runners	9	2:28:38	0:08:57	61.7%
589	Oliver Timpson	42	m	MM	7	Wyndham AC	16	0:40:59	0:07:28	61.6%
590	Richard Hill	40	m	MM	32	Ely Runners A	5	1:21:55	0:07:35	61.6%
591	Jared Bethell	33	m	MS	39	Bishops Stortford Running Club	2	1:43:34	0:07:22	61.6%
592	Katie Margarson	28	f	LS	11	Saint Edmund Pacers	13	1:47:54	0:08:09	61.6%
593	Chris Fadden	53	m	MM	23	Bedford Harriers	15	1:28:59	0:08:24	61.6%
594	Merle Riseborough	41	m	MM	41	North Norfolk Beach Runners B	15	1:20:37	0:07:37	61.6%
595	Jen Rudd	43	f	LM	7	Wyndham AC	10	2:38:49	0:08:46	61.6%
596	Richard Leeder	40	m	MM	8	Stowmarket Striders	12	2:33:30	0:07:48	61.6%
597	Jason Snook	46	m	MM	58	Old Greshamians	6	1:01:53	0:07:50	61.6%
598	Tim Cooke	56	m	MM	16	Garden City Runners	13	1:55:53	0:08:45	61.5%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
599	Steve Chalklen	32	m	MS	24	Paddock Wood AC	12	2:28:39	0:07:33	61.5%
600	Stephen Moseley	49	m	MM	56	Norwich Road Runners D	12	2:45:38	0:08:25	61.5%
601	Mark Sargeantson	63	m	MM	54	Framlingham Flyers	6	1:11:36	0:09:04	61.5%
602	Daniel Amps-Woodward	17	m	MJ	47	Thorney Running Club	14	0:53:52	0:07:25	61.5%
603	Darren Honour	47	m	MM	36	Great Yarmouth Road Runners	1	2:13:58	0:08:13	61.5%
604	Leon Clement	32	m	MS	49	London Frontrunners	2	1:43:43	0:07:23	61.5%
605	Ben Jacobs	40	m	MM	59	Felixstowe Road Runners	2	1:47:52	0:07:40	61.4%
606	Jayne Allen	49	f	LM	7	Wymondham AC	4	1:41:09	0:09:05	61.4%
607	Edward Holland	34	m	MS	49	London Frontrunners	1	2:02:28	0:07:30	61.4%
608	Nicholas Okerika	41	m	MM	14	March AC	16	0:40:51	0:07:26	61.4%
609	Vicky Berry	53	f	LM	3	Biggleswade AC	16	0:51:05	0:09:18	61.3%
610	Richard Dade	47	m	MM	45	Reepham Runners Masters	12	2:43:30	0:08:19	61.3%
611	Robin Ashe	65	m	MM	1	Bungay Black Dog Running Club	2	2:14:52	0:09:36	61.3%
612	Jo Stephenson	51	f	LM	8	Stowmarket Striders	1	2:37:38	0:09:40	61.2%
613	Vicky Jones	37	f	LM	22	Norwich Road Runners Ladies Tei	14	0:59:28	0:08:11	61.1%
614	Nick Fairclough	45	m	MM	19	Serpentine RC	7	1:12:52	0:07:53	61.1%
615	Adam Sheward	33	m	MS	15	Thetford AC	15	1:17:24	0:07:19	61.1%
616	Penny Seeger	30	f	LS	29	Ryston Ladies	4	1:30:55	0:08:10	61.1%
617	Will Honeybone	45	m	MM	30	Ryston Runners C	5	1:26:00	0:07:57	61.1%
618	Bethan Mose	38	f	LM	16	Garden City Runners	8	1:01:53	0:08:14	61.1%
619	Becky Murley	41	f	LM	5	Fenland Running Club	14	1:00:53	0:08:22	61.0%
620	Archie Barrington	15	m	MJ	31	Harwich Runners	3	0:43:48	0:07:36	61.0%
621	Lynn Featherstone	34	f	LS	9	Headington RoadRunners	7	1:15:29	0:08:10	61.0%
622	Pete Wood	35	m	MS	57	Ely Runners B	6	0:57:35	0:07:17	61.0%
623	Suzanne Moon	39	f	LM	42	Stamford Striders	16	0:44:51	0:08:10	61.0%
624	Karen Childerley	41	f	LM	55	Riverside Runners	16	0:45:25	0:08:16	61.0%
625	Adrian Woods	44	m	MM	41	North Norfolk Beach Runners B	2	1:52:16	0:07:59	61.0%
626	Josh Brighty	25	m	MS	20	Norwich Road Runners	15	1:17:19	0:07:18	61.0%
627	Juliette Meek	35	f	LM	30	Ryston Runners C	6	1:04:35	0:08:11	60.9%
628	Sandra Harding-Brown	51	f	LM	9	Headington RoadRunners	14	1:07:19	0:09:16	60.9%
629	Katherine Price	24	f	LS	46	Birketts' Runners AC	6	1:04:01	0:08:06	60.9%
630	Julie Flower	52	f	LM	58	Old Greshamians	16	0:50:49	0:09:15	60.9%
631	Giles Hawthorne	42	m	MM	3	Biggleswade AC	11	1:37:35	0:07:50	60.8%
632	Helen Etherington	35	f	LM	48	Wellingborough & District AC.	2	1:57:33	0:08:22	60.8%
633	Michelle Brett	33	f	LS	18	Ramsey Road Runners	5	1:28:59	0:08:14	60.8%
634	Neil Bunnage	50	m	MM	56	Norwich Road Runners D	10	2:32:33	0:08:25	60.8%
635	Julz Williams	34	f	LS	22	Norwich Road Runners Ladies Tei	12	2:46:32	0:08:28	60.7%
636	Ian Kingstone	50	m	MM	23	Bedford Harriers	9	2:22:03	0:08:33	60.7%
637	Ian Walters	48	m	MM	58	Old Greshamians	13	1:49:36	0:08:16	60.7%
638	Imogen Lees	42	f	LM	26	Norfolk Gazelles Black	8	1:03:49	0:08:29	60.7%
639	Zoe Luscombe	42	f	LM	3	Biggleswade AC	14	1:01:46	0:08:30	60.6%
640	Anna Rust	23	f	LS	23	Bedford Harriers	8	1:01:05	0:08:07	60.5%
641	Jason Fretwell	34	m	MS	57	Ely Runners B	13	1:39:18	0:07:30	60.5%
642	Rob White	48	m	MM	18	Ramsey Road Runners	2	1:56:57	0:08:19	60.5%
643	Julie Wacey	45	f	LM	29	Ryston Ladies	6	1:09:10	0:08:45	60.5%
644	Keith Moore	53	m	MM	34	Dereham Runners - Team B	2	2:02:10	0:08:41	60.5%
645	David Martin	36	m	MS	19	Serpentine RC	1	2:05:09	0:07:40	60.4%
646	Scott Shrubsall	44	m	MM	13	Coltishall Jaguars	10	2:25:54	0:08:03	60.4%
647	Amy Johnson	25	f	LS	9	Headington RoadRunners	6	1:04:34	0:08:10	60.4%
648	Alex Rothwell	55	m	MM	23	Bedford Harriers	7	1:20:15	0:08:41	60.3%
649	Ian Moran	49	m	MM	55	Riverside Runners	1	2:18:55	0:08:31	60.3%
650	Paul Ridley	49	m	MM	12	Riverside Runners A	5	1:30:02	0:08:20	60.3%
651	Rob Dilley	37	m	MS	16	Garden City Runners	10	2:18:19	0:07:38	60.3%
652	Pauline Drewery	47	f	LM	29	Ryston Ladies	5	1:37:51	0:09:03	60.2%
653	Steve Crane	60	m	MM	23	Bedford Harriers	11	1:55:08	0:09:15	60.2%
654	Ian Kennedy	55	m	MM	54	Framlingham Flyers	4	1:37:51	0:08:47	60.2%
655	Bob Grainger	36	m	MS	8	Stowmarket Striders	2	1:47:03	0:07:37	60.2%
656	Jo Parden	49	f	LM	54	Framlingham Flyers	9	2:39:42	0:09:37	60.2%
657	Roger Alexander	59	m	MM	31	Harwich Runners	12	3:05:39	0:09:26	60.1%
658	Corin Thoday	41	m	MM	45	Reepham Runners Masters	15	1:22:45	0:07:49	60.0%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
659	Paul Rayner	55	m	MM	15	Thetford AC	10	2:41:35	0:08:55	60.0%
660	Hayley Hawes	35	f	LM	29	Ryston Ladies	3	0:47:11	0:08:11	60.0%
661	Sian White	46	f	LM	18	Ramsey Road Runners	6	1:10:23	0:08:55	60.0%
662	James Howlett	43	m	MM	54	Framlingham Flyers	10	2:25:42	0:08:02	60.0%
663	Keith Brighty	53	m	MM	20	Norwich Road Runners	5	1:33:41	0:08:40	59.9%
664	Ellie Scott	27	f	LS	50	North Herts Road Runners	3	0:46:46	0:08:07	59.9%
665	Jason Kelf	48	m	MM	26	Norfolk Gazelles Black	4	1:32:34	0:08:19	59.9%
666	Lee Brown	33	m	MS	10	Haverhill Running Club	17	1:28:03	0:07:30	59.9%
667	Pete Young	37	m	MS	6	Pink & Blacks	8	0:56:32	0:07:31	59.9%
668	Deborah English	37	f	LM	22	Norwich Road Runners Ladies Tei	1	2:20:52	0:08:38	59.9%
669	Sarah Boosey	33	f	LS	22	Norwich Road Runners Ladies Tei	6	1:05:23	0:08:17	59.9%
670	Charlotte Wasp	35	f	LM	8	Stowmarket Striders	10	2:34:47	0:08:32	59.9%
671	Matt Crane	39	m	MS	4	Bure Valley Harriers	9	2:11:36	0:07:56	59.8%
672	Silije Hovsted	38	f	LM	38	City Of Norwich AC Ladies	4	1:34:51	0:08:31	59.8%
673	Michelle Waters	48	f	LM	26	Norfolk Gazelles Black	16	0:49:18	0:08:59	59.7%
674	Sally Lee	34	f	LS	34	Dereham Runners - Team B	8	1:02:19	0:08:17	59.7%
675	James Holmes	37	m	MS	6	Pink & Blacks	6	0:59:35	0:07:33	59.7%
676	Paulina Zub	36	f	LM	43	Fenland Running Club - B	17	1:39:33	0:08:29	59.7%
677	Carol Bowett	36	f	LM	5	Fenland Running Club	17	1:39:35	0:08:29	59.7%
678	Jen Young	36	f	LM	6	Pink & Blacks	7	1:17:42	0:08:25	59.6%
679	Tony Jones	56	m	MM	23	Bedford Harriers	4	1:39:38	0:08:57	59.6%
680	Alan Bushell	45	m	MM	13	Coltishall Jaguars	5	1:28:06	0:08:09	59.6%
681	Neil Watson	44	m	MM	17	West Norfolk AC	10	2:27:45	0:08:09	59.6%
682	Trudy Sayell	37	f	LM	17	West Norfolk AC	17	1:40:10	0:08:32	59.6%
683	Sarah Maisey	38	f	LM	19	Serpentine RC	9	2:25:24	0:08:46	59.5%
684	Guzel Sari	35	m	MS	33	Dereham Runners - A Team	10	2:18:57	0:07:40	59.5%
685	Francesca Turner	21	f	LS	36	Great Yarmouth Road Runners	6	1:05:30	0:08:17	59.5%
686	Jay Gilbert	38	f	LM	5	Fenland Running Club	4	1:35:25	0:08:34	59.5%
687	Karen Smith	48	f	LM	30	Ryston Runners C	12	3:11:03	0:09:43	59.4%
688	Brian Titchiner	54	m	MM	34	Dereham Runners - Team B	12	2:59:26	0:09:07	59.4%
689	Mark Bonham	48	m	MM	48	Wellingborough & District AC.	10	2:33:29	0:08:28	59.4%
690	Emma Jay	33	f	LS	25	Norfolk Gazelles Red	3	0:47:26	0:08:14	59.4%
691	Mark Pople	25	m	MS	42	Stamford Striders	5	1:21:22	0:07:32	59.3%
692	Ben Letzer	38	m	MS	13	Coltishall Jaguars	1	2:08:59	0:07:54	59.3%
693	Rob Casserley	44	m	MM	16	Garden City Runners	5	1:27:53	0:08:08	59.3%
694	Mark Doughty	42	m	MM	30	Ryston Runners C	2	1:53:36	0:08:05	59.3%
695	Jeremy Boreham	45	m	MM	41	North Norfolk Beach Runners B	3	0:45:56	0:07:58	59.3%
696	Tom Johnson	21	m	MS	13	Coltishall Jaguars	13	1:41:26	0:07:39	59.2%
697	Barry Graves	58	m	MM	57	Ely Runners B	1	2:33:18	0:09:24	59.2%
698	Carly Jermy	37	f	LM	38	City Of Norwich AC Ladies	10	2:37:52	0:08:42	59.2%
699	Darren Burgess	42	m	MM	44	RAF Marham	15	1:24:30	0:07:59	59.2%
700	Mark Tinkler	58	m	MM	23	Bedford Harriers	5	1:39:08	0:09:10	59.2%
701	Sabina Spence	45	f	LM	38	City Of Norwich AC Ladies	1	2:31:42	0:09:18	59.2%
702	Louis Clabburn	43	m	MM	58	Old Greshamians	4	1:29:59	0:08:05	59.2%
703	Peter Gowing	48	m	MM	45	Reepham Runners Masters	11	1:45:20	0:08:28	59.2%
704	David Sawyer	60	m	MM	9	Headington RoadRunners	1	2:36:29	0:09:35	59.1%
705	Abigail Grand	38	f	LM	35	Reepham Runners	14	1:01:47	0:08:30	59.1%
706	Ricky Peacher	40	m	MM	54	Framlingham Flyers	7	1:12:27	0:07:50	59.1%
707	Melissa Mason	30	f	LS	42	Stamford Striders	14	1:00:29	0:08:19	59.1%
708	Gavin Lane	47	m	MM	17	West Norfolk AC	6	1:04:58	0:08:13	59.1%
709	Tom Bartlett	38	m	MS	19	Serpentine RC	6	1:00:41	0:07:41	59.0%
710	Paul Baird	45	m	MM	55	Riverside Runners	10	2:30:27	0:08:18	59.0%
711	John Tilston	41	m	MM	24	Paddock Wood AC	2	1:53:23	0:08:04	58.9%
712	Mike Connolly	54	m	MM	39	Bishops Stortford Running Club	16	0:47:10	0:08:35	58.9%
713	Vanessa Browne	47	f	LM	58	Old Greshamians	3	0:52:05	0:09:03	58.9%
714	Steve Atkins	51	m	MM	11	Saint Edmund Pacers	5	1:33:51	0:08:41	58.8%
715	Barry Smith	51	m	MM	30	Ryston Runners C	10	2:39:00	0:08:46	58.8%
716	Johan Preis	49	m	MM	16	Garden City Runners	11	1:46:59	0:08:36	58.8%
717	Peter Harvey	31	m	MS	7	Wyndham AC	1	2:07:51	0:07:50	58.7%
718	Shaun Goode	53	m	MM	59	Felixstowe Road Runners	4	1:38:41	0:08:52	58.6%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
719	Justin Kinsey	33	m	MS	28	Ryston Runners A	15	1:20:41	0:07:37	58.6%
720	Richard Eaton	49	m	MM	46	Birketts' Runners AC	14	1:01:03	0:08:24	58.6%
721	Sue Last	56	f	LM	39	Bishops Stortford Running Club	3	0:58:33	0:10:10	58.6%
722	Glenn Proctor	44	m	MM	8	Stowmarket Striders	7	1:15:27	0:08:10	58.6%
723	Andy Barber	49	m	MM	10	Haverhill Running Club	1	2:23:06	0:08:46	58.5%
724	David Neeves	35	m	MS	1	Bungay Black Dog Running Club	17	1:30:48	0:07:44	58.5%
725	Nick Hudson	33	m	MS	13	Coltishall Jaguars	12	2:36:17	0:07:57	58.5%
726	Beth King	40	f	LM	25	Norfolk Gazelles Red	16	0:47:02	0:08:34	58.5%
727	Stephen Crafford	49	m	MM	39	Bishops Stortford Running Club	6	1:06:46	0:08:27	58.4%
728	Neil Martin	45	m	MM	47	Thorney Running Club	5	1:29:54	0:08:19	58.4%
729	Liz Harris	40	f	LM	41	North Norfolk Beach Runners B	14	1:03:14	0:08:42	58.4%
730	Ron Ames	68	m	MM	8	Stowmarket Striders	5	1:50:32	0:10:14	58.4%
731	Robert Groves	30	m	MS	35	Reepham Runners	15	1:20:45	0:07:38	58.4%
732	Becky Hardy	37	f	LM	34	Dereham Runners - Team B	15	1:32:03	0:08:42	58.3%
733	Max Pearson	40	m	MM	5	Fenland Running Club	6	1:02:22	0:07:54	58.3%
734	James Stenning	37	m	MS	49	London Fronrunners	10	2:22:59	0:07:53	58.3%
735	Craig Alexander	31	m	MS	2	Tri-Anglia	12	2:36:54	0:07:59	58.3%
736	Ian Tuckwell	39	m	MS	44	RAF Marham	5	1:25:57	0:07:57	58.3%
737	Alan Findlay	50	m	MM	39	Bishops Stortford Running Club	14	1:01:59	0:08:32	58.2%
738	Ian Davies	62	m	MM	47	Thorney Running Club	7	1:28:34	0:09:35	58.2%
739	Ian Gooderham	49	m	MM	11	Saint Edmund Pacers	3	0:48:17	0:08:23	58.2%
740	Janice Coglein-Hibbert	43	f	LM	2	Tri-Anglia	7	1:22:57	0:08:59	58.2%
741	Marie Hockley	53	f	LM	39	Bishops Stortford Running Club	4	1:52:16	0:10:05	58.2%
742	John Chapman	48	m	MM	43	Fenland Running Club - B	1	2:22:55	0:08:45	58.1%
743	Paul Harrison	61	m	MM	45	Reepham Runners Masters	5	1:43:51	0:09:36	58.1%
744	Anna Frostwick	37	f	LM	2	Tri-Anglia	6	1:08:16	0:08:38	58.1%
745	John Foster	56	m	MM	57	Ely Runners B	10	2:48:31	0:09:18	58.1%
746	Andrew Hawes	37	m	MS	35	Reepham Runners	9	2:13:44	0:08:03	58.0%
747	Steve Dickens	52	m	MM	2	Tri-Anglia	3	0:49:37	0:08:37	58.0%
748	Guy Pitcher	51	m	MM	45	Reepham Runners Masters	14	1:02:44	0:08:38	58.0%
749	Anne Booth	39	f	LM	57	Ely Runners B	16	0:47:12	0:08:36	58.0%
750	Terry Moat	49	m	MM	47	Thorney Running Club	10	2:38:35	0:08:45	57.9%
751	Jeremy Navrady	50	m	MM	30	Ryston Runners C	1	2:25:52	0:08:56	57.9%
752	Judy Prior	68	f	LM	23	Bedford Harriers	3	1:10:30	0:12:14	57.9%
753	Marianne Defernez	43	f	LM	7	Wymondham AC	3	0:51:04	0:08:52	57.9%
754	Andre Pittock	50	m	MM	43	Fenland Running Club - B	5	1:34:32	0:08:45	57.9%
755	Bekah Cranch	24	f	LS	39	Bishops Stortford Running Club	10	2:38:08	0:08:43	57.9%
756	Chris Gilbert	20	m	MJ	10	Haverhill Running Club	6	1:00:14	0:07:37	57.9%
757	Jamie Mcrann	39	m	MS	17	West Norfolk AC	15	1:24:28	0:07:59	57.9%
758	Jon Kemp	36	m	MS	20	Norwich Road Runners	10	2:23:21	0:07:54	57.9%
759	Eddie Barrett	48	m	MM	18	Ramsey Road Runners	8	1:03:46	0:08:29	57.8%
760	Dean Clark	20	m	MJ	43	Fenland Running Club - B	9	2:14:19	0:08:05	57.8%
761	Jessica Vincent	22	f	LS	36	Great Yarmouth Road Runners	3	0:48:35	0:08:26	57.7%
762	Howard Olby	37	m	MS	58	Old Greshamians	1	2:11:46	0:08:04	57.7%
763	Philippa Rudd	52	f	LM	46	Birketts' Runners AC	1	2:49:34	0:10:23	57.7%
764	Craig Moore	28	m	MS	34	Dereham Runners - Team B	7	1:10:49	0:07:40	57.6%
765	Michael Timm	30	m	MS	46	Birketts' Runners AC	10	2:23:16	0:07:54	57.6%
766	Lee Kirby	42	m	MM	39	Bishops Stortford Running Club	17	1:37:06	0:08:17	57.5%
767	Karen Peck	45	f	LM	36	Great Yarmouth Road Runners	12	3:10:37	0:09:41	57.4%
768	Michaela Ridley	47	f	LM	55	Riverside Runners	8	1:10:27	0:09:22	57.4%
769	Lisa Netto	40	f	LM	26	Norfolk Gazelles Black	6	1:10:10	0:08:53	57.4%
770	Nigel Bullen	63	m	MM	26	Norfolk Gazelles Black	12	3:22:04	0:10:16	57.4%
771	Ashley Jarvis	18	m	MJ	33	Dereham Runners - A Team	3	0:44:41	0:07:45	57.3%
772	Michelle Hewitt	27	f	LS	54	Framlingham Flyers	15	1:32:09	0:08:42	57.3%
773	Dave Langley	35	m	MS	44	RAF Marham	7	1:12:15	0:07:49	57.3%
774	Joe Jermy	28	m	MS	36	Great Yarmouth Road Runners	15	1:22:23	0:07:47	57.2%
775	Darren Armstrong	42	m	MM	40	North Norfolk Beach Runners A-T	5	1:29:41	0:08:18	57.2%
776	Jen Armstrong	42	f	LM	41	North Norfolk Beach Runners B	1	2:32:36	0:09:21	57.2%
777	Daniella Hart	25	f	LS	47	Thorney Running Club	4	1:37:08	0:08:43	57.2%
778	Janice Blake	55	f	LM	3	Biggleswade AC	3	0:59:14	0:10:17	57.1%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
779	Paul Gerber	49	m	MM	13	Coltishall Jaguars	8	1:05:06	0:08:39	57.1%
780	Neil Mcdonald	55	m	MM	48	Wellingborough & District AC.	5	1:40:09	0:09:16	57.1%
781	Gareth Robb	40	m	MM	24	Paddock Wood AC	1	2:16:20	0:08:21	57.0%
782	Dave Spooner	43	m	MM	41	North Norfolk Beach Runners B	11	1:44:58	0:08:26	57.0%
783	Matt Howes	42	m	MM	56	Norwich Road Runners D	15	1:27:59	0:08:18	56.9%
784	Michelle Gilbert	37	f	LM	43	Fenland Running Club - B	6	1:09:47	0:08:50	56.8%
785	Andy Parish	48	m	MM	41	North Norfolk Beach Runners B	13	1:57:09	0:08:50	56.8%
786	Neil Blackburn	47	m	MM	18	Ramsey Road Runners	14	1:02:01	0:08:32	56.8%
787	Tony Tyler	55	m	MM	15	Thetford AC	4	1:43:54	0:09:20	56.7%
788	Andrew Cooper	30	m	MS	56	Norwich Road Runners D	13	1:45:38	0:07:58	56.7%
789	Brad Smith	35	m	MS	16	Garden City Runners	2	1:53:17	0:08:03	56.6%
790	Ben Gaskins	31	m	MS	13	Coltishall Jaguars	4	1:27:59	0:07:54	56.6%
791	Richard King	47	m	MM	17	West Norfolk AC	11	1:49:18	0:08:47	56.6%
792	Peter Rice	48	m	MM	25	Norfolk Gazelles Red	13	1:57:47	0:08:53	56.5%
793	Celina Silver	47	f	LM	42	Stamford Striders	6	1:15:34	0:09:34	56.4%
794	Chris Perry	41	m	MM	11	Saint Edmund Pacers	12	2:48:59	0:08:35	56.4%
795	Tim Coates	48	m	MM	17	West Norfolk AC	3	0:49:26	0:08:35	56.4%
796	Chris Hosier	40	m	MM	33	Dereham Runners - A Team	2	1:57:38	0:08:22	56.3%
797	Amy Spearpoint	26	f	LS	15	Thetford AC	16	0:47:17	0:08:37	56.3%
798	Andy Collett	33	m	MS	8	Stowmarket Striders	17	1:33:42	0:07:59	56.3%
799	Rachel Roberts	45	f	LM	31	Harwich Runners	11	1:59:10	0:09:34	56.2%
800	Carl Willimott	47	m	MM	45	Reepham Runners Masters	9	2:29:29	0:09:00	56.2%
801	Jo Whelen	56	f	LM	59	Felixstowe Road Runners	3	1:01:00	0:10:35	56.2%
802	Tony Money	46	m	MM	41	North Norfolk Beach Runners B	4	1:37:13	0:08:44	56.1%
803	Carol Le Roy	39	f	LM	10	Haverhill Running Club	3	0:51:19	0:08:55	56.1%
804	Richard Bulman	65	m	MM	35	Reepham Runners	2	2:27:15	0:10:28	56.1%
805	Autumn Hales	21	f	LS	4	Bure Valley Harriers	16	0:47:32	0:08:39	56.0%
806	Peter Sibbett	53	m	MM	50	North Herts Road Runners	14	1:06:01	0:09:05	56.0%
807	Kareana Symonds	35	f	LM	34	Dereham Runners - Team B	17	1:45:45	0:09:01	56.0%
808	Alex Hewson	26	m	MS	58	Old Greshamians	15	1:24:10	0:07:57	56.0%
809	Emily Smith	41	f	LM	26	Norfolk Gazelles Black	3	0:52:08	0:09:03	55.9%
810	Ilona Kriauzaite	35	f	LM	19	Serpentine RC	17	1:45:55	0:09:02	55.9%
811	Andrew Barwick	37	m	MS	14	March AC	5	1:28:23	0:08:11	55.8%
812	Jaime Hayden	37	f	LM	47	Thorney Running Club	16	0:48:34	0:08:51	55.8%
813	Jon Beverley	36	m	MS	35	Reepham Runners	10	2:28:53	0:08:13	55.7%
814	Matt Unwin	40	m	MM	6	Pink & Blacks	11	1:44:52	0:08:25	55.7%
815	Mike Dunn	71	m	MM	9	Headington RoadRunners	16	0:58:23	0:10:38	55.7%
816	Graham Coulter	42	m	MM	54	Framlingham Flyers	5	1:32:06	0:08:31	55.7%
817	Jenny Gibbs	48	f	LM	19	Serpentine RC	16	0:52:55	0:09:38	55.7%
818	Amanda Davis	43	f	LM	48	Wellingborough & District AC.	17	1:51:19	0:09:29	55.6%
819	Andy Ives	43	m	MM	2	Tri-Anglia	2	2:02:18	0:08:42	55.5%
820	Nick Askham	42	m	MM	2	Tri-Anglia	1	2:22:23	0:08:43	55.5%
821	Ian Mann	54	m	MM	48	Wellingborough & District AC.	8	1:09:49	0:09:17	55.5%
822	Clare Barstow	38	f	LM	54	Framlingham Flyers	17	1:48:09	0:09:13	55.4%
823	Ian Grimwood	63	m	MM	3	Biggleswade AC	1	2:52:04	0:10:33	55.4%
824	Philip Websdale	43	m	MM	34	Dereham Runners - Team B	9	2:26:53	0:08:51	55.4%
825	James Spalding	35	m	MS	49	London Fronrunners	12	2:45:53	0:08:26	55.3%
826	Richard Cadman	52	m	MM	45	Reepham Runners Masters	3	0:52:05	0:09:03	55.3%
827	Hannah Monteverde	26	f	LS	26	Norfolk Gazelles Black	2	2:08:08	0:09:07	55.2%
828	Simon King	58	m	MM	23	Bedford Harriers	1	2:44:35	0:10:05	55.2%
829	Tom Warner	28	m	MS	48	Wellingborough & District AC.	12	2:46:00	0:08:26	55.1%
830	Chris McMahan	42	m	MM	49	London Fronrunners	4	1:35:59	0:08:37	55.1%
831	Dave Walker	46	m	MM	4	Bure Valley Harriers	4	1:39:08	0:08:54	55.0%
832	Tessa Morgan	51	f	LM	35	Reepham Runners	3	0:58:28	0:10:09	55.0%
833	Martin Hammond	51	m	MM	30	Ryston Runners C	17	1:49:21	0:09:19	55.0%
834	Joe Dixon	33	m	MS	6	Pink & Blacks	9	2:19:28	0:08:24	55.0%
835	Chris Deadman	33	m	MS	42	Stamford Striders	9	2:19:29	0:08:24	55.0%
836	Felicity Aries	55	f	LM	48	Wellingborough & District AC.	11	2:17:16	0:11:02	54.9%
837	Andrew Hedley	53	m	MM	3	Biggleswade AC	4	1:45:22	0:09:28	54.9%
838	Michelle Fadden	50	f	LM	23	Bedford Harriers	16	0:54:57	0:10:01	54.9%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
839	Gary Pillar	50	m	MM	36	Great Yarmouth Road Runners	5	1:39:44	0:09:14	54.9%
840	Richard Garret	41	m	MM	41	North Norfolk Beach Runners B	6	1:06:50	0:08:28	54.8%
841	Gary Fairhurst	38	m	MS	3	Biggleswade AC	7	1:17:02	0:08:20	54.8%
842	Laura Greenwood	47	f	LM	47	Thorney Running Club	8	1:13:58	0:09:50	54.7%
843	Louise Webb	16	f	LJ	11	Saint Edmund Pacers	14	1:07:46	0:09:19	54.6%
844	Barakat Jassem	38	m	MS	19	Serpentine RC	10	2:33:38	0:08:28	54.6%
845	Emma Buckland	43	f	LM	53	Cambridge & Coleridge Team B	5	1:44:13	0:09:38	54.5%
846	Russell Slattery	31	m	MS	15	Thetford AC	13	1:49:51	0:08:17	54.5%
847	Hayley Thompson	36	f	LM	35	Reepham Runners	8	1:08:49	0:09:09	54.4%
848	Stephen Burbidge	32	m	MS	31	Harwich Runners	7	1:15:12	0:08:08	54.4%
849	Edward Byard	35	m	MS	9	Headington RoadRunners	3	0:46:30	0:08:04	54.4%
850	Kate Miles	30	f	LS	8	Stowmarket Striders	16	0:48:58	0:08:55	54.4%
851	Joanne Clarke	37	f	LM	43	Fenland Running Club - B	8	1:09:16	0:09:13	54.3%
852	Nicky Dowson	51	f	LM	22	Norwich Road Runners Ladies Tei	5	1:53:48	0:10:32	54.3%
853	Mike Jolly	47	m	MM	45	Reepham Runners Masters	13	2:01:36	0:09:11	54.3%
854	Helen Ayres	27	f	LS	47	Thorney Running Club	3	0:51:40	0:08:58	54.3%
855	Ben Collison	34	m	MS	17	West Norfolk AC	1	2:18:35	0:08:29	54.2%
856	Richie Walker	50	m	MM	17	West Norfolk AC	4	1:44:03	0:09:20	54.2%
857	Emma Yarrow	44	f	LM	8	Stowmarket Striders	3	0:55:01	0:09:33	54.2%
858	Simon Cooper	51	m	MM	58	Old Greshamians	11	1:58:09	0:09:29	54.1%
859	Helen Mcclean	46	f	LM	18	Ramsey Road Runners	7	1:31:33	0:09:54	54.1%
860	Pete Reed	35	m	MS	44	RAF Marham	4	1:32:57	0:08:21	54.1%
861	Natasha Walsh	30	f	LS	56	Norwich Road Runners D	11	1:55:32	0:09:17	54.1%
862	Mary Floate	40	f	LM	35	Reepham Runners	4	1:46:06	0:09:31	54.1%
863	Ben Davies	37	m	MS	47	Thorney Running Club	11	1:45:48	0:08:30	54.0%
864	Malcolm Fisher	38	m	MS	34	Dereham Runners - Team B	13	1:53:46	0:08:35	54.0%
865	Andrew Pottruff	50	m	MM	1	Bungay Black Dog Running Club	5	1:41:43	0:09:25	53.8%
866	Linda Aird	58	f	LM	50	North Herts Road Runners	5	2:05:51	0:11:39	53.8%
867	Chris Forster	19	m	MJ	55	Riverside Runners	6	1:05:32	0:08:18	53.8%
868	Emma Fox	33	f	LS	4	Bure Valley Harriers	3	0:52:24	0:09:06	53.7%
869	Katie Tween	31	f	LS	53	Cambridge & Coleridge Team B	3	0:52:14	0:09:04	53.7%
870	Liz Bighton	42	f	LM	59	Felixstowe Road Runners	8	1:12:04	0:09:35	53.7%
871	Matt Simmonds	37	m	MS	6	Pink & Blacks	2	2:00:39	0:08:35	53.7%
872	Matthew Brown	43	m	MM	49	London Fronrunners	14	1:03:32	0:08:44	53.7%
873	Karl Rumsby	33	m	MS	46	Birketts' Runners AC	12	2:50:36	0:08:40	53.6%
874	Caleb Woodard	17	m	MJ	59	Felixstowe Road Runners	16	0:45:57	0:08:22	53.6%
875	Caroline Allen	37	f	LM	22	Norwich Road Runners Ladies Tei	13	2:06:14	0:09:32	53.6%
876	Dani Welter	33	f	LS	39	Bishops Stortford Running Club	11	1:57:19	0:09:25	53.5%
877	Louise Kemp	38	f	LM	48	Wellingborough & District AC.	6	1:14:31	0:09:26	53.5%
878	Stuart Slattery	34	m	MS	34	Dereham Runners - Team B	14	1:00:05	0:08:16	53.3%
879	Simon Wiggins	44	m	MM	59	Felixstowe Road Runners	9	2:33:50	0:09:16	53.3%
880	Jon Rowell	44	m	MM	43	Fenland Running Club - B	11	1:53:12	0:09:06	53.3%
881	Larissa Follen	42	f	LM	43	Fenland Running Club - B	7	1:29:55	0:09:44	53.3%
882	Stephen Starr	49	m	MM	57	Ely Runners B	7	1:26:26	0:09:21	53.2%
883	Emma Evans	20	f	LJ	55	Riverside Runners	15	1:39:13	0:09:22	53.2%
884	Ashley Hobbs	29	m	MS	56	Norwich Road Runners D	2	1:59:51	0:08:31	53.2%
885	Bridget Shaw	28	f	LS	1	Bungay Black Dog Running Club	11	1:57:35	0:09:27	53.1%
886	Caroline Tayler	59	m	MM	46	Birketts' Runners AC	4	1:55:10	0:10:20	53.0%
887	Lee Radley	46	m	MM	55	Riverside Runners	12	3:07:22	0:09:32	53.0%
888	Adam Tingey	31	m	MS	44	RAF Marham	6	1:05:20	0:08:16	52.9%
889	Emily Beavis	21	f	LS	20	Norwich Road Runners	9	2:39:22	0:09:36	52.9%
890	Laura Ali	39	f	LM	54	Framlingham Flyers	3	0:54:25	0:09:27	52.9%
891	Matt Mountain	38	m	MS	6	Pink & Blacks	14	1:02:09	0:08:33	52.9%
892	Stuart Bullard	41	m	MM	23	Bedford Harriers	13	1:58:58	0:08:59	52.8%
893	Becky Wilburn	43	f	LM	53	Cambridge & Coleridge Team B	6	1:17:52	0:09:51	52.8%
894	Paul Sherritt	50	m	MM	10	Haverhill Running Club	15	1:41:16	0:09:34	52.8%
895	Charlotte Mears	36	f	LM	35	Reepham Runners	6	1:15:24	0:09:33	52.4%
896	Martin Kirk	47	m	MM	18	Ramsey Road Runners	11	1:58:07	0:09:29	52.3%
897	Sarah Sparkes	43	f	LM	1	Bungay Black Dog Running Club	8	1:14:36	0:09:55	52.3%
898	Nick Franklin	29	m	MS	17	West Norfolk AC	2	2:01:58	0:08:40	52.3%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
899	Richard Watson	49	m	MM	23	Bedford Harriers	2	2:16:43	0:09:43	52.2%
900	Jenni Egmore	49	f	LM	35	Reepham Runners	5	1:55:36	0:10:42	52.1%
901	James Mcfarlane	43	m	MM	56	Norwich Road Runners D	5	1:39:13	0:09:11	52.1%
902	Claire Hewson	41	f	LM	18	Ramsey Road Runners	4	1:50:52	0:09:57	52.1%
903	Sam Hewson	35	m	MS	6	Pink & Blacks	3	0:48:39	0:08:27	52.0%
904	Kevin Lu	32	m	MS	49	London Frontrunners	3	0:48:00	0:08:20	52.0%
905	Myles Hague	35	m	MS	56	Norwich Road Runners D	1	2:25:13	0:08:54	51.9%
906	Matt Saunders	40	m	MM	59	Felixstowe Road Runners	7	1:22:37	0:08:56	51.8%
907	Andy Harrod	52	m	MM	30	Ryston Runners C	16	0:52:43	0:09:36	51.8%
908	James Flett	37	m	MS	6	Pink & Blacks	13	1:57:41	0:08:53	51.8%
909	Shaun Hurr	40	m	MM	45	Reepham Runners Masters	1	2:30:08	0:09:12	51.8%
910	Aaron Friend	29	m	MS	47	Thorney Running Club	12	2:57:10	0:09:00	51.6%
911	Antony Orekogbe	40	m	MM	33	Dereham Runners - A Team	1	2:31:15	0:09:16	51.4%
912	Steve Corbould	57	m	MM	26	Norfolk Gazelles Black	10	3:12:22	0:10:37	51.3%
913	Sean Symonds	50	m	MM	1	Bungay Black Dog Running Club	1	2:44:38	0:10:05	51.3%
914	Ulen Neale	45	m	MM	9	Headington RoadRunners	10	2:53:02	0:09:33	51.3%
915	Chris Read	35	m	MS	56	Norwich Road Runners D	4	1:37:59	0:08:48	51.3%
916	Matt Doran	42	m	MM	31	Harwich Runners	17	1:48:58	0:09:17	51.3%
917	Andy Cowling	59	m	MM	47	Thorney Running Club	1	2:59:59	0:11:02	50.9%
918	Sarah Atkinson	32	f	LS	58	Old Greshamians	5	1:46:08	0:09:49	50.9%
919	Matthew Atkinson	30	m	MS	44	RAF Marham	3	0:48:49	0:08:29	50.9%
920	Michael Briggs	46	m	MM	2	Tri-Anglia	10	2:56:05	0:09:43	50.9%
921	Cliff Lear	51	m	MM	15	Thetford AC	5	1:48:35	0:10:03	50.8%
922	Lorraine Kirk	39	f	LM	48	Wellingborough & District AC.	16	0:53:49	0:09:48	50.8%
923	Tom Newcombe	38	m	MS	46	Birketts' Runners AC	7	1:23:25	0:09:02	50.6%
924	Benjamin Warnes	35	m	MS	44	RAF Marham	17	1:45:12	0:08:58	50.5%
925	Ryan Middleton	27	m	MS	34	Dereham Runners - Team B	16	0:46:39	0:08:30	50.4%
926	Al Bowen	38	m	MS	7	Wymondham AC	13	2:01:53	0:09:12	50.4%
927	Frank Mcloughlin	53	m	MM	3	Biggleswade AC	5	1:51:32	0:10:19	50.4%
928	Simon Merrick	42	m	MM	59	Felixstowe Road Runners	10	2:52:30	0:09:31	50.2%
929	Philip Chaplin	51	m	MM	39	Bishops Stortford Running Club	5	1:50:12	0:10:12	50.1%
930	Indranil Banerjee	45	m	MM	19	Serpentine RC	4	1:48:06	0:09:42	50.1%
931	Maria Greaves	36	f	LM	41	North Norfolk Beach Runners B	5	1:49:20	0:10:07	49.9%
932	Dudley Garner	34	m	MS	25	Norfolk Gazelles Red	5	1:37:30	0:09:01	49.8%
933	Kitty Rosser	36	f	LM	2	Tri-Anglia	17	1:59:19	0:10:10	49.8%
934	Lesley Carroll	51	f	LM	55	Riverside Runners	5	2:04:13	0:11:29	49.7%
935	Sheena Runham	46	f	LM	55	Riverside Runners	3	1:01:05	0:10:36	49.7%
936	Matthew Freezer	27	m	MS	34	Dereham Runners - Team B	4	1:40:06	0:08:59	49.7%
937	Zac O'Neil	37	m	MS	48	Wellingborough & District AC.	1	2:33:00	0:09:22	49.7%
938	Greg Pearson	39	m	MS	35	Reepham Runners	16	0:49:43	0:09:03	49.7%
939	Juliet Grimwood	52	f	LM	3	Biggleswade AC	2	2:47:36	0:11:55	49.3%
940	James Walsh	48	m	MM	50	North Herts Road Runners	16	0:53:41	0:09:47	49.3%
941	Carla Wiggins	36	f	LM	59	Felixstowe Road Runners	17	2:00:39	0:10:17	49.3%
942	Andy Westhead	34	m	MS	6	Pink & Blacks	4	1:41:47	0:09:08	49.2%
943	Matt Gingall	47	m	MM	17	West Norfolk AC	5	1:48:49	0:10:04	49.1%
944	Laura Parry	28	f	LS	38	City Of Norwich AC Ladies	2	2:24:30	0:10:17	49.0%
945	Tom De Raedt	40	m	MM	6	Pink & Blacks	15	1:40:57	0:09:32	48.8%
946	Luke Pinner	34	m	MS	43	Fenland Running Club - B	4	1:42:38	0:09:13	48.8%
947	Ian Cannons	44	m	MM	31	Harwich Runners	5	1:46:56	0:09:54	48.7%
948	Steven Rix	34	m	MS	34	Dereham Runners - Team B	5	1:39:59	0:09:15	48.6%
949	Clare Mckenna	25	f	LS	31	Harwich Runners	9	2:53:55	0:10:29	48.5%
950	Leigh Wisdom	29	f	LS	47	Thorney Running Club	6	1:20:30	0:10:11	48.4%
951	Jonny May	32	m	MS	44	RAF Marham	13	2:03:43	0:09:20	48.4%
952	Adam Etches	42	m	MM	57	Ely Runners B	3	0:55:10	0:09:35	48.2%
953	Guy Simmonds	39	m	MS	6	Pink & Blacks	1	2:40:02	0:09:48	48.2%
954	James Terry	43	m	MM	48	Wellingborough & District AC.	4	1:50:38	0:09:56	48.1%
955	Martin Strowger	49	m	MM	34	Dereham Runners - Team B	1	2:54:09	0:10:40	48.1%
956	Steve Norbury	48	m	MM	15	Thetford AC	8	1:16:46	0:10:13	48.0%
957	Sean West	29	m	MS	15	Thetford AC	1	2:36:32	0:09:35	48.0%
958	Jason Meacham	45	m	MM	31	Harwich Runners	13	2:15:19	0:10:13	48.0%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
959	Dominic Atkinson	34	m	MS	58	Old Greshamians	7	1:25:53	0:09:18	48.0%
960	Daniel Shanks	42	m	MM	59	Felixstowe Road Runners	1	2:45:00	0:10:07	47.9%
961	Marianne Killick	40	f	LM	43	Fenland Running Club - B	16	0:57:38	0:10:30	47.7%
962	Katt Riley	30	f	LS	2	Tri-Anglia	5	1:53:10	0:10:28	47.6%
963	Simon Nightingale	42	m	MM	57	Ely Runners B	5	1:47:52	0:09:59	47.5%
964	Paul Ruddlesdin	47	m	MM	55	Riverside Runners	11	2:10:03	0:10:27	47.5%
965	Jonny Miles	34	m	MS	59	Felixstowe Road Runners	6	1:13:56	0:09:22	47.3%
966	Simon Strong	46	m	MM	3	Biggleswade AC	8	1:16:49	0:10:13	47.2%
967	Clare Slattery	29	f	LS	15	Thetford AC	3	0:59:29	0:10:20	47.1%
968	Andrew Williams	32	m	MS	19	Serpentine RC	5	1:42:58	0:09:32	47.0%
969	James Brown	40	m	MM	6	Pink & Blacks	5	1:47:37	0:09:57	46.9%
970	Paul Bird	54	m	MM	1	Bungay Black Dog Running Club	16	0:59:39	0:10:52	46.6%
971	Colin Harris	47	m	MM	48	Wellingborough & District AC.	3	0:59:34	0:10:20	46.4%
972	Samantha Prior	28	f	LS	18	Ramsey Road Runners	3	1:00:51	0:10:34	46.1%
973	George Murphy	36	m	MS	23	Bedford Harriers	12	3:21:53	0:10:16	45.6%
974	Pieter De Raedt	33	m	MS	6	Pink & Blacks	16	0:53:18	0:09:43	44.6%
975	A.N. Other	40	m	MJ	46	Birketts' Runners AC	9	2:58:55	0:10:47	44.4%
976	Luke Gibson	24	m	MS	44	RAF Marham	12	3:26:52	0:10:31	44.2%
977	Paul Kerrison	50	m	MM	31	Harwich Runners	10	3:30:05	0:11:35	44.1%
978	Debashish Biswas	34	m	MS	19	Serpentine RC	3	0:57:10	0:09:55	44.0%
979	Jayne Wright	36	f	LM	54	Framlingham Flyers	14	1:22:18	0:11:19	44.0%
980	Hannah Marsters	37	f	LM	17	West Norfolk AC	16	1:01:34	0:11:13	44.0%
981	Monty Chamberlain	24	m	MS	46	Birketts' Runners AC	13	2:18:32	0:10:27	43.2%
982	Ryan Bigland	28	m	MS	46	Birketts' Runners AC	17	2:06:35	0:10:47	41.5%
983	Kitty Rosser	36	f	LM	46	Birketts' Runners AC	5	2:12:52	0:12:17	41.1%
984	Kieran Callaghan	36	m	MS	31	Harwich Runners	1	3:08:54	0:11:34	40.0%
985	Stephen Brunton	36	m	MS	43	Fenland Running Club - B	3	1:05:54	0:11:26	38.6%
986	Sam Reddy	49	f	LM	56	Norwich Road Runners D	3	1:22:56	0:14:24	37.8%