

ROUND NORFOLK RELAY 2017 - RUNNERS BY AGE GRADED PERFORMANCE

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
1	Nigel Arnold	59	M	MM	8	Norfolk Gazelles Dorcas	7	0:58:10	0:06:18	86.2%
2	Jane Ashby	69	F	LM	15	Ryston Runners - Masters	10	2:43:04	0:09:00	85.7%
3	Stephen Mead	65	M	MM	20	Stowmarket Striders Running Club	7	1:01:51	0:06:42	85.7%
4	Nigel Rackham	55	M	MM	51	Metros RC	12	2:05:42	0:06:23	85.5%
5	Matt Bidwell	45	M	MM	38	City of Norwich AC - Team A	13	1:15:55	0:05:44	85.5%
6	Adrian Mussett	45	M	MM	38	City of Norwich AC - Team A	2	1:21:03	0:05:46	85.1%
7	Jane Clarke	57	F	LM	39	City of Norwich AC - Team B	3	0:40:52	0:07:06	85.1%
8	Iona Lake	24	F	LS	38	City of Norwich AC - Team A	8	0:43:44	0:05:49	84.5%
9	Andrew Shields	52	M	MM	45	Cambridge & Coleridge AC - Team A	16	0:32:25	0:05:54	84.3%
10	Dominic Blake	39	M	MS	2	Reepham Runners - Mixed	10	1:41:53	0:05:37	83.0%
11	Philippa Taylor	50	F	LM	38	City of Norwich AC - Team A	4	1:16:04	0:06:50	82.7%
12	Mark Garrett	54	M	MM	33	Norwich Road Runners - Masters	14	0:45:21	0:06:14	82.2%
13	Billy Bremner	47	M	MM	26	March AC	12	2:02:14	0:06:13	81.9%
14	Michael Taylor	35	M	MS	27	Riverside Runners	13	1:13:55	0:05:35	81.6%
15	Jake Stearman	17	M	MJ	35	Dereham - Open	8	0:42:10	0:05:36	81.5%
16	Richard White	56	M	MM	49	Wymondham AC - Open	15	1:09:11	0:06:32	81.3%
17	Mark Vaughan	47	M	MM	61	North Herts Road Runners	13	1:21:12	0:06:08	81.2%
18	Tessa Jones	51	F	LM	25	Bure Valley Harriers	8	0:52:12	0:06:56	81.2%
19	Tom Vickery	31	M	MS	45	Cambridge & Coleridge AC - Team A	7	0:50:27	0:05:28	81.0%
20	John Ferguson	53	M	MM	45	Cambridge & Coleridge AC - Team A	11	1:20:23	0:06:27	80.9%
21	Simon Millett	30	M	MS	32	Norwich Road Runners - Open	10	1:41:59	0:05:38	80.9%
22	Adam Howlett	46	M	MM	56	Framlingham Flyers	13	1:20:59	0:06:07	80.8%
23	Andrew Larham	59	M	MM	26	March AC	8	0:50:07	0:06:40	80.7%
24	Brian Kearsley	69	M	MM	47	Stamford Striders	7	1:08:23	0:07:24	80.6%
25	Carolyn Haworth	62	F	LM	54	Saint Edmund Pacers - Team B	8	1:01:03	0:08:07	80.5%
26	Daniel Middleton	35	M	MS	32	Norwich Road Runners - Open	7	0:51:30	0:05:34	80.3%
27	Michael Eccles	37	M	MS	8	Norfolk Gazelles Dorcas	13	1:15:52	0:05:44	80.3%
28	Gill Woodhouse	69	F	LM	34	Dereham - Club	16	0:49:07	0:08:57	80.2%
29	James Senior	25	M	MS	38	City of Norwich AC - Team A	11	1:09:52	0:05:37	80.2%
30	Matt Allen	41	M	MM	14	Ryston Runners - Open	12	1:58:53	0:06:03	80.1%
31	Tom Greenacre	16	M	MJ	39	City of Norwich AC - Team B	8	0:43:31	0:05:47	80.1%
32	Alex Tate	41	M	MM	12	Ely Runners - Team A	15	1:02:01	0:05:51	80.1%
33	Alex Ash	27	M	MS	59	Wellingborough & District AC - Team 1	8	0:41:02	0:05:27	80.0%
34	Christof Schwiening	51	M	MM	45	Cambridge & Coleridge AC - Team A	12	2:09:39	0:06:35	80.0%
35	Mark Jones	58	M	MM	10	Headington Road Runners	9	1:55:56	0:06:59	80.0%
36	Sullivan Smith	41	M	MM	45	Cambridge & Coleridge AC - Team A	1	1:39:03	0:06:04	79.1%
37	Nic Bensley	47	M	MM	14	Ryston Runners - Open	11	1:18:09	0:06:17	79.1%
38	Martin Jennings	46	M	MM	1	Fenland Running Club - Open	10	1:53:15	0:06:15	79.1%
39	Malcolm Down	56	M	MM	17	Garden City Runners	14	0:48:03	0:06:37	78.9%
40	Nicky Wnek	46	F	LM	13	Ryston Runners - Ladies	7	1:02:51	0:06:48	78.8%
41	Simon Mead	44	M	MM	28	Ramsey Road Runners	8	0:45:19	0:06:02	78.8%
42	Neil Hume	43	M	MM	17	Garden City Runners	10	1:51:25	0:06:09	78.4%
43	Stephen Rolfe	61	M	MM	8	Norfolk Gazelles Dorcas	1	1:59:14	0:07:18	78.4%
44	Francis Hale	49	M	MM	33	Norwich Road Runners - Masters	1	1:46:58	0:06:33	78.3%
45	Ian Milburn	72	M	MM	1	Fenland Running Club - Open	16	0:42:06	0:07:40	78.3%
46	Charlotte Rose	36	F	LM	38	City of Norwich AC - Team A	16	0:34:29	0:06:17	78.2%
47	Shane Draper	50	M	MM	1	Fenland Running Club - Open	9	1:50:23	0:06:39	78.1%
48	Ian Moore	50	M	MM	49	Wymondham AC - Open	7	0:59:27	0:06:26	78.0%
49	Sophie Kelly	34	F	LS	46	Cambridge and Coleridge AC - Team B	10	1:58:19	0:06:32	78.0%
50	Tim Lawrence	36	M	MS	38	City of Norwich AC - Team A	9	1:39:02	0:05:58	78.0%
51	Gary Crush	39	M	MS	39	City of Norwich AC - Team B	14	0:42:30	0:05:51	77.9%
52	Angie Joiner-Handy	47	F	LM	22	Saint Edmund Pacers - Team A	17	1:22:25	0:07:02	77.9%
53	Sabina Spence	46	F	LM	25	Bure Valley Harriers	14	0:49:44	0:06:50	77.9%
54	Dani Nimmock	27	F	LS	38	City of Norwich AC - Team A	15	1:07:49	0:06:24	77.8%
55	Sharon Hurren	46	F	LM	50	Wymondham AC - Ladies	8	0:51:29	0:06:51	77.8%
56	Geraldine Larham	47	F	LM	26	March AC	9	2:01:00	0:07:17	77.5%
57	Richard Ebbs	46	M	MM	14	Ryston Runners - Open	6	0:49:12	0:06:14	77.4%
58	Piers Arnold	28	M	MS	38	City of Norwich AC - Team A	10	1:46:33	0:05:53	77.4%
59	Bob Wells	70	M	MM	16	Bedford Harriers	5	1:25:12	0:07:53	77.3%
60	Darren Riley	54	M	MM	17	Garden City Runners	15	1:11:40	0:06:46	77.1%
61	Jonathan Quint	40	M	MM	38	City of Norwich AC - Team A	12	2:02:31	0:06:14	77.1%
62	Peter Ward	52	M	MM	57	Thorney Running Club	15	1:10:27	0:06:39	77.1%
63	Jonathan Cordle	53	M	MM	33	Norwich Road Runners - Masters	9	1:54:57	0:06:55	77.0%
64	Darren Easter	45	M	MM	14	Ryston Runners - Open	14	0:45:00	0:06:11	77.0%
65	Gillian Paremain	66	F	LM	4	Thetford AC	16	0:48:50	0:08:54	77.0%
66	Lawrence Wade	43	M	MM	38	City of Norwich AC - Team A	6	0:48:21	0:06:07	77.0%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
67	Kevin Murphy	43	M	MM	22	Saint Edmund Pacers - Team A	6	0:48:24	0:06:08	76.9%
68	Paul Guy	43	M	MM	17	Garden City Runners	9	1:45:48	0:06:22	76.9%
69	Jeremy Rogers	43	M	MM	8	Norfolk Gazelles Dorcas	10	1:53:43	0:06:16	76.8%
70	Will Honeybone	46	M	MM	14	Ryston Runners - Open	9	1:48:33	0:06:32	76.8%
71	Emma Tuck	43	F	LM	26	March AC	6	0:53:39	0:06:47	76.6%
72	Mabel Beckett	22	F	LS	39	City of Norwich AC - Team B	15	1:08:55	0:06:30	76.6%
73	Charlie Ritchie	62	M	MM	46	Cambridge and Coleridge AC - Team B	16	0:38:52	0:07:05	76.6%
74	Kris Barnard	42	M	MM	49	Wymondham AC - Open	9	1:45:26	0:06:21	76.5%
75	Richard Sales	55	M	MM	33	Norwich Road Runners - Masters	16	0:36:38	0:06:40	76.5%
76	Alan Pritchard	44	M	MM	45	Cambridge & Coleridge AC - Team A	6	0:49:04	0:06:13	76.4%
77	Axel Finke	30	M	MS	45	Cambridge & Coleridge AC - Team A	15	1:01:47	0:05:50	76.3%
78	John Griffiths	59	M	MM	10	Headington Road Runners	6	0:55:41	0:07:03	76.3%
79	Craig Bowen-Jones	46	M	MM	25	Bure Valley Harriers	12	2:10:16	0:06:37	76.2%
80	Jeremy Lawrence	59	M	MM	23	Coltishall Jaguars - Mixed	11	1:30:07	0:07:14	76.2%
81	Alan Darby	33	M	MS	12	Ely Runners - Team A	9	1:40:40	0:06:04	76.1%
82	Jon Kemp	46	M	MM	59	Wellingborough & District AC - Team 1	7	0:58:59	0:06:23	76.1%
83	Richard Somerset	49	M	MM	17	Garden City Runners	7	1:00:31	0:06:33	76.0%
84	Maureen Wolfe	58	F	LM	13	Ryston Runners - Ladies	16	0:44:02	0:08:01	76.0%
85	Robbie Britton	30	M	MS	29	North Norfolk Beach Runners - Team A	12	2:00:24	0:06:07	76.0%
86	Scott Walford	47	M	MM	25	Bure Valley Harriers	5	1:10:19	0:06:30	75.9%
87	Graham Jenvey	37	M	MS	32	Norwich Road Runners - Open	13	1:20:20	0:06:04	75.9%
88	George Gay	22	M	MS	38	City of Norwich AC - Team A	7	0:53:50	0:05:50	75.8%
89	David Sampson	57	M	MM	19	Paddock Wood AC	2	1:41:00	0:07:11	75.8%
90	Mike Ottley	74	M	MM	48	Reepham Runners - Masters	8	1:02:32	0:08:19	75.8%
91	Darren Honour	48	M	MM	7	Bungay Black Dog Running Club	13	1:27:50	0:06:38	75.7%
92	Bobbie Sauerzapf	58	F	LM	7	Bungay Black Dog Running Club	8	1:01:23	0:08:10	75.7%
93	James Dunne	48	M	MM	32	Norwich Road Runners - Open	17	1:17:29	0:06:36	75.7%
94	Andrew Plume	35	M	MS	1	Fenland Running Club - Open	12	2:01:34	0:06:11	75.4%
95	Tony Witmond	49	M	MM	29	North Norfolk Beach Runners - Team A	4	1:14:14	0:06:40	75.3%
96	Martin Ive	51	M	MM	15	Ryston Runners - Masters	6	0:52:39	0:06:40	75.3%
97	Tony Savage	56	M	MM	15	Ryston Runners - Masters	13	1:34:47	0:07:09	75.2%
98	Rob Morgan	41	M	MM	3	Biggleswade AC	6	0:48:44	0:06:10	75.2%
99	John Walshaw	48	M	MM	38	City of Norwich AC - Team A	14	0:47:12	0:06:30	75.2%
100	Chris Merrylees	39	M	MS	29	North Norfolk Beach Runners - Team A	7	0:56:35	0:06:07	75.1%
101	Nick Stephens	54	M	MM	20	Stowmarket Striders Running Club	17	1:22:09	0:07:00	75.1%
102	Paul Waggitt	29	M	MS	12	Ely Runners - Team A	17	1:10:08	0:05:59	75.0%
103	Adrian Waters	50	M	MM	9	Norfolk Gazelles Chinkara	17	1:19:31	0:06:47	75.0%
104	Sarah Partridge	61	F	LM	15	Ryston Runners - Masters	15	1:32:16	0:08:43	75.0%
105	Chris Pitts	39	M	MS	41	Bishops Stortford Running Club	10	1:52:52	0:06:14	74.9%
106	John Lee	63	M	MM	11	Tri-Anglia Triathlon Club	8	0:56:03	0:07:27	74.8%
107	Nigel Seale	57	M	MM	1	Fenland Running Club - Open	14	0:51:12	0:07:03	74.7%
108	Lisa Marriott	38	F	LM	28	Ramsey Road Runners	17	1:20:16	0:06:51	74.7%
109	Colin Stark	42	M	MM	29	North Norfolk Beach Runners - Team A	10	1:56:05	0:06:24	74.6%
110	Cat Cummings	39	F	LM	50	Wymondham AC - Ladies	7	1:02:58	0:06:49	74.6%
111	Simon English	43	M	MM	33	Norwich Road Runners - Masters	10	1:57:09	0:06:28	74.6%
112	Callum Stanforth	27	M	MS	14	Ryston Runners - Open	17	1:10:36	0:06:01	74.5%
113	Neville Clarke	63	M	MM	18	Newmarket Joggers	13	1:42:18	0:07:43	74.4%
114	Joe Hawes	36	M	MS	8	Norfolk Gazelles Dorcas	9	1:43:49	0:06:15	74.4%
115	Andrew Phelps	55	M	MM	10	Headington Road Runners	17	1:23:42	0:07:08	74.4%
116	Stephane Lustig	40	M	MM	29	North Norfolk Beach Runners - Team A	8	0:46:34	0:06:12	74.3%
117	Kevin Mace	55	M	MM	33	Norwich Road Runners - Masters	12	2:24:47	0:07:22	74.2%
118	Sean Bowen	52	M	MM	17	Garden City Runners	1	1:55:54	0:07:06	74.2%
119	Toni Alcaraz	43	F	LM	26	March AC	1	1:58:41	0:07:16	74.2%
120	Jan Kaiser	43	M	MM	38	City of Norwich AC - Team A	1	1:47:24	0:06:35	74.2%
121	Adrian Hall	53	M	MM	49	Wymondham AC - Open	3	0:39:08	0:06:48	74.1%
122	Mark Betts	45	M	MM	33	Norwich Road Runners - Masters	6	0:50:59	0:06:27	74.1%
123	Eamonn Dorling	62	M	MM	57	Thorney Running Club	9	2:09:57	0:07:50	74.1%
124	Warren Armstrong	44	M	MM	14	Ryston Runners - Open	10	1:58:52	0:06:33	74.1%
125	Jack Gillick	29	M	MS	49	Wymondham AC - Open	12	2:03:34	0:06:17	74.0%
126	Matthew Jones	52	M	MM	39	City of Norwich AC - Team B	9	1:58:36	0:07:09	74.0%
127	Matt Slater	33	M	MS	45	Cambridge & Coleridge AC - Team A	9	1:43:35	0:06:14	74.0%
128	Stew Robins	50	M	MM	15	Ryston Runners - Masters	17	1:20:36	0:06:52	74.0%
129	Mark Edwards	51	M	MM	33	Norwich Road Runners - Masters	15	1:12:52	0:06:53	73.9%
130	Sam Todd	21	M	MS	40	City of Norwich AC - Team C	6	0:46:51	0:05:56	73.9%
131	Sean Connolly	48	M	MM	1	Fenland Running Club - Open	2	1:35:43	0:06:48	73.9%
132	Greg Davis	55	M	MM	18	Newmarket Joggers	9	2:02:04	0:07:21	73.9%
133	John Hudson	35	M	MS	32	Norwich Road Runners - Open	9	1:44:10	0:06:17	73.8%
134	Nicky Alford	36	F	LM	29	North Norfolk Beach Runners - Team A	16	0:36:33	0:06:39	73.8%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
135	Louise Hurr	50	F	LM	8	Norfolk Gazelles Dorcas	8	0:56:48	0:07:33	73.7%
136	Jim Hayes	71	M	MM	30	North Norfolk Beach Runners - Team B	1	2:20:21	0:08:36	73.7%
137	Sarah Shephard	24	F	LS	19	Paddock Wood AC	6	0:52:54	0:06:42	73.7%
138	Istvan Jacso	38	M	MS	45	Cambridge & Coleridge AC - Team A	17	1:13:30	0:06:16	73.7%
139	Colin Tricker	36	M	MS	19	Paddock Wood AC	12	2:04:58	0:06:21	73.6%
140	Kevin Shelton-Smith	57	M	MM	16	Bedford Harriers	4	1:21:28	0:07:19	73.6%
141	Andrew Thompson	58	M	MM	53	Ely Runners - Team B	7	1:07:35	0:07:19	73.5%
142	Mike Kendal	46	M	MM	27	Riverside Runners	2	1:34:39	0:06:44	73.5%
143	Mark Pople	26	M	MS	47	Stamford Striders	8	0:44:44	0:05:57	73.4%
144	Joe Holland	20	M	MJ	19	Paddock Wood AC	11	1:17:14	0:06:12	73.4%
145	Bart Hommels	44	M	MM	45	Cambridge & Coleridge AC - Team A	13	1:27:44	0:06:37	73.4%
146	Nicky Dowson	52	F	LM	58	Norwich Road Runners - Mixed	14	0:56:35	0:07:47	73.4%
147	Tony Aldborough	46	M	MM	23	Coltishall Jaguars - Mixed	13	1:29:13	0:06:44	73.3%
148	Alicia Lacey	24	F	LS	31	Norwich Road Runners - Ladies	8	0:50:26	0:06:42	73.3%
149	Lisa Oakley	41	F	LM	29	North Norfolk Beach Runners - Team A	14	0:50:45	0:06:59	73.2%
150	Mark Burgess	29	M	MS	38	City of Norwich AC - Team A	17	1:11:49	0:06:07	73.2%
151	Lee Tatum	36	M	MS	12	Ely Runners - Team A	11	1:17:33	0:06:14	73.2%
152	Jason Mann	51	M	MM	12	Ely Runners - Team A	14	0:49:42	0:06:50	73.2%
153	Christopher Parker	35	M	MS	29	North Norfolk Beach Runners - Team A	9	1:45:10	0:06:20	73.1%
154	Byan Rootes	49	M	MM	21	Haverhill Running Club	14	0:48:57	0:06:44	73.1%
155	Neil Stapleton	45	M	MM	15	Ryston Runners - Masters	16	0:35:22	0:06:27	73.1%
156	Graham Watering	44	M	MM	33	Norwich Road Runners - Masters	8	0:48:52	0:06:30	73.1%
157	Stephen Gibbs	37	M	MS	32	Norwich Road Runners - Open	11	1:18:13	0:06:17	73.0%
158	Pauline Green	54	F	LM	18	Newmarket Joggers	7	1:14:39	0:08:05	73.0%
159	Todd Lake	53	M	MM	34	Dereham - Club	1	1:58:52	0:07:17	73.0%
160	Sam Coyne	23	M	MS	25	Bure Valley Harriers	10	1:53:16	0:06:15	72.8%
161	Carol Devlin	52	F	LM	34	Dereham - Club	5	1:25:55	0:07:57	72.8%
162	Charlotte Neale	31	F	LS	29	North Norfolk Beach Runners - Team A	6	0:53:35	0:06:47	72.8%
163	Stephen Howard	53	M	MM	12	Ely Runners - Team A	3	0:39:51	0:06:55	72.8%
164	Geraldine Clarke	48	F	LM	56	Framlingham Flyers	9	2:10:22	0:07:51	72.8%
165	Neil Walpole	47	M	MM	32	Norwich Road Runners - Open	16	0:36:04	0:06:34	72.8%
166	Richard Harbon	55	M	MM	61	North Herts Road Runners	15	1:16:39	0:07:14	72.8%
167	Richard Johnson	41	M	MM	49	Wymondham AC - Open	17	1:16:10	0:06:30	72.8%
168	Jo Summer	52	F	LM	61	North Herts Road Runners	12	2:44:11	0:08:21	72.7%
169	Andrew Cole	49	M	MM	26	March AC	15	1:12:53	0:06:53	72.7%
170	Nick Eley	59	M	MM	24	Coltishall Jaguars - Open	11	1:34:28	0:07:35	72.7%
171	Andy Clark	49	M	MM	36	Great Yarmouth Road Runners - Open	15	1:12:54	0:06:53	72.7%
172	Ruth Steele	50	F	LM	31	Norwich Road Runners - Ladies	9	2:13:56	0:08:04	72.6%
173	Gavin Stokes	56	M	MM	28	Ramsey Road Runners	9	2:05:23	0:07:33	72.6%
174	Louise Juby	37	F	LM	34	Dereham - Club	9	1:58:38	0:07:09	72.6%
175	Adie Grand	52	M	MM	33	Norwich Road Runners - Masters	3	0:39:40	0:06:53	72.6%
176	Glen Dunham	52	M	MM	39	City of Norwich AC - Team B	13	1:34:56	0:07:10	72.5%
177	Neil Adams	40	M	MM	29	North Norfolk Beach Runners - Team A	2	1:31:26	0:06:30	72.5%
178	Mick Stacey	56	M	MM	26	March AC	2	1:44:41	0:07:27	72.5%
179	Karl Sherry	55	M	MM	33	Norwich Road Runners - Masters	5	1:18:51	0:07:18	72.5%
180	Richard Dolman	54	M	MM	4	Thetford AC	11	1:30:37	0:07:17	72.4%
181	Katie Harbon	22	F	LS	61	North Herts Road Runners	9	1:56:31	0:07:01	72.4%
182	Paul Veitch	45	M	MM	45	Cambridge & Coleridge AC - Team A	10	2:02:38	0:06:46	72.4%
183	Mark Watts	53	M	MM	54	Saint Edmund Pacers - Team B	4	1:19:57	0:07:11	72.4%
184	John Bone	71	M	MM	36	Great Yarmouth Road Runners - Open	7	1:17:52	0:08:26	72.4%
185	Lynton Battrick	42	M	MM	29	North Norfolk Beach Runners - Team A	17	1:17:10	0:06:35	72.4%
186	Greg Spellman	51	M	MM	60	Wellingborough & District AC - Team 2	1	1:57:48	0:07:13	72.4%
187	Russell Casey	40	M	MM	17	Garden City Runners	17	1:15:59	0:06:29	72.4%
188	Claire Hoblyn	53	F	LM	22	Saint Edmund Pacers - Team A	1	2:16:57	0:08:23	72.3%
189	Gary Warren	48	M	MM	51	Metros RC	10	2:06:00	0:06:57	72.3%
190	Darren Hire	42	M	MM	57	Thorney Running Club	13	1:27:37	0:06:37	72.3%
191	Jane Greenwood	62	F	LM	43	Fenland Running Club - Ladies	2	2:11:04	0:09:19	72.3%
192	Malcolm Pritchard	46	M	MM	27	Riverside Runners	9	1:55:23	0:06:57	72.2%
193	Chris Chorley	54	M	MM	7	Bungay Black Dog Running Club	15	1:16:32	0:07:14	72.2%
194	Gary Evans	17	M	MJ	27	Riverside Runners	3	0:35:56	0:06:14	72.2%
195	Melvyn Porter	50	M	MM	23	Coltishall Jaguars - Mixed	17	1:22:38	0:07:03	72.1%
196	Linda Aird	59	F	LM	61	North Herts Road Runners	7	1:20:48	0:08:45	72.1%
197	Andrew Brett	36	M	MS	28	Ramsey Road Runners	7	0:57:41	0:06:15	72.1%
198	Juliet Naylor	45	F	LM	3	Biggleswade AC	3	0:41:45	0:07:15	72.0%
199	Ruth Gaunt	50	F	LM	31	Norwich Road Runners - Ladies	14	0:56:13	0:07:44	72.0%
200	Peter Woods	46	M	MM	40	City of Norwich AC - Team C	9	1:55:53	0:06:59	71.9%
201	Mark Hayward	35	M	MS	18	Newmarket Joggers	10	1:55:01	0:06:21	71.9%
202	Dave Ledward	50	M	MM	33	Norwich Road Runners - Masters	11	1:28:14	0:07:05	71.9%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
203	Alastair Hodges	38	M	MS	45	Cambridge & Coleridge AC - Team A	2	1:30:49	0:06:28	71.8%
204	Laura Dixon	32	F	LS	35	Dereham - Open	15	1:13:39	0:06:57	71.8%
205	Glyn Smith	71	M	MM	46	Cambridge and Coleridge AC - Team B	17	1:41:01	0:08:37	71.8%
206	Debbie Schwarz	47	F	LM	42	West Norfolk AC	8	0:56:22	0:07:30	71.8%
207	Lorrain Dawson	58	F	LM	37	Great Yarmouth Road Runners - Ladies	8	1:04:46	0:08:37	71.8%
208	Sam O'Neil	28	M	MS	10	Headington Road Runners	10	1:55:00	0:06:21	71.7%
209	Wendy Hughes	57	F	LM	20	Stowmarket Striders Running Club	8	1:03:55	0:08:30	71.7%
210	Kevin Howlett	60	M	MM	15	Ryston Runners - Masters	4	1:25:55	0:07:43	71.7%
211	Sarah Griffiths	25	F	LS	38	City of Norwich AC - Team A	3	0:39:08	0:06:48	71.6%
212	Mike Boxhall	42	M	MM	26	March AC	17	1:18:00	0:06:39	71.6%
213	Neil White	46	M	MM	45	Cambridge & Coleridge AC - Team A	4	1:16:13	0:06:51	71.6%
214	Kieren Drane	35	M	MS	12	Ely Runners - Team A	12	2:08:05	0:06:31	71.6%
215	Simon Dobbs	52	M	MM	33	Norwich Road Runners - Masters	4	1:20:11	0:07:12	71.6%
216	Joanna Davies	30	F	LS	45	Cambridge & Coleridge AC - Team A	8	0:51:42	0:06:53	71.5%
217	Gary Grand	55	M	MM	58	Norwich Road Runners - Mixed	2	1:45:07	0:07:29	71.5%
218	Susan Matthews	38	F	LM	13	Ryston Runners - Ladies	1	1:58:42	0:07:16	71.5%
219	Robert Simmonds	32	M	MS	14	Ryston Runners - Open	13	1:23:51	0:06:20	71.4%
220	Ben Rivett	30	M	MS	49	Wymondham AC - Open	11	1:18:29	0:06:18	71.4%
221	James O'Neill	37	M	MS	14	Ryston Runners - Open	5	1:09:09	0:06:24	71.4%
222	Neil Pollard	39	M	MS	18	Newmarket Joggers	12	2:11:25	0:06:41	71.3%
223	Will Longworth	25	M	MS	35	Dereham - Open	1	1:45:14	0:06:27	71.3%
224	Richard Hill	40	M	MM	12	Ely Runners - Team A	7	1:00:03	0:06:30	71.3%
225	Niki Park	52	F	LM	31	Norwich Road Runners - Ladies	17	1:35:36	0:08:09	71.3%
226	Rob Moir	52	M	MM	27	Riverside Runners	11	1:30:32	0:07:16	71.2%
227	Andrew Dormer	50	M	MM	36	Great Yarmouth Road Runners - Open	12	2:24:21	0:07:20	71.2%
228	Sue Foot	64	F	LM	61	North Herts Road Runners	11	2:00:12	0:09:39	71.2%
229	Adam Matthews	22	M	MS	14	Ryston Runners - Open	15	1:06:23	0:06:16	71.0%
230	Alan Griffiths	49	M	MM	59	Wellingborough & District AC - Team 1	14	0:50:23	0:06:56	71.0%
231	Wendy Smith	55	F	LM	58	Norwich Road Runners - Mixed	8	1:02:53	0:08:22	71.0%
232	Darren Neale	39	M	MS	29	North Norfolk Beach Runners - Team A	11	1:21:45	0:06:34	70.9%
233	Christopher Moore	56	M	MM	8	Norfolk Gazelles Dorcas	12	2:33:07	0:07:47	70.8%
234	Amanda Martin	51	F	LM	54	Saint Edmund Pacers - Team B	7	1:14:04	0:08:01	70.8%
235	Ian Jermy	42	M	MM	25	Bure Valley Harriers	7	1:01:29	0:06:39	70.7%
236	Tom Richards	50	M	MM	1	Fenland Running Club - Open	6	0:55:38	0:07:03	70.7%
237	Jason Allard	43	M	MM	20	Stowmarket Striders Running Club	2	1:36:01	0:06:50	70.7%
238	Ben Letzer	39	M	MS	23	Coltishall Jaguars - Mixed	12	2:12:40	0:06:45	70.7%
239	Helen Wass	52	F	LM	18	Newmarket Joggers	8	1:00:46	0:08:05	70.7%
240	Neil Button	48	M	MM	24	Coltishall Jaguars - Open	13	1:34:09	0:07:06	70.7%
241	Russell Clarke	59	M	MM	11	Tri-Anglia Triathlon Club	1	2:09:47	0:07:57	70.6%
242	Dan Pratt	39	M	MS	14	Ryston Runners - Open	8	0:48:39	0:06:28	70.6%
243	Sarah Swaney	38	F	LM	5	Pink & Blacks	11	1:30:27	0:07:16	70.6%
244	Paul Griffin	52	M	MM	1	Fenland Running Club - Open	8	0:53:58	0:07:11	70.5%
245	Wayne Balmer	39	M	MS	19	Paddock Wood AC	17	1:17:21	0:06:36	70.5%
246	Emma Blake	40	F	LM	23	Coltishall Jaguars - Mixed	14	0:52:22	0:07:12	70.5%
247	Nicola Baker	49	F	LM	37	Great Yarmouth Road Runners - Ladies	13	1:45:29	0:07:58	70.5%
248	David Rossiter	49	M	MM	10	Headington Road Runners	11	1:29:12	0:07:10	70.5%
249	Andre Pittock	51	M	MM	1	Fenland Running Club - Open	17	1:25:20	0:07:16	70.5%
250	Anna Coulborn	55	F	LM	37	Great Yarmouth Road Runners - Ladies	14	1:01:16	0:08:26	70.4%
251	David Aldis	67	M	MM	40	City of Norwich AC - Team C	10	2:34:39	0:08:32	70.4%
252	Paul Davies	25	M	MS	17	Garden City Runners	12	2:09:56	0:06:36	70.4%
253	Matthew Stone	46	M	MM	25	Bure Valley Harriers	11	1:27:07	0:07:00	70.4%
254	Darren Matussa	40	M	MM	61	North Herts Road Runners	17	1:18:08	0:06:40	70.4%
255	Alex Smith	42	F	LM	50	Wymondham AC - Ladies	17	1:27:22	0:07:27	70.3%
256	Mark Solway	49	M	MM	39	City of Norwich AC - Team B	1	1:59:13	0:07:18	70.3%
257	Tim Sexton	46	M	MM	9	Norfolk Gazelles Chinkara	10	2:07:28	0:07:02	70.3%
258	Chris Cooke	56	M	MM	22	Saint Edmund Pacers - Team A	3	0:42:21	0:07:21	70.3%
259	Philip Cooper	57	M	MM	48	Reepham Runners - Masters	12	2:35:56	0:07:56	70.2%
260	Nicola Lambert-John	34	F	LS	23	Coltishall Jaguars - Mixed	7	1:05:35	0:07:06	70.2%
261	Maire Irlam	52	F	LM	43	Fenland Running Club - Ladies	12	2:50:04	0:08:39	70.2%
262	Matt Frary	44	M	MM	33	Norwich Road Runners - Masters	7	1:03:00	0:06:49	70.1%
263	Robin Webb	33	M	MS	12	Ely Runners - Team A	1	1:47:03	0:06:34	70.1%
264	Lewis Saunders	27	M	MS	1	Fenland Running Club - Open	7	0:58:11	0:06:18	70.1%
265	Paul Evans	54	M	MM	48	Reepham Runners - Masters	4	1:23:14	0:07:28	70.1%
266	Adrian Goode	53	M	MM	6	Felixstowe Road Runners	16	0:39:18	0:07:10	70.1%
267	Amy Chapman	26	F	LS	13	Ryston Runners - Ladies	8	0:52:45	0:07:01	70.1%
268	Stu Barnard	41	M	MM	49	Wymondham AC - Open	4	1:14:49	0:06:43	70.1%
269	Stephen Moseley	51	M	MM	58	Norwich Road Runners - Mixed	12	2:28:05	0:07:32	70.0%
270	Paul Slater	47	M	MM	19	Paddock Wood AC	1	1:57:49	0:07:13	69.9%

Ran k	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
271	Kevin Lewis	56	M	MM	60	Wellingborough & District AC - Team 2	14	0:54:16	0:07:28	69.9%
272	James Ridger	38	M	MS	19	Paddock Wood AC	7	1:00:22	0:06:32	69.9%
273	Paul Cooke	40	M	MM	3	Biggleswade AC	2	1:34:54	0:06:45	69.8%
274	Jo Stephenson	52	F	LM	20	Stowmarket Striders Running Club	12	2:50:58	0:08:42	69.8%
275	Vicky Tovell	45	F	LM	23	Coltishall Jaguars - Mixed	6	0:59:55	0:07:35	69.8%
276	Maija Kozlova	33	F	LS	46	Cambridge and Coleridge AC - Team B	11	1:30:00	0:07:14	69.7%
277	Brian Titchiner	55	M	MM	34	Dereham - Club	7	1:09:29	0:07:31	69.7%
278	Rosemary Jackson	63	F	LM	23	Coltishall Jaguars - Mixed	3	0:54:19	0:09:26	69.6%
279	Rod Sinnott	50	M	MM	1	Fenland Running Club - Open	1	2:01:21	0:07:26	69.6%
280	John Hopgood	38	M	MS	14	Ryston Runners - Open	3	0:37:05	0:06:26	69.6%
281	Steve Mckeown	48	M	MM	61	North Herts Road Runners	4	1:19:40	0:07:09	69.6%
282	Adrian Dyde	59	M	MM	30	North Norfolk Beach Runners - Team B	13	1:45:22	0:07:57	69.6%
283	David Young	63	M	MM	51	Metros RC	7	1:14:47	0:08:06	69.6%
284	Mark Tinkler	59	M	MM	16	Bedford Harriers	10	2:24:42	0:07:59	69.5%
285	Neville Baker	63	M	MM	10	Headington Road Runners	1	2:17:00	0:08:24	69.5%
286	Steve Chivers	39	M	MS	19	Paddock Wood AC	9	1:53:16	0:06:49	69.5%
287	Ashley Hobbs	30	M	MS	32	Norwich Road Runners - Open	14	0:45:34	0:06:16	69.5%
288	Amy Beck	35	F	LM	31	Norwich Road Runners - Ladies	16	0:38:42	0:07:03	69.5%
289	Steve Brooke	49	M	MM	6	Felixstowe Road Runners	1	2:00:35	0:07:23	69.5%
290	Dave Tandy	47	M	MM	33	Norwich Road Runners - Masters	13	1:34:59	0:07:10	69.5%
291	Ed Foster	20	M	MJ	39	City of Norwich AC - Team B	7	0:59:26	0:06:26	69.4%
292	Elizabeth Daly	34	F	LS	34	Dereham - Club	2	1:42:40	0:07:18	69.4%
293	Dawn Marshall	55	F	LM	22	Saint Edmund Pacers - Team A	15	1:31:52	0:08:40	69.4%
294	Graham Beales	40	M	MM	49	Wymondham AC - Open	6	0:52:28	0:06:38	69.3%
295	Paul Smith	42	M	MM	33	Norwich Road Runners - Masters	17	1:20:36	0:06:52	69.3%
296	Marie-Anne Fischer	56	F	LM	10	Headington Road Runners	15	1:33:12	0:08:48	69.3%
297	Sue Ilsley	56	F	LM	30	North Norfolk Beach Runners - Team B	8	1:05:19	0:08:41	69.3%
298	Vicky Quantrill	43	F	LM	37	Great Yarmouth Road Runners - Ladies	12	2:34:48	0:07:52	69.2%
299	Martin Stringfellow	44	M	MM	49	Wymondham AC - Open	2	1:38:51	0:07:02	69.2%
300	Nicos Symeou	62	M	MM	36	Great Yarmouth Road Runners - Open	14	0:57:46	0:07:57	69.2%
301	Chris Langton	51	M	MM	40	City of Norwich AC - Team C	3	0:41:15	0:07:10	69.2%
302	Emma Jordan	46	F	LM	24	Coltishall Jaguars - Open	8	0:57:54	0:07:42	69.2%
303	Rhys Davies	42	M	MM	26	March AC	16	0:36:31	0:06:39	69.2%
304	Tom Bamford	32	M	MS	40	City of Norwich AC - Team C	17	1:16:11	0:06:30	69.1%
305	Nic Holden	42	F	LM	23	Coltishall Jaguars - Mixed	15	1:19:57	0:07:33	69.1%
306	Robert Hughes	54	M	MM	22	Saint Edmund Pacers - Team A	10	2:19:00	0:07:40	69.1%
307	Phil Bamford	65	M	MM	40	City of Norwich AC - Team C	2	1:59:33	0:08:30	69.1%
308	Charlotte Beavitt	31	F	LS	55	Old Greshamians - Team 2	11	1:30:34	0:07:16	69.0%
309	Ben Churchman	33	M	MS	62	RAF Marham	17	1:16:26	0:06:31	69.0%
310	Justin Elvidge	46	M	MM	26	March AC	11	1:28:50	0:07:08	69.0%
311	Mark Storey	52	M	MM	39	City of Norwich AC - Team B	2	1:46:06	0:07:33	69.0%
312	Sam Russell	29	M	MS	49	Wymondham AC - Open	13	1:26:45	0:06:33	69.0%
313	Oliver Last	50	M	MM	41	Bishops Stortford Running Club	9	2:05:04	0:07:32	69.0%
314	Darren Sunter	36	M	MS	61	North Herts Road Runners	1	1:49:46	0:06:44	68.9%
315	Justin Showell	48	M	MM	26	March AC	13	1:36:39	0:07:18	68.8%
316	Martin Adcock	49	M	MM	25	Bure Valley Harriers	17	1:25:53	0:07:19	68.8%
317	Harry Allcock	15	M	MJ	7	Bungay Black Dog Running Club	3	0:38:51	0:06:45	68.8%
318	Pauline Drewery	48	F	LM	13	Ryston Runners - Ladies	10	2:30:33	0:08:18	68.8%
319	Nicky Jennings	45	F	LM	43	Fenland Running Club - Ladies	13	1:43:42	0:07:50	68.8%
320	Stephen Ashurst	54	M	MM	28	Ramsey Road Runners	12	2:34:52	0:07:52	68.8%
321	Chris Harrison	35	M	MS	32	Norwich Road Runners - Open	3	0:36:48	0:06:23	68.8%
322	Simon Denn	39	M	MS	44	Old Greshamians - Team 1	9	1:54:33	0:06:54	68.7%
323	Susie Towing	55	F	LM	2	Reepham Runners - Mixed	7	1:20:21	0:08:42	68.7%
324	Laura Douse	34	F	LS	19	Paddock Wood AC	14	0:52:25	0:07:13	68.6%
325	Ross Payne	22	M	MS	12	Ely Runners - Team A	4	1:12:34	0:06:31	68.6%
326	Sally Knight	43	F	LM	16	Bedford Harriers	11	1:36:04	0:07:43	68.6%
327	Rachel Robson	54	F	LM	30	North Norfolk Beach Runners - Team B	16	0:46:16	0:08:26	68.6%
328	Dave Solomon	50	M	MM	6	Felixstowe Road Runners	17	1:26:59	0:07:25	68.5%
329	Dave Burgess	45	M	MM	26	March AC	5	1:16:39	0:07:05	68.5%
330	Emma Potter-Campbell	47	F	LM	35	Dereham - Open	2	1:53:37	0:08:05	68.5%
331	David Haughton	46	M	MM	32	Norwich Road Runners - Open	6	0:55:39	0:07:03	68.5%
332	Ben Cook	36	M	MS	12	Ely Runners - Team A	6	0:51:37	0:06:32	68.4%
333	Jon Brooker	52	M	MM	18	Newmarket Joggers	1	2:05:46	0:07:42	68.4%
334	Frazer Heasman	24	M	MS	25	Bure Valley Harriers	15	1:08:57	0:06:31	68.3%
335	Vince Butler	48	M	MM	11	Tri-Anglia Triathlon Club	9	2:04:03	0:07:28	68.3%
336	Karen Dodsworth	57	F	LM	61	North Herts Road Runners	16	0:48:22	0:08:49	68.3%
337	Sarah Taylor	52	F	LM	13	Ryston Runners - Ladies	17	1:39:48	0:08:30	68.3%
338	Lorena Latisaite	29	F	LS	13	Ryston Runners - Ladies	13	1:37:28	0:07:21	68.2%

Ran k	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
339	Jo Anverali	48	F	LM	37	Great Yarmouth Road Runners - Ladies	11	1:41:21	0:08:08	68.2%
340	Sam Barker	22	M	MS	49	Wymondham AC - Open	14	0:46:25	0:06:23	68.2%
341	Neil Tween	33	M	MS	46	Cambridge and Coleridge AC - Team B	12	2:14:15	0:06:50	68.1%
342	Phil Cawston	51	M	MM	54	Saint Edmund Pacers - Team B	14	0:53:23	0:07:21	68.1%
343	Lukas Bates	29	M	MS	19	Paddock Wood AC	13	1:27:52	0:06:38	68.1%
344	Guzel Sari	36	M	MS	34	Dereham - Club	13	1:28:58	0:06:43	68.1%
345	Steve Edwards	53	M	MM	18	Newmarket Joggers	14	0:54:18	0:07:28	68.1%
346	Vicky Berry	54	F	LM	3	Biggleswade AC	16	0:46:36	0:08:29	68.1%
347	Richard Dade	48	M	MM	48	Reepham Runners - Masters	1	2:02:00	0:07:29	68.1%
348	Darren Shephard	46	M	MM	56	Framlingham Flyers	1	1:59:58	0:07:21	68.1%
349	Guy Shearwood	59	M	MM	58	Norwich Road Runners - Mixed	1	2:14:44	0:08:15	68.0%
350	Mark Sargeantson	64	M	MM	56	Framlingham Flyers	8	1:02:11	0:08:16	68.0%
351	Peter Harvey	32	M	MS	49	Wymondham AC - Open	1	1:50:24	0:06:46	68.0%
352	Mark Salmons	42	M	MM	26	March AC	7	1:03:59	0:06:55	68.0%
353	Roger Stone	49	M	MM	6	Felixstowe Road Runners	13	1:38:44	0:07:27	68.0%
354	Christopher Shearwooc	54	M	MM	51	Metros RC	1	2:08:50	0:07:54	68.0%
355	Rowena Leary	32	F	LS	8	Norfolk Gazelles Dorcas	4	1:21:59	0:07:22	67.9%
356	Grainne Brennan	27	F	LS	18	Newmarket Joggers	17	1:26:27	0:07:22	67.8%
357	Steve Sadd	58	M	MM	9	Norfolk Gazelles Chinkara	2	1:53:54	0:08:06	67.8%
358	Rob Pope	30	M	MS	12	Ely Runners - Team A	8	0:48:29	0:06:27	67.8%
359	Simon King	59	M	MM	16	Bedford Harriers	12	2:44:38	0:08:22	67.8%
360	Sarah Peachey	33	F	LS	50	Wymondham AC - Ladies	2	1:44:55	0:07:28	67.8%
361	Karen Patterson	46	F	LM	26	March AC	4	1:28:45	0:07:58	67.8%
362	Steve Owen	60	M	MM	2	Reepham Runners - Mixed	13	1:49:14	0:08:15	67.7%
363	Anna Kirkham	34	F	LS	31	Norwich Road Runners - Ladies	6	0:57:56	0:07:20	67.7%
364	Nick Sinnott	45	M	MM	59	Wellingborough & District AC - Team 1	9	2:02:06	0:07:21	67.7%
365	Chris Rose	42	M	MM	1	Fenland Running Club - Open	13	1:33:34	0:07:04	67.7%
366	Lorraine Marshall	50	F	LM	25	Bure Valley Harriers	3	0:46:55	0:08:09	67.7%
367	Tobias Arnup	61	M	MM	9	Norfolk Gazelles Chinkara	7	1:15:30	0:08:10	67.6%
368	Zoe Jones	43	F	LM	50	Wymondham AC - Ladies	9	2:12:51	0:08:00	67.6%
369	Zac Mace	43	M	MM	23	Coltishall Jaguars - Mixed	9	2:00:19	0:07:15	67.6%
370	Tim Larke	44	M	MM	20	Stowmarket Striders Running Club	4	1:19:27	0:07:08	67.6%
371	Joe Bickel	21	M	MS	49	Wymondham AC - Open	8	0:48:48	0:06:29	67.6%
372	Trevor Bunch	43	M	MM	21	Haverhill Running Club	11	1:28:36	0:07:07	67.5%
373	Gary Penn	41	M	MM	40	City of Norwich AC - Team C	14	0:49:45	0:06:51	67.5%
374	Peter Bird	43	M	MM	22	Saint Edmund Pacers - Team A	7	1:04:56	0:07:02	67.5%
375	Paul Marriage	45	M	MM	44	Old Greshamians - Team 1	13	1:36:08	0:07:15	67.5%
376	Paul Huckle	29	M	MS	59	Wellingborough & District AC - Team 1	11	1:23:00	0:06:40	67.5%
377	Cassie Barker	42	F	LM	50	Wymondham AC - Ladies	13	1:43:10	0:07:47	67.5%
378	Vikki Harper	43	F	LM	23	Coltishall Jaguars - Mixed	16	0:41:40	0:07:35	67.4%
379	Eloise Bird	49	F	LM	22	Saint Edmund Pacers - Team A	8	1:01:23	0:08:10	67.4%
380	Phil Whiting	43	M	MM	8	Norfolk Gazelles Dorcas	17	1:23:33	0:07:07	67.4%
381	Michelle Brett	34	F	LS	28	Ramsey Road Runners	10	2:17:04	0:07:34	67.3%
382	Graham Anderson	35	M	MS	45	Cambridge & Coleridge AC - Team A	5	1:12:27	0:06:42	67.3%
383	Sarah Stubbs	42	F	LM	39	City of Norwich AC - Team B	11	1:37:07	0:07:48	67.3%
384	Sam Kingston	49	M	MM	44	Old Greshamians - Team 1	12	2:31:26	0:07:42	67.3%
385	Andrew Simmonds	36	M	MS	14	Ryston Runners - Open	4	1:15:09	0:06:45	67.3%
386	Paul Taylor	51	M	MM	24	Coltishall Jaguars - Open	9	2:09:26	0:07:48	67.2%
387	Catherine Henery	53	F	LM	31	Norwich Road Runners - Ladies	2	2:04:36	0:08:52	67.2%
388	Richard Dye	56	M	MM	7	Bungay Black Dog Running Club	17	1:33:26	0:07:58	67.2%
389	Ben Jacobs	41	M	MM	6	Felixstowe Road Runners	12	2:21:46	0:07:12	67.2%
390	Tina Codling	56	F	LM	27	Riverside Runners	14	1:05:06	0:08:57	67.2%
391	Alex French	41	F	LM	39	City of Norwich AC - Team B	6	1:00:20	0:07:38	67.2%
392	Kirk Bagge	33	M	MS	49	Wymondham AC - Open	10	2:02:49	0:06:46	67.2%
393	Chris Edwards	57	M	MM	48	Reepham Runners - Masters	2	1:54:01	0:08:07	67.2%
394	Nick Gurney	26	M	MS	32	Norwich Road Runners - Open	8	0:48:54	0:06:30	67.2%
395	Ruth Gainsford	53	F	LM	24	Coltishall Jaguars - Open	16	0:46:40	0:08:30	67.1%
396	Marianne Defernez	48	F	LM	50	Wymondham AC - Ladies	1	2:18:33	0:08:29	67.1%
397	Ruth Eberhardt	44	F	LM	18	Newmarket Joggers	6	1:01:46	0:07:49	67.1%
398	Stuart Follen	43	M	MM	1	Fenland Running Club - Open	11	1:29:13	0:07:10	67.1%
399	Lacey Bareham	24	F	LS	34	Dereham - Club	8	0:55:08	0:07:20	67.1%
400	Wendy Fisher	52	F	LM	15	Ryston Runners - Masters	14	1:01:56	0:08:31	67.0%
401	Andy Mulligan	26	M	MS	23	Coltishall Jaguars - Mixed	2	1:35:06	0:06:46	67.0%
402	Jamie Seamark	45	M	MM	29	North Norfolk Beach Runners - Team A	5	1:18:22	0:07:15	67.0%
403	Julian Long	45	M	MM	22	Saint Edmund Pacers - Team A	4	1:20:46	0:07:15	67.0%
404	Rachel Pritchard	42	F	LM	45	Cambridge & Coleridge AC - Team A	3	0:43:49	0:07:36	67.0%
405	Adam Smart	35	M	MS	29	North Norfolk Beach Runners - Team A	13	1:30:07	0:06:48	66.9%
406	Emiley Smith	42	F	LM	11	Tri-Anglia Triathlon Club	16	0:41:40	0:07:35	66.9%

Ran k	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
407	Cameron Harris	23	M	MS	47	Stamford Striders	17	1:18:39	0:06:42	66.9%
408	Rob Casserley	45	M	MM	17	Garden City Runners	2	1:43:14	0:07:21	66.8%
409	Jo Isbill	52	F	LM	13	Ryston Runners - Ladies	5	1:33:37	0:08:40	66.8%
410	Nick Wells	53	M	MM	47	Stamford Striders	12	2:38:06	0:08:02	66.8%
411	Yusuf Firat	54	M	MM	21	Haverhill Running Club	1	2:11:08	0:08:02	66.8%
412	Roisin Marks	24	F	LS	31	Norwich Road Runners - Ladies	3	0:42:00	0:07:18	66.7%
413	Phil Brown	51	M	MM	22	Saint Edmund Pacers - Team A	11	1:35:49	0:07:42	66.7%
414	Peter Royle	48	M	MM	12	Ely Runners - Team A	13	1:39:42	0:07:31	66.7%
415	Juliette Watkinson	35	F	LM	50	Wyomondham AC - Ladies	6	0:59:00	0:07:28	66.7%
416	Les Rennie	63	M	MM	28	Ramsey Road Runners	6	1:06:00	0:08:21	66.7%
417	Matt Ironside	34	M	MS	41	Bishops Stortford Running Club	11	1:24:30	0:06:47	66.6%
418	Jess Behan	28	F	LS	31	Norwich Road Runners - Ladies	7	1:08:43	0:07:26	66.6%
419	Tim Rudd	49	M	MM	15	Ryston Runners - Masters	9	2:08:32	0:07:45	66.5%
420	Louis Fairfax	31	M	MS	26	March AC	14	0:47:41	0:06:34	66.5%
421	Daniel Grimwood	41	M	MM	19	Paddock Wood AC	4	1:18:52	0:07:05	66.5%
422	Tina Plumley	46	F	LM	4	Thetford AC	7	1:14:32	0:08:04	66.5%
423	Mel Rittimut-Mak	45	F	LM	22	Saint Edmund Pacers - Team A	14	0:57:43	0:07:56	66.5%
424	Chris Mower	42	M	MM	54	Saint Edmund Pacers - Team B	10	2:10:23	0:07:11	66.4%
425	Simon Levy	36	M	MS	14	Ryston Runners - Open	16	0:36:23	0:06:38	66.4%
426	Tom Harris	29	M	MS	45	Cambridge & Coleridge AC - Team A	14	0:47:37	0:06:33	66.4%
427	Michael Falcone	32	M	MS	22	Saint Edmund Pacers - Team A	12	2:17:44	0:07:00	66.4%
428	Natalie Garrard	38	F	LM	42	West Norfolk AC	11	1:36:08	0:07:43	66.4%
429	Aaron Rowland	18	M	MJ	19	Paddock Wood AC	8	0:51:09	0:06:48	66.4%
430	Graham Hardingham	56	M	MM	9	Norfolk Gazelles Chinkara	15	1:24:47	0:08:00	66.4%
431	Leigh Nobes	39	M	MS	2	Reepham Runners - Mixed	9	1:58:43	0:07:09	66.3%
432	Sabine Schaefer	40	F	LM	4	Thetford AC	10	2:23:51	0:07:56	66.3%
433	Simon Able	46	M	MM	14	Ryston Runners - Open	2	1:45:05	0:07:28	66.2%
434	Mike Gooch	48	M	MM	60	Wellingborough & District AC - Team 2	17	1:28:35	0:07:33	66.2%
435	Barry Smith	52	M	MM	15	Ryston Runners - Masters	11	1:37:28	0:07:50	66.2%
436	Victoria Holden	36	F	LM	19	Paddock Wood AC	15	1:20:48	0:07:38	66.2%
437	David Philpot	57	M	MM	28	Ramsey Road Runners	15	1:25:49	0:08:06	66.2%
438	Lauren Thomas	35	F	LM	53	Ely Runners - Team B	14	0:54:34	0:07:30	66.1%
439	Martin Koenigsberger	48	M	MM	42	West Norfolk AC	2	1:47:02	0:07:37	66.1%
440	Dean Blake	43	M	MM	24	Coltishall Jaguars - Open	12	2:26:41	0:07:27	66.0%
441	Michael Howlett	32	M	MS	14	Ryston Runners - Open	7	1:01:59	0:06:42	66.0%
442	Stan Swanepole	53	M	MM	11	Tri-Anglia Triathlon Club	12	2:39:54	0:08:08	66.0%
443	John Stares	53	M	MM	30	North Norfolk Beach Runners - Team B	14	0:56:03	0:07:43	66.0%
444	Sam Thelwell	27	M	MS	9	Norfolk Gazelles Chinkara	11	1:24:57	0:06:49	66.0%
445	David Crosthwaite	49	M	MM	10	Headington Road Runners	7	1:09:46	0:07:33	65.9%
446	Ian Elden	43	M	MM	21	Haverhill Running Club	13	1:36:51	0:07:19	65.9%
447	Silje Hovstad	39	F	LM	39	City of Norwich AC - Team B	16	0:41:30	0:07:34	65.9%
448	Judy Prior	69	F	LM	16	Bedford Harriers	16	0:59:48	0:10:54	65.9%
449	Phillip Lister	62	M	MM	10	Headington Road Runners	12	2:54:20	0:08:52	65.9%
450	Ian Rodgers	51	M	MM	41	Bishops Stortford Running Club	12	2:37:26	0:08:00	65.9%
451	Catriona Scott	38	F	LM	10	Headington Road Runners	13	1:43:09	0:07:47	65.9%
452	Tom White	35	M	MS	54	Saint Edmund Pacers - Team B	13	1:31:35	0:06:55	65.8%
453	Andy Irvine	50	M	MM	46	Cambridge and Coleridge AC - Team B	8	0:56:53	0:07:34	65.8%
454	Alex Smith	19	M	MJ	21	Haverhill Running Club	9	1:59:15	0:07:11	65.8%
455	Carl Goose	31	M	MS	25	Bure Valley Harriers	2	1:36:51	0:06:53	65.8%
456	Andy Blake	59	M	MM	30	North Norfolk Beach Runners - Team B	9	2:22:16	0:08:34	65.8%
457	Karl Chapman	48	M	MM	49	Wyomondham AC - Open	5	1:21:50	0:07:34	65.8%
458	Rod Bye	56	M	MM	23	Coltishall Jaguars - Mixed	5	1:27:40	0:08:07	65.8%
459	Marianne Page	43	F	LM	8	Norfolk Gazelles Dorcas	15	1:24:40	0:08:00	65.8%
460	Mel Reed	34	F	LS	13	Ryston Runners - Ladies	9	2:09:21	0:07:48	65.7%
461	Flic Quinn	23	F	LS	29	North Norfolk Beach Runners - Team A	15	1:20:18	0:07:35	65.7%
462	Richard Agger	40	M	MM	1	Fenland Running Club - Open	15	1:14:59	0:07:05	65.7%
463	Lisa Owen	38	F	LM	31	Norwich Road Runners - Ladies	15	1:22:06	0:07:45	65.7%
464	Kim Reader	47	F	LM	50	Wyomondham AC - Ladies	16	0:44:22	0:08:05	65.7%
465	Mark Clues	50	M	MM	11	Tri-Anglia Triathlon Club	4	1:25:55	0:07:43	65.7%
466	Chris Allen	47	M	MM	41	Bishops Stortford Running Club	1	2:05:28	0:07:41	65.6%
467	Claire Rackham	45	F	LM	31	Norwich Road Runners - Ladies	11	1:42:07	0:08:12	65.6%
468	Ian Coxhead	50	M	MM	9	Norfolk Gazelles Chinkara	3	0:43:09	0:07:29	65.6%
469	Joanna Killingworth	41	F	LM	31	Norwich Road Runners - Ladies	1	2:11:53	0:08:05	65.6%
470	Kris Semple	49	M	MM	46	Cambridge and Coleridge AC - Team B	13	1:42:15	0:07:43	65.6%
471	Claudia Milburn	33	F	LS	43	Fenland Running Club - Ladies	7	1:10:05	0:07:35	65.5%
472	Astrid Mckeown	44	F	LM	61	North Herts Road Runners	5	1:27:34	0:08:06	65.4%
473	Craig Crofts	32	M	MS	57	Thorney Running Club	10	2:06:05	0:06:57	65.4%
474	Michael Paine	53	M	MM	17	Garden City Runners	11	1:39:28	0:07:59	65.4%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
475	Sabrina Norton	39	F	LM	7	Bungay Black Dog Running Club	7	1:11:51	0:07:47	65.4%
476	Louise Holland	45	F	LM	50	Wymondham AC - Ladies	14	0:58:40	0:08:04	65.4%
477	John Stott	48	M	MM	3	Biggleswade AC	12	2:34:36	0:07:52	65.3%
478	Anita Bullen	47	F	LM	30	North Norfolk Beach Runners - Team B	7	1:16:38	0:08:18	65.3%
479	Mark Alderson	42	M	MM	47	Stamford Striders	1	2:01:04	0:07:25	65.3%
480	Andy Rowles	55	M	MM	35	Dereham - Open	17	1:35:27	0:08:08	65.2%
481	Haydn Lyon	25	M	MS	39	City of Norwich AC - Team B	12	2:20:19	0:07:08	65.2%
482	Jon Wiles	45	M	MM	7	Bungay Black Dog Running Club	10	2:16:16	0:07:31	65.2%
483	Stephen Hatten	51	M	MM	22	Saint Edmund Pacers - Team A	13	1:44:45	0:07:54	65.2%
484	Alec Francis	26	M	MS	32	Norwich Road Runners - Open	1	1:55:17	0:07:04	65.1%
485	Charles Arnold	61	M	MM	3	Biggleswade AC	5	1:32:42	0:08:35	65.1%
486	Mark Keysall	39	M	MS	49	Wymondham AC - Open	16	0:37:57	0:06:55	65.1%
487	John Davis (The Shorte	64	M	MM	17	Garden City Runners	16	0:46:34	0:08:29	65.1%
488	Natalie Selby	34	F	LS	28	Ramsey Road Runners	14	0:55:19	0:07:37	65.0%
489	Nick Haworth	40	M	MM	3	Biggleswade AC	10	2:11:04	0:07:14	65.0%
490	Marcus Hawkins	44	M	MM	14	Ryston Runners - Open	1	2:03:32	0:07:34	65.0%
491	Steve Chalklen	33	M	MS	19	Paddock Wood AC	10	2:06:54	0:07:00	65.0%
492	Ben Snelling	46	M	MM	32	Norwich Road Runners - Open	15	1:19:31	0:07:31	65.0%
493	James Carass	30	M	MS	36	Great Yarmouth Road Runners - Open	17	1:20:56	0:06:54	65.0%
494	Alex Metcalfe	34	M	MS	12	Ely Runners - Team A	5	1:14:47	0:06:55	65.0%
495	Gary Stanley	62	M	MM	36	Great Yarmouth Road Runners - Open	4	1:36:37	0:08:40	65.0%
496	Ian Gooderham	50	M	MM	54	Saint Edmund Pacers - Team B	17	1:31:49	0:07:50	64.9%
497	Martin Horlock	43	M	MM	33	Norwich Road Runners - Masters	2	1:44:33	0:07:26	64.9%
498	Peter West	40	M	MM	26	March AC	3	0:40:23	0:07:01	64.9%
499	Natalie Morgan	41	F	LM	3	Biggleswade AC	17	1:33:59	0:08:01	64.9%
500	Chris Bullock	43	M	MM	32	Norwich Road Runners - Open	2	1:44:38	0:07:27	64.9%
501	Eddie Alford	30	M	MS	2	Reepham Runners - Mixed	15	1:12:39	0:06:52	64.9%
502	Tim Woods	55	M	MM	9	Norfolk Gazelles Chinkara	13	1:48:59	0:08:14	64.9%
503	Vinnie Purdy	41	M	MM	29	North Norfolk Beach Runners - Team A	1	2:00:52	0:07:24	64.8%
504	Martin Newton	39	M	MS	59	Wellingborough & District AC - Team 1	15	1:15:26	0:07:07	64.8%
505	Andy Cowling	60	M	MM	57	Thorney Running Club	4	1:35:04	0:08:32	64.8%
506	Lee Thompson	28	M	MS	12	Ely Runners - Team A	16	0:36:18	0:06:37	64.8%
507	Vince Webb	47	M	MM	54	Saint Edmund Pacers - Team B	12	2:34:37	0:07:52	64.8%
508	Stephen Ball	63	M	MM	41	Bishops Stortford Running Club	6	1:07:58	0:08:36	64.8%
509	Sarah Gauvin	46	F	LM	43	Fenland Running Club - Ladies	1	2:20:14	0:08:36	64.7%
510	Gordon Irvine	38	M	MS	12	Ely Runners - Team A	2	1:40:49	0:07:10	64.7%
511	David Prior	70	M	MM	16	Bedford Harriers	14	1:06:45	0:09:11	64.7%
512	Adrian Woods	45	M	MM	30	North Norfolk Beach Runners - Team B	11	1:34:04	0:07:33	64.7%
513	Craig Irving	37	M	MS	62	RAF Marham	15	1:14:30	0:07:02	64.6%
514	Mick Wise	63	M	MM	17	Garden City Runners	3	0:48:57	0:08:30	64.6%
515	Ian Mulcahy	56	M	MM	27	Riverside Runners	15	1:27:08	0:08:14	64.6%
516	Matt Kefford	48	M	MM	47	Stamford Striders	11	1:36:35	0:07:45	64.5%
517	Keith Moore	54	M	MM	35	Dereham - Open	3	0:45:20	0:07:52	64.5%
518	Paul Davies	48	M	MM	3	Biggleswade AC	1	2:08:43	0:07:53	64.5%
519	James Shiner	30	M	MS	27	Riverside Runners	5	1:14:50	0:06:55	64.5%
520	Stuart Overton	34	M	MS	61	North Herts Road Runners	10	2:07:57	0:07:03	64.5%
521	Simon Partridge	36	M	MS	25	Bure Valley Harriers	4	1:18:25	0:07:02	64.4%
522	Maisie Pritchard	17	F	LJ	27	Riverside Runners	8	0:58:43	0:07:48	64.4%
523	Barbara Sayers	45	F	LM	61	North Herts Road Runners	6	1:04:58	0:08:13	64.4%
524	Christine Ashe	56	F	LM	7	Bungay Black Dog Running Club	6	1:14:06	0:09:23	64.3%
525	Jason Brunt	44	M	MM	9	Norfolk Gazelles Chinkara	1	2:04:50	0:07:39	64.3%
526	Peter Bennet	53	M	MM	46	Cambridge and Coleridge AC - Team B	4	1:29:58	0:08:05	64.3%
527	Chris Capps	62	M	MM	16	Bedford Harriers	1	2:26:41	0:08:59	64.3%
528	Mark Goodwin	45	M	MM	6	Felixstowe Road Runners	7	1:09:16	0:07:30	64.3%
529	Harriet Griffiths	27	F	LS	10	Headington Road Runners	14	0:55:37	0:07:39	64.3%
530	Simon Bekker	42	M	MM	36	Great Yarmouth Road Runners - Open	2	1:44:50	0:07:27	64.2%
531	Nicky Sparkes	18	M	MJ	7	Bungay Black Dog Running Club	14	0:50:57	0:07:00	64.2%
532	Mark White	45	M	MM	21	Haverhill Running Club	4	1:24:20	0:07:34	64.2%
533	Jan Piotrowski	28	M	MS	17	Garden City Runners	13	1:33:15	0:07:02	64.2%
534	Jenni Egmore	50	F	LM	2	Reepham Runners - Mixed	14	1:03:07	0:08:41	64.2%
535	Nick Smith	34	M	MS	54	Saint Edmund Pacers - Team B	1	1:57:12	0:07:11	64.1%
536	Jason French	36	M	MS	60	Wellingborough & District AC - Team 2	12	2:23:26	0:07:18	64.1%
537	Ben Collison	35	M	MS	42	West Norfolk AC	1	1:57:30	0:07:12	64.1%
538	Julia Parsley	35	F	LM	39	City of Norwich AC - Team B	4	1:27:25	0:07:51	64.1%
539	Neil Harvey	57	M	MM	3	Biggleswade AC	15	1:28:34	0:08:22	64.1%
540	Nina Atkinson	43	F	LM	2	Reepham Runners - Mixed	4	1:31:24	0:08:12	64.1%
541	Jonathan Kemp	37	M	MS	32	Norwich Road Runners - Open	4	1:19:25	0:07:08	64.0%
542	Mark Lawrence	25	M	MS	41	Bishops Stortford Running Club	15	1:13:36	0:06:57	64.0%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
543	Jess Gooderham	20	F	LJ	54	Saint Edmund Pacers - Team B	9	2:11:57	0:07:57	64.0%
544	Nick Beavitt	32	M	MS	55	Old Greshamians - Team 2	12	2:22:58	0:07:16	64.0%
545	Chris Searle	25	M	MS	35	Dereham - Open	11	1:27:35	0:07:02	64.0%
546	Claire Hanratty	47	F	LM	10	Headington Road Runners	8	1:03:15	0:08:25	64.0%
547	Martin Heeley	41	M	MM	15	Ryston Runners - Masters	7	1:07:29	0:07:18	64.0%
548	Adele Bushell	50	F	LM	24	Coltishall Jaguars - Open	14	1:03:20	0:08:43	63.9%
549	Ian Grimwood	64	M	MM	3	Biggleswade AC	9	2:33:43	0:09:16	63.9%
550	Jamie Rule	32	M	MS	18	Newmarket Joggers	16	0:37:06	0:06:45	63.9%
551	Mike Hankinson	56	M	MM	54	Saint Edmund Pacers - Team B	6	1:04:49	0:08:12	63.8%
552	Barry Graves	59	M	MM	53	Ely Runners - Team B	5	1:32:49	0:08:35	63.8%
553	Russell Black	36	M	MS	5	Pink & Blacks	9	2:01:00	0:07:17	63.8%
554	Jo Delf	34	F	LS	50	Wyndham AC - Ladies	3	0:44:15	0:07:41	63.8%
555	John Chapman	49	M	MM	1	Fenland Running Club - Open	4	1:27:47	0:07:53	63.7%
556	Ray Lindsay	62	M	MM	58	Norwich Road Runners - Mixed	11	1:50:50	0:08:54	63.7%
557	Alan Routledge	54	M	MM	17	Garden City Runners	5	1:28:56	0:08:14	63.7%
558	Emma Jay	34	F	LS	8	Norfolk Gazelles Dorcas	6	1:01:38	0:07:48	63.7%
559	Helen Etherington	36	F	LM	59	Wellingborough & District AC - Team 1	12	2:40:16	0:08:09	63.6%
560	Ellie Gaskins	32	F	LS	23	Coltishall Jaguars - Mixed	4	1:27:30	0:07:51	63.6%
561	Lesley Robins	45	F	LM	13	Ryston Runners - Ladies	2	1:59:51	0:08:31	63.6%
562	David Asker	33	M	MS	11	Tri-Anglia Triathlon Club	13	1:34:17	0:07:07	63.6%
563	Penny Seeger	31	F	LS	13	Ryston Runners - Ladies	15	1:23:06	0:07:51	63.6%
564	Amy Southward	27	F	LS	53	Ely Runners - Team B	11	1:38:18	0:07:54	63.5%
565	Mark Louth	52	M	MM	57	Thorney Running Club	2	1:55:15	0:08:12	63.5%
566	Peter Nelson	42	M	MM	24	Coltishall Jaguars - Open	10	2:16:22	0:07:31	63.5%
567	Stacey Harper	39	F	LM	31	Norwich Road Runners - Ladies	4	1:29:49	0:08:04	63.5%
568	Chris Miles	37	M	MS	20	Stowmarket Striders Running Club	16	0:38:20	0:06:59	63.5%
569	Tony Jones	57	M	MM	16	Bedford Harriers	17	1:39:49	0:08:31	63.5%
570	Lydia Growsns	28	F	LS	13	Ryston Runners - Ladies	4	1:27:29	0:07:51	63.5%
571	Natasha Rout	31	F	LS	50	Wyndham AC - Ladies	10	2:24:29	0:07:58	63.5%
572	Martin Little	48	M	MM	20	Stowmarket Striders Running Club	11	1:38:15	0:07:53	63.5%
573	Neil Mustoe	47	M	MM	21	Haverhill Running Club	7	1:11:23	0:07:44	63.4%
574	Julian Trott	46	M	MM	48	Reepham Runners - Masters	14	0:55:05	0:07:35	63.4%
575	Elisabeth Sennitt-Clouç	42	F	LM	43	Fenland Running Club - Ladies	11	1:43:11	0:08:17	63.4%
576	Jo Godwin	44	F	LM	50	Wyndham AC - Ladies	12	2:50:51	0:08:41	63.4%
577	James Frary	40	M	MM	9	Norfolk Gazelles Chinkara	8	0:54:38	0:07:16	63.4%
578	Paul Dockerill	39	M	MS	18	Newmarket Joggers	11	1:31:38	0:07:22	63.3%
579	Ellie Stevens	38	F	LM	39	City of Norwich AC - Team B	17	1:34:52	0:08:05	63.2%
580	Gary Pillar	51	M	MM	36	Great Yarmouth Road Runners - Open	1	2:14:56	0:08:16	63.2%
581	Emma Wilcock	25	F	LS	23	Coltishall Jaguars - Mixed	8	0:58:32	0:07:47	63.2%
582	Martin Candish	34	M	MS	47	Stamford Striders	15	1:15:06	0:07:05	63.1%
583	Emma Greaves	44	F	LM	53	Ely Runners - Team B	12	2:51:28	0:08:43	63.1%
584	Tony Cante	57	M	MM	4	Thetford AC	4	1:34:58	0:08:31	63.1%
585	Andrew Baker	50	M	MM	36	Great Yarmouth Road Runners - Open	3	0:44:55	0:07:48	63.0%
586	Ed Sidgwick	28	M	MS	44	Old Greshamians - Team 1	4	1:18:56	0:07:05	63.0%
587	James Howlett	44	M	MM	56	Framlingham Flyers	15	1:20:41	0:07:37	63.0%
588	Ali Middleton	30	F	LS	31	Norwich Road Runners - Ladies	13	1:45:32	0:07:58	63.0%
589	Rosa Sampson Geroski	28	F	LS	46	Cambridge and Coleridge AC - Team B	15	1:23:46	0:07:55	63.0%
590	Tim Ellwood	49	M	MM	60	Wellingborough & District AC - Team 2	6	1:01:58	0:07:51	63.0%
591	Paul Rayner	56	M	MM	4	Thetford AC	2	2:00:30	0:08:34	63.0%
592	Deborah English	38	F	LM	31	Norwich Road Runners - Ladies	5	1:27:27	0:08:05	63.0%
593	Shirley Ball	63	F	LM	41	Bishops Stortford Running Club	5	1:55:31	0:10:41	62.9%
594	Katie Mack	35	F	LM	40	City of Norwich AC - Team C	7	1:13:25	0:07:57	62.9%
595	Alan Bushell	46	M	MM	24	Coltishall Jaguars - Open	1	2:09:49	0:07:57	62.9%
596	Pandora Buck	53	F	LM	37	Great Yarmouth Road Runners - Ladies	16	0:49:48	0:09:04	62.9%
597	Lee Oxbury	49	M	MM	9	Norfolk Gazelles Chinkara	6	1:02:03	0:07:51	62.9%
598	Justin Smith	47	M	MM	53	Ely Runners - Team B	17	1:32:28	0:07:53	62.9%
599	Caroline Houghton	43	F	LM	31	Norwich Road Runners - Ladies	12	2:50:28	0:08:40	62.9%
600	Paul Newell	52	M	MM	27	Riverside Runners	10	2:30:07	0:08:17	62.9%
601	Kay Boyden	32	F	LS	2	Reepham Runners - Mixed	11	1:39:38	0:08:00	62.8%
602	Cathy Russell	52	F	LM	18	Newmarket Joggers	3	0:51:51	0:09:00	62.8%
603	Simon Brightwell	52	M	MM	46	Cambridge and Coleridge AC - Team B	5	1:28:42	0:08:12	62.8%
604	Andrew Wade	53	M	MM	47	Stamford Striders	10	2:31:42	0:08:22	62.7%
605	Paul Ridley	50	M	MM	27	Riverside Runners	4	1:29:55	0:08:04	62.7%
606	Rebecca Cousins	28	F	LS	42	West Norfolk AC	5	1:25:53	0:07:57	62.7%
607	Neil Hewson	44	M	MM	28	Ramsey Road Runners	1	2:08:02	0:07:51	62.7%
608	Robin Ball	64	M	MM	47	Stamford Striders	9	2:36:37	0:09:26	62.7%
609	Lee Bryer	43	M	MM	48	Reepham Runners - Masters	9	2:09:40	0:07:49	62.7%
610	Lee Hale	46	M	MM	62	RAF Marham	10	2:22:53	0:07:53	62.7%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
611	Jason Stone	48	M	MM	15	Ryston Runners - Masters	5	1:25:54	0:07:57	62.7%
612	Matthew Crane	40	M	MM	25	Bure Valley Harriers	9	2:06:44	0:07:38	62.6%
613	Denise Griffin	53	F	LM	43	Fenland Running Club - Ladies	6	1:13:13	0:09:16	62.6%
614	Vhari King	39	F	LM	25	Bure Valley Harriers	6	1:03:57	0:08:06	62.6%
615	Ben Gaskins	32	M	MS	24	Coltishall Jaguars - Open	6	0:55:24	0:07:01	62.6%
616	Tomas Boza	36	M	MS	35	Dereham - Open	12	2:26:58	0:07:28	62.6%
617	David Sawyer	61	M	MM	10	Headington Road Runners	2	2:06:59	0:09:02	62.6%
618	Julz Williams	35	F	LM	31	Norwich Road Runners - Ladies	10	2:28:05	0:08:10	62.6%
619	David Saker	36	M	MS	44	Old Greshamians - Team 1	15	1:16:31	0:07:14	62.6%
620	Julia Norman	42	F	LM	13	Ryston Runners - Ladies	6	1:05:19	0:08:16	62.5%
621	Myles Duffield	44	M	MM	36	Great Yarmouth Road Runners - Open	11	1:36:38	0:07:46	62.4%
622	Alan Shand	62	M	MM	18	Newmarket Joggers	2	2:08:36	0:09:09	62.4%
623	Will Hall	40	M	MM	11	Tri-Anglia Triathlon Club	10	2:16:49	0:07:33	62.3%
624	Daniel Amps-Woodward	18	M	MJ	57	Thorney Running Club	14	0:52:30	0:07:13	62.3%
625	Andy Dennis	27	M	MS	47	Stamford Striders	4	1:19:54	0:07:10	62.3%
626	James Terry	44	M	MM	59	Wellingborough & District AC - Team 1	13	1:43:25	0:07:48	62.2%
627	Becky Garratt	39	F	LM	30	North Norfolk Beach Runners - Team B	17	1:36:52	0:08:15	62.2%
628	Stephen Balfe	36	M	MS	38	City of Norwich AC - Team A	5	1:18:54	0:07:18	62.2%
629	Andrew Coulthurst	39	M	MS	5	Pink & Blacks	8	0:55:21	0:07:22	62.1%
630	Paul Martin	40	M	MM	32	Norwich Road Runners - Open	5	1:21:19	0:07:31	62.1%
631	Graham Johnson	52	M	MM	23	Coltishall Jaguars - Mixed	1	2:18:40	0:08:30	62.0%
632	Isabelle Lemasson	35	F	LM	46	Cambridge and Coleridge AC - Team B	2	1:55:23	0:08:12	62.0%
633	Autumn Hales	22	F	LS	25	Bure Valley Harriers	16	0:42:59	0:07:50	61.9%
634	Craig Farr	42	M	MM	34	Dereham - Club	11	1:35:59	0:07:43	61.9%
635	Rebecca Maun	48	F	LM	30	North Norfolk Beach Runners - Team B	5	1:36:21	0:08:55	61.8%
636	Stew Kelly	41	M	MM	42	West Norfolk AC	9	2:09:23	0:07:48	61.8%
637	Tony Gooding	41	M	MM	21	Haverhill Running Club	12	2:34:14	0:07:50	61.8%
638	Chris Fadden	54	M	MM	16	Bedford Harriers	13	1:53:25	0:08:34	61.8%
639	Charlie Parr	26	M	MS	40	City of Norwich AC - Team C	11	1:30:44	0:07:17	61.7%
640	Julie Webster	48	F	LM	37	Great Yarmouth Road Runners - Ladies	15	1:34:33	0:08:56	61.7%
641	Katrina Wastenev	45	F	LM	42	West Norfolk AC	15	1:31:52	0:08:40	61.6%
642	Ed Fancourt	50	M	MM	47	Stamford Striders	5	1:28:48	0:08:13	61.6%
643	Nick Hudson	34	M	MS	24	Coltishall Jaguars - Open	17	1:25:52	0:07:19	61.6%
644	Graeme Leeson	46	M	MM	15	Ryston Runners - Masters	12	2:41:07	0:08:11	61.6%
645	Jared Bethell	34	M	MS	41	Bishops Stortford Running Club	2	1:43:45	0:07:23	61.6%
646	Sarmantha Collins-Shir	44	F	LM	53	Ely Runners - Team B	1	2:24:16	0:08:50	61.6%
647	Bob Grainer	37	M	MS	20	Stowmarket Striders Running Club	3	0:41:37	0:07:14	61.6%
648	Cliff Lear	52	M	MM	4	Thetford AC	13	1:51:47	0:08:26	61.6%
649	Caroline Brown	42	F	LM	53	Ely Runners - Team B	6	1:06:17	0:08:23	61.6%
650	Emily Haughan	38	F	LM	30	North Norfolk Beach Runners - Team B	10	2:32:53	0:08:26	61.5%
651	Stephen Lee	37	M	MS	34	Dereham - Club	12	2:30:18	0:07:38	61.5%
652	Glyn Manton	48	M	MM	58	Norwich Road Runners - Mixed	9	2:17:55	0:08:18	61.5%
653	James Nice	51	M	MM	35	Dereham - Open	4	1:32:36	0:08:19	61.4%
654	Neil Mattison	49	M	MM	59	Wellingborough & District AC - Team 1	10	2:29:38	0:08:15	61.4%
655	Charlotte Ennals	26	F	LS	29	North Norfolk Beach Runners - Team A	3	0:45:39	0:07:56	61.4%
656	Andrew Hood	35	M	MS	34	Dereham - Club	17	1:26:33	0:07:23	61.4%
657	Lee Carey	36	M	MS	26	March AC	10	2:15:10	0:07:27	61.4%
658	Dave Beighton	41	M	MM	22	Saint Edmund Pacers - Team A	9	2:10:20	0:07:51	61.4%
659	Sue Last	56	F	LM	41	Bishops Stortford Running Club	8	1:13:45	0:09:48	61.3%
660	Charles George	17	M	MJ	19	Paddock Wood AC	5	1:22:36	0:07:38	61.3%
661	Alex Rothwell	56	M	MM	16	Bedford Harriers	7	1:19:37	0:08:37	61.3%
662	Karen Neil	49	F	LM	55	Old Greshamians - Team 2	7	1:23:27	0:09:02	61.3%
663	James Beadle	39	M	MS	2	Reepham Runners - Mixed	12	2:32:59	0:07:47	61.3%
664	Gemma Rose	31	F	LS	43	Fenland Running Club - Ladies	15	1:26:13	0:08:08	61.3%
665	Charlie Stone	17	M	MJ	4	Thetford AC	17	1:30:06	0:07:41	61.2%
666	Ruth Palmer	41	F	LM	54	Saint Edmund Pacers - Team B	3	0:47:36	0:08:16	61.2%
667	Karen Martin	37	F	LM	21	Haverhill Running Club	10	2:32:46	0:08:26	61.2%
668	Alex Hewson	27	M	MS	44	Old Greshamians - Team 1	8	0:53:39	0:07:08	61.2%
669	Chris Cox	37	M	MS	55	Old Greshamians - Team 2	9	2:06:48	0:07:38	61.2%
670	Laura Ali	40	F	LM	56	Framlingham Flyers	7	1:17:14	0:08:22	61.2%
671	Shirley Fowler	53	F	LM	21	Haverhill Running Club	3	0:53:54	0:09:21	61.2%
672	John Gay	57	M	MM	30	North Norfolk Beach Runners - Team B	3	0:49:03	0:08:31	61.2%
673	Peter Gowing	49	M	MM	48	Reepham Runners - Masters	17	1:36:38	0:08:14	61.2%
674	Emma Evans	21	F	LS	27	Riverside Runners	17	1:35:55	0:08:11	61.1%
675	Simon Sparkes	44	M	MM	7	Bungay Black Dog Running Club	11	1:38:46	0:07:56	61.1%
676	Ryan Price	17	M	MJ	28	Ramsey Road Runners	3	0:42:30	0:07:23	61.0%
677	Pete Davies	26	M	MS	62	RAF Marham	4	1:21:34	0:07:19	61.0%
678	Adrian Rutterford	57	M	MM	44	Old Greshamians - Team 1	11	1:50:33	0:08:53	61.0%

Ran k	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
679	Zac O'Neil	38	M	MS	60	Wellingborough & District AC - Team 2	5	1:21:32	0:07:33	61.0%
680	Sarah Friel	33	F	LS	27	Riverside Runners	16	0:43:53	0:08:00	60.9%
681	Juliette Meek	36	F	LM	15	Ryston Runners - Masters	8	1:01:29	0:08:11	60.9%
682	Vernon Hoare	54	M	MM	30	North Norfolk Beach Runners - Team B	4	1:35:50	0:08:36	60.9%
683	David Tuffnail	38	M	MS	62	RAF Marham	12	2:32:43	0:07:46	60.9%
684	Chris Chapman	59	M	MM	15	Ryston Runners - Masters	3	0:50:07	0:08:42	60.9%
685	Steve Atkins	51	M	MM	22	Saint Edmund Pacers - Team A	5	1:30:39	0:08:23	60.9%
686	Daniel Kinsman	43	M	MM	56	Framlingham Flyers	10	2:23:27	0:07:55	60.9%
687	Ian Davies	63	M	MM	57	Thorney Running Club	7	1:25:27	0:09:15	60.9%
688	Lesley Carroll	52	F	LM	27	Riverside Runners	7	1:27:16	0:09:27	60.9%
689	Judy Rackham	57	F	LM	51	Metros RC	16	0:54:17	0:09:53	60.8%
690	Nessie Browne	48	F	LM	55	Old Greshamians - Team 2	16	0:48:27	0:08:50	60.8%
691	Mark Stone	45	M	MM	36	Great Yarmouth Road Runners - Open	13	1:46:46	0:08:03	60.8%
692	Steven Guy	44	M	MM	39	City of Norwich AC - Team B	5	1:25:45	0:07:56	60.8%
693	Sam Brooke	26	M	MS	6	Felixstowe Road Runners	2	1:44:55	0:07:28	60.8%
694	Anne Booth	41	F	LM	53	Ely Runners - Team B	16	0:45:35	0:08:18	60.7%
695	Mark Haynes	40	M	MM	25	Bure Valley Harriers	1	2:08:01	0:07:51	60.7%
696	Rob Crockford	46	M	MM	34	Dereham - Club	15	1:25:08	0:08:02	60.7%
697	Adrian Whittle	52	M	MM	18	Newmarket Joggers	15	1:29:33	0:08:27	60.7%
698	Nadine Heseltine	43	F	LM	37	Great Yarmouth Road Runners - Ladies	1	2:25:05	0:08:53	60.7%
699	Sarah Ellwood	42	F	LM	60	Wellingborough & District AC - Team 2	7	1:18:58	0:08:33	60.6%
700	Jamie Randall	51	M	MM	21	Haverhill Running Club	2	1:59:46	0:08:31	60.6%
701	Kate Pitts	37	F	LM	41	Bishops Stortford Running Club	7	1:16:48	0:08:19	60.6%
702	Ellen Connolly	37	F	LM	43	Fenland Running Club - Ladies	10	2:34:24	0:08:31	60.6%
703	Ian Walters	49	M	MM	55	Old Greshamians - Team 2	13	1:50:48	0:08:22	60.6%
704	Jeremy Navrady	51	M	MM	15	Ryston Runners - Masters	1	2:20:49	0:08:38	60.5%
705	Peter Williams	46	M	MM	60	Wellingborough & District AC - Team 2	11	1:41:26	0:08:09	60.5%
706	Steve Bland	30	M	MS	46	Cambridge and Coleridge AC - Team B	9	2:06:50	0:07:38	60.4%
707	Maureen Hamis	42	F	LM	58	Norwich Road Runners - Mixed	7	1:19:16	0:08:35	60.4%
708	Donna Warren	47	F	LM	51	Metros RC	4	1:40:34	0:09:02	60.4%
709	Tom Robinson	38	M	MS	2	Reepham Runners - Mixed	2	1:48:02	0:07:41	60.4%
710	Zoe Luscombe	43	F	LM	3	Biggleswade AC	14	1:02:28	0:08:36	60.4%
711	James Coleman	43	M	MM	11	Tri-Anglia Triathlon Club	11	1:39:09	0:07:58	60.4%
712	Adam Smith	49	M	MM	55	Old Greshamians - Team 2	4	1:32:41	0:08:19	60.3%
713	Matt Unwin	41	M	MM	5	Pink & Blacks	15	1:22:20	0:07:46	60.3%
714	Pete Wood	36	M	MS	53	Ely Runners - Team B	15	1:19:22	0:07:30	60.3%
715	Sarah Boosey	35	F	LM	58	Norwich Road Runners - Mixed	6	1:05:17	0:08:16	60.3%
716	Alan Butterworth	43	M	MM	9	Norfolk Gazelles Chinkara	14	0:56:37	0:07:47	60.3%
717	Michael Barrett	61	M	MM	35	Dereham - Open	10	2:50:17	0:09:24	60.2%
718	Helen Salmon	51	F	LM	9	Norfolk Gazelles Chinkara	9	2:43:34	0:09:51	60.2%
719	John Greenhalgh	51	M	MM	42	West Norfolk AC	7	1:17:43	0:08:25	60.2%
720	Julia Baldwin	47	F	LM	20	Stowmarket Striders Running Club	15	1:35:56	0:09:04	60.2%
721	Simon Marvel	52	M	MM	47	Stamford Striders	13	1:54:24	0:08:38	60.2%
722	Kareana Symonds	36	F	LM	34	Dereham - Club	14	1:00:12	0:08:17	60.2%
723	Guy Simmonds	40	M	MM	5	Pink & Blacks	17	1:31:25	0:07:48	60.1%
724	Simon Eisenmann	52	M	MM	40	City of Norwich AC - Team C	8	1:03:20	0:08:25	60.1%
725	Mandy Barker	44	F	LM	19	Paddock Wood AC	3	0:49:37	0:08:37	60.1%
726	Simon Kinder	45	M	MM	55	Old Greshamians - Team 2	14	0:57:41	0:07:56	60.1%
727	Andrew Parsons	38	M	MS	46	Cambridge and Coleridge AC - Team B	1	2:07:30	0:07:49	60.0%
728	Sean West	30	M	MS	4	Thetford AC	9	2:07:45	0:07:42	60.0%
729	Rob Groves	31	M	MS	2	Reepham Runners - Mixed	17	1:27:43	0:07:29	60.0%
730	Richard Bulman	66	M	MM	48	Reepham Runners - Masters	15	1:42:59	0:09:43	60.0%
731	Bekah Cranch	25	F	LS	41	Bishops Stortford Running Club	17	1:37:54	0:08:21	59.9%
732	Wesley Houghton	28	M	MS	42	West Norfolk AC	16	0:39:16	0:07:09	59.9%
733	Jane Thomas	44	F	LM	37	Great Yarmouth Road Runners - Ladies	9	2:31:27	0:09:07	59.9%
734	Frank Mcloughlin	55	M	MM	3	Biggleswade AC	13	1:58:12	0:08:55	59.8%
735	Natalie Kim Cant	36	F	LM	11	Tri-Anglia Triathlon Club	17	1:39:25	0:08:29	59.8%
736	Nick Ross	47	M	MM	9	Norfolk Gazelles Chinkara	4	1:32:04	0:08:16	59.8%
737	Bob Hammond	41	M	MM	44	Old Greshamians - Team 1	7	1:12:20	0:07:50	59.7%
738	Daniel Spiller	38	M	MS	1	Fenland Running Club - Open	3	0:43:17	0:07:31	59.7%
739	Catherine Halon	42	F	LM	56	Framlingham Flyers	16	0:46:44	0:08:31	59.7%
740	Jo Whelan	56	F	LM	6	Felixstowe Road Runners	3	0:57:33	0:09:59	59.6%
741	Chris Hull	28	M	MS	27	Riverside Runners	12	2:33:32	0:07:48	59.6%
742	Anna Seaman	38	F	LM	13	Ryston Runners - Ladies	12	2:53:05	0:08:48	59.5%
743	Catherine Duce	40	F	LM	43	Fenland Running Club - Ladies	9	2:27:17	0:08:52	59.5%
744	Graham Milham	41	M	MM	1	Fenland Running Club - Open	5	1:25:29	0:07:54	59.5%
745	Johan Preis	50	M	MM	17	Garden City Runners	6	1:06:10	0:08:23	59.5%
746	Mark Doughty	43	M	MM	15	Ryston Runners - Masters	2	1:54:13	0:08:07	59.4%

Ran k	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
747	Paul Woodyatt	56	M	MM	40	City of Norwich AC - Team C	4	1:40:00	0:08:59	59.4%
748	Mark Drysdale	44	M	MM	8	Norfolk Gazelles Dorcas	2	1:55:20	0:08:12	59.3%
749	Lisa Netto	41	F	LM	8	Norfolk Gazelles Dorcas	11	1:49:27	0:08:47	59.3%
750	Julia Lloyd	50	F	LM	50	Wymondham AC - Ladies	4	1:46:00	0:09:31	59.3%
751	Eleanor Rodgers	49	F	LM	41	Bishops Stortford Running Club	13	2:05:23	0:09:28	59.3%
752	Malcolm Fisher	39	M	MS	35	Dereham - Open	16	0:41:41	0:07:36	59.3%
753	Peter Rackham	25	M	MS	51	Metros RC	15	1:19:35	0:07:31	59.2%
754	Beth King	41	F	LM	8	Norfolk Gazelles Dorcas	14	1:02:47	0:08:38	59.2%
755	Adi Fisher	43	M	MM	47	Stamford Striders	6	1:02:52	0:07:57	59.2%
756	Tom Hutchings	45	M	MM	9	Norfolk Gazelles Chinkara	12	2:46:28	0:08:28	59.2%
757	Sally Lee	35	F	LM	35	Dereham - Open	7	1:18:10	0:08:28	59.1%
758	Anna Rust	24	F	LS	16	Bedford Harriers	8	1:02:35	0:08:19	59.1%
759	Jo Woledge	44	F	LM	22	Saint Edmund Pacers - Team A	2	2:07:51	0:09:06	59.1%
760	Sean Symonds	51	M	MM	7	Bungay Black Dog Running Club	1	2:24:21	0:08:51	59.1%
761	Adam Rossington	32	M	MS	17	Garden City Runners	8	0:55:57	0:07:26	59.0%
762	Matt Simmonds	38	M	MS	5	Pink & Blacks	12	2:37:53	0:08:02	58.9%
763	Shane Bidle	34	M	MS	24	Coltishall Jaguars - Open	7	1:09:54	0:07:34	58.9%
764	Ieuan Alldis	19	M	MJ	54	Saint Edmund Pacers - Team B	11	1:37:19	0:07:49	58.9%
765	Kate Penn	30	F	LS	13	Ryston Runners - Ladies	11	1:46:07	0:08:31	58.9%
766	Cara Macfarlane	25	F	LS	53	Ely Runners - Team B	9	2:23:30	0:08:39	58.8%
767	Richard Coles	36	M	MS	57	Thorney Running Club	1	2:08:41	0:07:53	58.8%
768	Anna Watt	38	F	LM	55	Old Greshamians - Team 2	3	0:48:45	0:08:28	58.8%
769	Robin Harper	41	M	MM	6	Felixstowe Road Runners	10	2:26:17	0:08:04	58.7%
770	Rachel Dixey	41	F	LM	6	Felixstowe Road Runners	14	1:03:19	0:08:43	58.7%
771	Gavin Lane	48	M	MM	42	West Norfolk AC	17	1:39:53	0:08:31	58.7%
772	Sarah-Jane Seaman	33	F	LS	3	Biggleswade AC	7	1:18:16	0:08:28	58.7%
773	James Stock	31	M	MS	40	City of Norwich AC - Team C	16	0:40:16	0:07:20	58.7%
774	Kurt Van Belle	42	M	MM	5	Pink & Blacks	16	0:43:04	0:07:51	58.6%
775	Zoe Parish	25	F	LS	30	North Norfolk Beach Runners - Team B	6	1:06:29	0:08:25	58.6%
776	Darren Armstrong	43	M	MM	30	North Norfolk Beach Runners - Team B	12	2:45:17	0:08:24	58.6%
777	Jonathan Burton	49	M	MM	35	Dereham - Open	9	2:26:02	0:08:48	58.6%
778	Howard Bailey	33	M	MS	35	Dereham - Open	5	1:22:45	0:07:39	58.5%
779	Julie Garner	53	F	LM	43	Fenland Running Club - Ladies	3	0:56:22	0:09:47	58.5%
780	Justine Davenport	46	F	LM	8	Norfolk Gazelles Dorcas	16	0:49:20	0:08:59	58.5%
781	Glen Proctor	45	M	MM	20	Stowmarket Striders Running Club	6	1:04:45	0:08:12	58.4%
782	Charlotte Cook	34	F	LS	53	Ely Runners - Team B	4	1:35:46	0:08:36	58.4%
783	Anthony Humphrey	21	M	MS	62	RAF Marham	9	2:11:57	0:07:57	58.3%
784	Mark Mardell	39	M	MS	58	Norwich Road Runners - Mixed	10	2:25:05	0:08:00	58.3%
785	Trine Middleton	57	F	LM	2	Reepham Runners - Mixed	8	1:18:42	0:10:28	58.3%
786	Daniel Roberts	24	M	MS	34	Dereham - Club	4	1:25:26	0:07:40	58.2%
787	Stuart Bennett	33	M	MS	23	Coltishall Jaguars - Mixed	10	2:21:41	0:07:49	58.2%
788	Mike Dunn	72	M	MM	10	Headington Road Runners	16	0:56:38	0:10:19	58.2%
789	Bob Reason	52	M	MM	20	Stowmarket Striders Running Club	9	2:30:50	0:09:05	58.2%
790	Andrea Thompson	49	F	LM	62	RAF Marham	6	1:14:56	0:09:29	58.2%
791	Mark Peach	45	M	MM	36	Great Yarmouth Road Runners - Open	9	2:22:10	0:08:34	58.1%
792	Mary Ann Tuli	46	F	LM	21	Haverhill Running Club	6	1:12:38	0:09:12	58.1%
793	Sarah Williams	28	F	LS	46	Cambridge and Coleridge AC - Team B	7	1:18:42	0:08:31	58.1%
794	Daniel Shanks	43	M	MM	6	Felixstowe Road Runners	9	2:19:56	0:08:26	58.1%
795	John Foster	57	M	MM	53	Ely Runners - Team B	13	2:03:59	0:09:21	58.0%
796	Neil Watson	45	M	MM	42	West Norfolk AC	10	2:33:05	0:08:27	58.0%
797	Tracey Green	40	F	LM	19	Paddock Wood AC	16	0:47:28	0:08:39	58.0%
798	Scott Shrubsall	37	M	MS	24	Coltishall Jaguars - Open	2	1:51:50	0:07:57	57.9%
799	Katherine Baxter-Smith	31	F	LS	59	Wellingborough & District AC - Team 1	4	1:35:57	0:08:37	57.9%
800	Sal Ryder	51	F	LM	30	North Norfolk Beach Runners - Team B	2	2:21:05	0:10:02	57.9%
801	Adam Stickler	29	M	MS	44	Old Greshamians - Team 1	6	0:59:39	0:07:33	57.8%
802	Chris Lee	37	M	MS	40	City of Norwich AC - Team C	13	1:45:22	0:07:57	57.8%
803	Natasha Wain	44	F	LM	59	Wellingborough & District AC - Team 1	17	1:47:52	0:09:12	57.8%
804	Suzanne Moon	40	F	LM	47	Stamford Striders	3	0:50:14	0:08:43	57.7%
805	Carly Jermy	37	F	LM	39	City of Norwich AC - Team B	10	2:42:11	0:08:57	57.7%
806	Michelle Waters	49	F	LM	9	Norfolk Gazelles Chinkara	16	0:51:41	0:09:25	57.6%
807	Shaun De Clancy	55	M	MM	60	Wellingborough & District AC - Team 2	3	0:51:12	0:08:53	57.6%
808	Neil Macdonald	56	M	MM	60	Wellingborough & District AC - Team 2	2	2:11:48	0:09:22	57.6%
809	Stephen Starr	50	M	MM	53	Ely Runners - Team B	3	0:49:14	0:08:33	57.5%
810	Sandra Webb	47	F	LM	54	Saint Edmund Pacers - Team B	5	1:42:31	0:09:29	57.5%
811	Joe Geitner	50	M	MM	40	City of Norwich AC - Team C	5	1:35:13	0:08:48	57.5%
812	Gareth Stevens	40	M	MM	44	Old Greshamians - Team 1	14	0:58:00	0:07:59	57.5%
813	Michelle Gilbert	38	F	LM	43	Fenland Running Club - Ladies	14	1:03:33	0:08:44	57.5%
814	Jess Dykes	17	F	LJ	55	Old Greshamians - Team 2	8	1:05:47	0:08:45	57.5%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
815	Jason Snook	47	M	MM	55	Old Greshamians - Team 2	1	2:23:20	0:08:47	57.5%
816	Julie Wade	49	F	LM	48	Reepham Runners - Masters	7	1:29:09	0:09:39	57.4%
817	Peter Wenzel	66	M	MM	41	Bishops Stortford Running Club	3	0:56:43	0:09:51	57.3%
818	Teresa Young	59	F	LM	51	Metros RC	6	1:26:40	0:10:58	57.3%
819	Toby Craig	46	M	MM	7	Bungay Black Dog Running Club	9	2:25:32	0:08:46	57.3%
820	Brian Moore	67	M	MM	58	Norwich Road Runners - Mixed	3	0:57:19	0:09:57	57.2%
821	Adam Wilson	47	M	MM	61	North Herts Road Runners	8	1:03:53	0:08:30	57.2%
822	Brook Doughty	27	M	MS	62	RAF Marham	2	1:51:27	0:07:56	57.2%
823	Ben Chamberlain	36	M	MS	46	Cambridge and Coleridge AC - Team B	6	1:01:48	0:07:49	57.2%
824	Michelle Hewlitt	28	F	LS	56	Framlingham Flyers	11	1:49:16	0:08:47	57.2%
825	Jaime Hayden	38	F	LM	57	Thorney Running Club	16	0:47:38	0:08:41	57.1%
826	Julian Blackwell	46	M	MM	60	Wellingborough & District AC - Team 2	4	1:35:35	0:08:35	57.1%
827	Corin Thoday	42	M	MM	48	Reepham Runners - Masters	10	2:31:47	0:08:22	57.1%
828	Kirk Price	35	M	MS	30	North Norfolk Beach Runners - Team B	15	1:23:27	0:07:53	57.1%
829	Nicky Neill	45	M	MM	62	RAF Marham	16	0:45:18	0:08:15	57.1%
830	Anna Duch	33	F	LS	46	Cambridge and Coleridge AC - Team B	3	0:49:21	0:08:34	57.0%
831	Lee Radley	47	M	MM	27	Riverside Runners	1	2:24:23	0:08:51	57.0%
832	Charlotte Richardson	40	F	LM	50	Wymondham AC - Ladies	11	1:53:18	0:09:06	57.0%
833	Craig Sissons	29	M	MS	21	Haverhill Running Club	17	1:32:20	0:07:52	57.0%
834	Rachel Hirst	53	F	LM	7	Bungay Black Dog Running Club	16	0:55:00	0:10:01	56.9%
835	Iona Stubbs	17	F	LJ	44	Old Greshamians - Team 1	3	0:50:18	0:08:44	56.9%
836	Chris Godfrey	39	M	MS	5	Pink & Blacks	4	1:30:46	0:08:09	56.9%
837	Larissa Follen	43	F	LM	43	Fenland Running Club - Ladies	17	1:48:52	0:09:17	56.8%
838	Ian Jones	36	M	MS	60	Wellingborough & District AC - Team 2	13	1:46:36	0:08:03	56.8%
839	Estelle Corner	43	F	LM	8	Norfolk Gazelles Dorcas	3	0:52:06	0:09:03	56.8%
840	Rob White	49	M	MM	28	Ramsey Road Runners	5	1:35:41	0:08:51	56.7%
841	Clare Howarth	36	F	LM	10	Headington Road Runners	4	1:39:14	0:08:54	56.7%
842	Emily Gooderham	21	F	LS	54	Saint Edmund Pacers - Team B	16	0:47:00	0:08:34	56.7%
843	Marcus Weedon	44	M	MM	51	Metros RC	5	1:32:02	0:08:31	56.6%
844	Sonny Peart	49	M	MM	51	Metros RC	9	2:31:09	0:09:06	56.6%
845	Mike Jolly	48	M	MM	48	Reepham Runners - Masters	6	1:08:26	0:08:40	56.6%
846	Matt Gingall	48	M	MM	42	West Norfolk AC	6	1:08:28	0:08:40	56.5%
847	Justine Fawcett	47	F	LM	7	Bungay Black Dog Running Club	5	1:44:20	0:09:39	56.5%
848	Andy Hawes	38	M	MS	2	Reepham Runners - Mixed	1	2:15:31	0:08:18	56.5%
849	Rebecca Tuff	26	F	LS	13	Ryston Runners - Ladies	14	1:03:20	0:08:43	56.4%
850	Ann Trett	34	F	LS	43	Fenland Running Club - Ladies	5	1:36:08	0:08:54	56.4%
851	Stephen Pointer	31	M	MS	24	Coltishall Jaguars - Open	15	1:23:35	0:07:54	56.4%
852	Helen Ayres	28	F	LS	57	Thorney Running Club	8	1:05:35	0:08:43	56.4%
853	Nicholas Smith	51	M	MM	47	Stamford Striders	2	2:08:46	0:09:10	56.4%
854	Arron Friend	30	M	MS	57	Thorney Running Club	12	2:42:21	0:08:15	56.3%
855	Matt Atkinson	31	M	MS	62	RAF Marham	8	0:58:27	0:07:46	56.3%
856	Carol Slater-Garner	41	F	LM	43	Fenland Running Club - Ladies	16	0:49:10	0:08:57	56.3%
857	Cathy Tooley	52	F	LM	37	Great Yarmouth Road Runners - Ladies	17	2:01:04	0:10:19	56.3%
858	Jason Moore	46	M	MM	42	West Norfolk AC	12	2:56:39	0:08:59	56.2%
859	Matthew Rackham	23	M	MS	51	Metros RC	17	1:33:36	0:07:59	56.2%
860	Dean Saunders	44	M	MM	36	Great Yarmouth Road Runners - Open	10	2:36:50	0:08:39	56.2%
861	Joe Legge	38	M	MS	5	Pink & Blacks	1	2:16:18	0:08:21	56.1%
862	Mark Philo	49	M	MM	11	Tri-Anglia Triathlon Club	5	1:36:41	0:08:57	56.1%
863	Robin Ashe	66	M	MM	7	Bungay Black Dog Running Club	2	2:28:45	0:10:35	56.1%
864	Emma Dawson	34	F	LS	37	Great Yarmouth Road Runners - Ladies	7	1:22:11	0:08:54	56.0%
865	Grant King	39	M	MS	44	Old Greshamians - Team 1	16	0:44:08	0:08:02	56.0%
866	Michael Morris	50	M	MM	51	Metros RC	2	2:08:36	0:09:09	56.0%
867	Helen Mclean	47	F	LM	28	Ramsey Road Runners	13	2:10:09	0:09:49	55.9%
868	Ian Kennedy	55	M	MM	56	Framlingham Flyers	4	1:45:39	0:09:29	55.7%
869	Tom Johnson	22	M	MS	24	Coltishall Jaguars - Open	4	1:29:19	0:08:01	55.7%
870	Sarah Starr	34	F	LS	53	Ely Runners - Team B	2	2:08:01	0:09:06	55.7%
871	Rob Bailey	52	M	MM	36	Great Yarmouth Road Runners - Open	6	1:11:51	0:09:06	55.7%
872	Laura Parry	29	F	LS	40	City of Norwich AC - Team C	15	1:34:57	0:08:58	55.6%
873	Louise Goddard	43	F	LM	20	Stowmarket Striders Running Club	1	2:38:36	0:09:43	55.5%
874	Katie Irlam	23	F	LS	43	Fenland Running Club - Ladies	8	1:06:38	0:08:52	55.5%
875	Anna Froswick	28	F	LS	11	Tri-Anglia Triathlon Club	2	2:07:33	0:09:04	55.5%
876	Simon Strong	47	M	MM	3	Biggleswade AC	8	1:05:59	0:08:46	55.4%
877	Luvuyo Mfazwe	36	M	MS	4	Thetford AC	12	2:46:13	0:08:27	55.3%
878	Chris Read	37	M	MS	58	Norwich Road Runners - Mixed	17	1:37:08	0:08:17	55.3%
879	Binks Neate Evans	51	F	LM	2	Reepham Runners - Mixed	16	0:55:14	0:10:04	55.3%
880	Jess Quick	28	F	LS	55	Old Greshamians - Team 2	17	1:46:06	0:09:03	55.3%
881	Matt Holmes	39	M	MS	44	Old Greshamians - Team 1	10	2:32:59	0:08:26	55.3%
882	Tracey Tyrell	36	F	LM	51	Metros RC	8	1:07:53	0:09:02	55.2%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
883	James Fowler	40	M	MM	9	Norfolk Gazelles Chinkara	5	1:31:35	0:08:28	55.1%
884	Stuart Rose	42	M	MM	35	Dereham - Open	13	1:54:56	0:08:40	55.1%
885	Mark Skoulding	47	M	MM	20	Stowmarket Striders Running Club	5	1:36:54	0:08:58	55.1%
886	Leona Broughton	39	F	LM	48	Reepham Runners - Masters	16	0:49:40	0:09:03	55.1%
887	Robert Hurst	38	M	MS	44	Old Greshamians - Team 1	17	1:38:19	0:08:23	55.1%
888	Pam Morgan	35	F	LM	56	Framlingham Flyers	14	1:05:36	0:09:01	55.0%
889	Danielle Crane	38	F	LM	58	Norwich Road Runners - Mixed	16	0:49:28	0:09:01	55.0%
890	George Murphy	37	M	MS	16	Bedford Harriers	9	2:21:08	0:08:30	55.0%
891	Jon Cope	38	M	MS	5	Pink & Blacks	13	1:51:38	0:08:26	55.0%
892	Guy Hayward	46	M	MM	56	Framlingham Flyers	12	3:00:39	0:09:11	55.0%
893	Clare Wigg	33	F	LS	20	Stowmarket Striders Running Club	14	1:05:19	0:08:59	55.0%
894	Nicky Roper	45	F	LM	56	Framlingham Flyers	3	0:54:44	0:09:30	55.0%
895	James Davis	20	M	MJ	34	Dereham - Club	6	1:03:39	0:08:03	54.8%
896	Martin Kirk	48	M	MM	28	Ramsey Road Runners	11	1:53:57	0:09:09	54.7%
897	Arabella Peaver	30	F	LS	55	Old Greshamians - Team 2	6	1:11:19	0:09:02	54.7%
898	Ben Davies	38	M	MS	57	Thorney Running Club	11	1:45:17	0:08:27	54.6%
899	Jon Thetford	45	M	MM	48	Reepham Runners - Masters	13	1:58:56	0:08:59	54.6%
900	Andy Milnes	41	M	MM	42	West Norfolk AC	14	1:01:35	0:08:28	54.6%
901	Steven Rix	35	M	MS	35	Dereham - Open	14	0:59:07	0:08:08	54.5%
902	Tommy Clarke	38	M	MS	5	Pink & Blacks	7	1:17:37	0:08:24	54.4%
903	James Lambert	38	M	MS	24	Coltishall Jaguars - Open	5	1:31:30	0:08:28	54.3%
904	Craig Dodgen	53	M	MM	41	Bishops Stortford Running Club	16	0:50:44	0:09:14	54.3%
905	Mitesh Patel	32	M	MS	51	Metros RC	11	1:43:15	0:08:18	54.3%
906	James Lee	49	M	MM	53	Ely Runners - Team B	8	1:08:28	0:09:06	54.3%
907	Roger Slee	48	M	MM	11	Tri-Anglia Triathlon Club	3	0:51:24	0:08:55	54.2%
908	Ian Kingstone	51	M	MM	16	Bedford Harriers	15	1:39:25	0:09:23	54.2%
909	Hannah Pollard	36	F	LM	18	Newmarket Joggers	5	1:40:45	0:09:19	54.2%
910	Louise Kemp	39	F	LM	59	Wellingborough & District AC - Team 1	6	1:13:55	0:09:21	54.2%
911	Hayley Thompson	37	F	LM	2	Reepham Runners - Mixed	6	1:13:16	0:09:16	54.1%
912	Luke Gibson	25	M	MS	62	RAF Marham	7	1:15:25	0:08:10	54.1%
913	Jason Gale	27	M	MS	21	Haverhill Running Club	15	1:27:17	0:08:15	54.0%
914	Ellie Scott	28	F	LS	61	North Herts Road Runners	2	2:11:05	0:09:19	54.0%
915	Russell Slattery	32	M	MS	4	Thetford AC	15	1:27:27	0:08:15	54.0%
916	Mark Womack	47	M	MM	36	Great Yarmouth Road Runners - Open	5	1:38:57	0:09:09	54.0%
917	Tracy Stevens	48	F	LM	50	Wymondham AC - Ladies	15	1:48:13	0:10:13	53.9%
918	Richard Watson	50	M	MM	16	Bedford Harriers	6	1:12:59	0:09:14	53.9%
919	Amy Spearpoint	27	F	LS	4	Thetford AC	14	1:06:23	0:09:08	53.8%
920	Howard Olby	38	M	MS	44	Old Greshamians - Team 1	5	1:32:37	0:08:34	53.7%
921	Felicity Aries	56	F	LM	59	Wellingborough & District AC - Team 1	16	1:00:42	0:11:03	53.7%
922	Clare Slattery	30	F	LS	4	Thetford AC	8	1:08:58	0:09:10	53.6%
923	Michaela Ridley	48	F	LM	27	Riverside Runners	6	1:20:26	0:10:11	53.6%
924	Jay Gilbert	39	F	LM	43	Fenland Running Club - Ladies	4	1:46:27	0:09:33	53.6%
925	Colin Harris	47	M	MM	59	Wellingborough & District AC - Team 1	3	0:51:38	0:08:58	53.5%
926	Francesca Turner	22	F	LS	37	Great Yarmouth Road Runners - Ladies	4	1:43:43	0:09:19	53.5%
927	Sarah Atkinson	33	F	LS	55	Old Greshamians - Team 2	2	2:12:50	0:09:27	53.5%
928	Simon Cooper	52	M	MM	55	Old Greshamians - Team 2	15	1:41:36	0:09:36	53.5%
929	Jason Fretwell	35	M	MS	53	Ely Runners - Team B	10	2:34:48	0:08:32	53.4%
930	Juliet Grimwood	53	F	LM	3	Biggleswade AC	11	2:17:41	0:11:04	53.4%
931	Graham Dixon	39	M	MS	21	Haverhill Running Club	16	0:46:18	0:08:26	53.3%
932	Jane Trudgill	44	F	LM	37	Great Yarmouth Road Runners - Ladies	2	2:21:50	0:10:05	53.2%
933	Martin Strowger	50	M	MM	35	Dereham - Open	6	1:13:59	0:09:22	53.2%
934	Kay Riley	38	F	LM	57	Thorney Running Club	17	1:52:49	0:09:37	53.1%
935	Clare Barstow	39	F	LM	56	Framlingham Flyers	17	1:53:44	0:09:42	53.0%
936	James Cooper	37	M	MS	20	Stowmarket Striders Running Club	10	2:37:25	0:08:41	53.0%
937	Dan Watt	31	M	MS	44	Old Greshamians - Team 1	2	2:00:27	0:08:34	52.9%
938	Joe Jermy	29	M	MS	36	Great Yarmouth Road Runners - Open	16	0:44:33	0:08:07	52.8%
939	Janice Coglin-Hibbert	44	F	LM	11	Tri-Anglia Triathlon Club	15	1:46:18	0:10:02	52.8%
940	Carl Willimott	46	M	MM	48	Reepham Runners - Masters	5	1:40:21	0:09:17	52.8%
941	Richie Walker	51	M	MM	42	West Norfolk AC	4	1:47:51	0:09:41	52.7%
942	Sam Hewson	36	M	MS	5	Pink & Blacks	6	1:07:05	0:08:29	52.7%
943	Tom Warner	29	M	MS	59	Wellingborough & District AC - Team 1	2	2:01:15	0:08:37	52.6%
944	Stephen Lawson	52	M	MM	28	Ramsey Road Runners	2	2:19:18	0:09:54	52.6%
945	Emma Thompson	40	F	LM	13	Ryston Runners - Ladies	3	0:55:09	0:09:34	52.5%
946	Lee Tunmore	44	M	MM	42	West Norfolk AC	13	2:02:35	0:09:15	52.5%
947	Adam Chapman	36	M	MS	41	Bishops Stortford Running Club	4	1:36:18	0:08:39	52.5%
948	Chris Sugars	46	M	MM	6	Felixstowe Road Runners	5	1:40:55	0:09:20	52.5%
949	Claire Hewson	42	F	LM	28	Ramsey Road Runners	4	1:50:52	0:09:57	52.4%
950	Charlotte Wasp	36	F	LM	20	Stowmarket Striders Running Club	13	2:08:32	0:09:42	52.4%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
951	Kaylee Meacham	30	F	LS	40	City of Norwich AC - Team C	1	2:37:57	0:09:41	52.4%
952	Gary Thacker	42	M	MM	60	Wellingborough & District AC - Team 2	10	2:45:38	0:09:08	52.3%
953	Andrew Hedley	54	M	MM	3	Biggleswade AC	4	1:51:41	0:10:02	52.3%
954	Oscar Wood	17	M	MJ	56	Framlingham Flyers	2	2:08:31	0:09:08	52.2%
955	Doris Willmont	36	F	LM	56	Framlingham Flyers	6	1:16:02	0:09:37	51.9%
956	Ashely Yallop	35	M	MS	58	Norwich Road Runners - Mixed	5	1:34:00	0:08:42	51.9%
957	Marc Gladwell	37	M	MS	62	RAF Marham	3	0:49:24	0:08:35	51.9%
958	Clare Hicks	42	F	LM	24	Coltishall Jaguars - Open	3	0:56:38	0:09:50	51.8%
959	Matthew Freezer	28	M	MS	34	Dereham - Club	3	0:47:54	0:08:19	51.7%
960	Caroline Allen	38	F	LM	58	Norwich Road Runners - Mixed	13	2:11:22	0:09:55	51.7%
961	Jonathon May	33	M	MS	62	RAF Marham	13	1:56:05	0:08:46	51.6%
962	Amanda Allen	54	F	LM	60	Wellingborough & District AC - Team 2	8	1:25:29	0:11:22	51.5%
963	Emma Rackham	27	F	LS	51	Metros RC	14	1:09:27	0:09:33	51.5%
964	Tom De Raedt	42	M	MM	5	Pink & Blacks	14	1:05:49	0:09:03	51.4%
965	Adam Tingey	32	M	MS	62	RAF Marham	11	1:49:00	0:08:45	51.4%
966	Sarah Sparkes	44	F	LM	7	Bungay Black Dog Running Club	12	3:30:37	0:10:42	51.4%
967	Joe Dixon	34	M	MS	5	Pink & Blacks	10	2:40:38	0:08:52	51.4%
968	Pete Reed	36	M	MS	62	RAF Marham	5	1:35:39	0:08:51	51.3%
969	Liz Beighton	43	F	LM	6	Felixstowe Road Runners	8	1:16:08	0:10:07	51.2%
970	Paul White	43	M	MM	4	Thetford AC	6	1:12:41	0:09:12	51.2%
971	Lisa Long	45	F	LM	18	Newmarket Joggers	4	1:56:32	0:10:28	51.1%
972	Pritesh Patel	32	M	MS	51	Metros RC	13	1:57:07	0:08:50	51.1%
973	Ryan Edwards	34	M	MS	22	Saint Edmund Pacers - Team A	16	0:46:48	0:08:31	51.1%
974	Sam Bellotti	30	M	MS	4	Thetford AC	1	2:27:02	0:09:01	51.1%
975	Philip Websdale	44	M	MM	34	Dereham - Club	10	2:52:42	0:09:32	51.0%
976	Ann Kirton	48	F	LM	4	Thetford AC	3	1:00:52	0:10:34	50.9%
977	Stuart Bullard	42	M	MM	16	Bedford Harriers	2	2:12:13	0:09:24	50.9%
978	Michelle Fadden	51	F	LM	16	Bedford Harriers	3	1:03:09	0:10:58	50.9%
979	Alastair Scoffham	61	M	MM	51	Metros RC	3	1:01:14	0:10:38	50.7%
980	Tim Long	57	M	MM	46	Cambridge and Coleridge AC - Team B	14	1:16:11	0:10:29	50.2%
981	Penny Studley	44	F	LM	37	Great Yarmouth Road Runners - Ladies	10	3:17:22	0:10:53	50.1%
982	Andy Westhead	35	M	MS	5	Pink & Blacks	2	2:08:14	0:09:07	50.0%
983	Clare Self	40	F	LM	48	Reepham Runners - Masters	3	0:57:56	0:10:03	50.0%
984	Matt Saunders	41	M	MM	6	Felixstowe Road Runners	4	1:45:06	0:09:26	49.9%
985	Daniel Everitt	42	M	MM	21	Haverhill Running Club	8	1:10:30	0:09:23	49.9%
986	Charlotte Mears	37	F	LM	2	Reepham Runners - Mixed	3	0:57:20	0:09:57	49.7%
987	Louise Norkett	40	F	LM	4	Thetford AC	5	1:52:00	0:10:22	49.7%
988	Karen Tompkins	34	F	LS	60	Wellingborough & District AC - Team 2	16	0:53:58	0:09:50	49.7%
989	Dudley Garner	35	M	MS	8	Norfolk Gazelles Dorcas	5	1:38:20	0:09:06	49.6%
990	Peter Woods	34	M	MS	6	Felixstowe Road Runners	15	1:35:35	0:09:02	49.6%
991	Jen Rudd	43	F	LM	50	Wymondham AC - Ladies	5	1:55:16	0:10:40	49.3%
992	Lucy Spinks	27	F	LS	58	Norwich Road Runners - Mixed	15	1:47:31	0:10:09	49.1%
993	Brad Smith	36	M	MS	17	Garden City Runners	4	1:43:49	0:09:19	48.7%
994	Leigh Wisdom	30	F	LS	57	Thorney Running Club	6	1:20:13	0:10:09	48.6%
995	James Brown	41	M	MM	5	Pink & Blacks	5	1:44:52	0:09:42	48.5%
996	Marc Benson	34	M	MS	21	Haverhill Running Club	5	1:40:41	0:09:19	48.3%
997	Lucy Smith	34	F	LS	54	Saint Edmund Pacers - Team B	2	2:27:40	0:10:30	48.3%
998	Lisa Smith	43	M	MM	36	Great Yarmouth Road Runners - Open	8	1:13:26	0:09:46	48.2%
999	Rebecca Wass	36	F	LM	11	Tri-Anglia Triathlon Club	7	1:36:28	0:10:26	48.0%
1000	Kitty Rosser	37	F	LM	11	Tri-Anglia Triathlon Club	6	1:22:40	0:10:28	48.0%
1001	Charlie Berry	19	M	MJ	60	Wellingborough & District AC - Team 2	9	2:44:42	0:09:55	47.7%
1002	Hollers Hollington	37	M	MS	62	RAF Marham	14	1:08:27	0:09:25	47.6%
1003	Jon Gipson	38	M	MS	57	Thorney Running Club	5	1:44:31	0:09:40	47.6%
1004	Julie Doughty	46	F	LM	48	Reepham Runners - Masters	11	2:22:16	0:11:26	47.6%
1005	James Cook	29	M	MS	62	RAF Marham	1	2:38:09	0:09:41	47.5%
1006	Karen Peck	46	F	LM	37	Great Yarmouth Road Runners - Ladies	5	2:03:23	0:11:25	47.3%
1007	Fiona Williams	45	F	LM	37	Great Yarmouth Road Runners - Ladies	3	1:03:40	0:11:03	47.2%
1008	Tina Moseley	49	F	LM	58	Norwich Road Runners - Mixed	4	2:11:39	0:11:49	47.2%
1009	Chris Balding	34	M	MS	55	Old Greshamians - Team 2	5	1:43:05	0:09:32	47.1%
1010	Rob Whalen	32	M	MS	11	Tri-Anglia Triathlon Club	14	1:07:32	0:09:17	47.1%
1011	Iain Smith	46	M	MM	40	City of Norwich AC - Team C	12	3:31:52	0:10:46	46.9%
1012	Lindsay Cook	42	F	LM	61	North Herts Road Runners	3	1:03:29	0:11:01	46.2%
1013	Edward Byard	36	M	MS	10	Headington Road Runners	3	0:55:26	0:09:37	45.9%
1014	Kim Westhead	33	F	LS	5	Pink & Blacks	3	1:01:50	0:10:44	45.5%
1015	Jo Cartwright	44	F	LM	56	Framlingham Flyers	5	2:05:56	0:11:39	45.5%
1016	Dominic Atkinson	35	M	MS	55	Old Greshamians - Team 2	10	3:02:01	0:10:02	45.4%
1017	Larissa Smith	34	F	LS	7	Bungay Black Dog Running Club	4	2:03:02	0:11:03	45.4%
1018	Dani Hill-Welter	34	F	LS	41	Bishops Stortford Running Club	14	1:19:35	0:10:57	45.2%

Rank	Runner	Age	Sex	Cat	Team No	Club	Stage	Time	Pace	AG%
1019	Jodie Lee	33	F	LS	37	Great Yarmouth Road Runners - Ladies	6	1:27:03	0:11:01	45.0%
1020	Mark Bonham	49	M	MM	60	Wellingborough & District AC - Team 2	15	1:58:34	0:11:12	44.7%
1021	Mary Pearson	32	F	LS	59	Wellingborough & District AC - Team 1	5	2:01:43	0:11:16	44.4%
1022	Celina Silver	48	F	LM	47	Stamford Striders	16	1:06:34	0:12:08	44.2%
1023	Jonny Miles	35	M	MS	6	Felixstowe Road Runners	6	1:19:41	0:10:05	44.1%
1024	Stephen Brunton	37	M	MS	47	Stamford Striders	14	1:14:57	0:10:19	43.5%
1025	Samantha Prior	29	F	LS	28	Ramsey Road Runners	16	1:01:22	0:11:11	43.4%
1026	Ulen Neale	46	M	MM	10	Headington Road Runners	5	2:02:03	0:11:17	43.4%
1027	Kevin Glendinning	48	M	MM	59	Wellingborough & District AC - Team 1	1	3:11:42	0:11:45	43.3%
1028	Ben Russell	27	M	MS	32	Norwich Road Runners - Open	12	3:31:52	0:10:46	43.2%
1029	Craig Holgate	40	M	MM	12	Ely Runners - Team A	10	3:22:22	0:11:10	42.1%
1030	Martin Avis	45	M	MM	54	Saint Edmund Pacers - Team B	15	2:02:33	0:11:34	41.8%
1031	Sophie Mullan	23	F	LS	44	Old Greshamians - Team 1	1	3:18:56	0:12:11	41.6%
1032	Claire Sibley	45	F	LM	57	Thorney Running Club	3	1:12:52	0:12:39	41.3%
1033	Ali Ostler	35	F	LM	6	Felixstowe Road Runners	11	2:33:38	0:12:20	41.0%
1034	Aaron Scott	31	M	MS	25	Bure Valley Harriers	13	2:28:32	0:11:13	40.3%
1035	Greg Pearson	39	M	MS	2	Reepham Runners - Mixed	5	2:06:42	0:11:43	39.5%
1036	Hannah Marsters	38	F	LM	42	West Norfolk AC	3	1:13:08	0:12:42	39.2%
1037	Sue Vaughan	50	F	LM	61	North Herts Road Runners	14	1:53:38	0:15:38	35.6%