

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
1	0:31:34	HENNESSY, Andrew	Wells City Harriers	Senior Men	0:31:34	1	1
2	0:32:17	ANDREW, Inskip	Bedford & County Athletic Club	Senior Men	0:32:16	750	2
3	0:32:31	ROBINSON, James	West Norfolk AC	Junior Men	0:32:30	1191	3
4	0:33:40	RIDLEY, Andrew	St Edmund Pacers	Junior Men	0:33:40	1554	4
5	0:33:46	ROBINSON, Steven	St Edmund Pacers	Senior Men	0:33:45	846	5
6	0:33:46	SALT, Michael	Cambridge & Coleridge AC	Senior Men	0:33:46	1016	6
7	0:33:47	CARROLL, Noel	Cambridge & Coleridge AC	Senior Men	0:33:47	949	7
8	0:33:49	UTTING, Wayne	Norwich Road Runners	Senior Men	0:33:48	908	8
9	0:33:54	WELLER, Geoff	Cambridge & Coleridge AC	Senior Men	0:33:54	128	9
10	0:34:35	KINGSNORTH, Tom	St Edmund Pacers	Senior Men	0:34:35	555	10
11	0:34:41	BENVENUTO, Baldelli	Cambridge & Coleridge AC	Vet Men 40-49	0:34:41	1520	11
12	0:34:47	HIGHAM, Paul	Norfolk Gazelles AC	Senior Men	0:34:44	608	12
13	0:34:48	HOLMES, Stuart	Cambridge Triathlon Club	Vet Men 40-49	0:34:47	911	13
14	0:34:51	DA SILVA, Fernando		Vet Men 50-59	0:34:50	1405	14
15	0:34:54	PRESTIDGE, Caspar		Senior Men	0:34:53	1647	15
16	0:34:58	NEILL, Steven	Norfolk Hospice Tapping House	Vet Men 40-49	0:34:58	867	16
17	0:35:11	GOLDING, Peter	St Edmund Pacers	Vet Men 50-59	0:35:10	909	17
18	0:35:13	RIDLEY, Colin	St Edmund Pacers	Vet Men 40-49	0:35:13	1553	18
19	0:35:19	OLIVER, Milk	Wymondham AC	Senior Men	0:35:18	651	19
20	0:35:29	SCARD, Philip	St Rade Gund Radc	Senior Men	0:35:27	1491	20
21	0:35:34	BEAMISH, Michael	City of Norwich Athletic Club	Senior Men	0:35:33	1310	21
22	0:35:47	AUNGER, Ian	Nene Valley Harriers	Vet Men 40-49	0:35:46	945	22
23	0:35:49	KETT, Robert	North Norfolk Beach Runners	Senior Men	0:35:47	1511	23
24	0:35:52	WATSON, Robert		Vet Men 40-49	0:35:52	1159	24
25	0:35:57	ATTERWILL, Sean	City of Norwich Athletic Club	Junior Men	0:35:56	509	25
26	0:36:01	BUTTERWORTH, Jake		Junior Men	0:36:01	991	26
27	0:36:03	WALWYN, Olivia	City of Norwich Athletic Club	Senior Ladies	0:36:02	2	27
28	0:36:20	CHAPPELL, Wayne		Senior Men	0:36:18	820	28
29	0:36:27	HENEY, Kenneth	London Heathside Runners AC	Senior Men	0:36:27	102	29
30	0:36:30	JORDAN, Tamara	Stowmarket Striders Running Club	Senior Ladies	0:36:28	6	30
31	0:36:40	GLOVER, Daisy	Ely Runners	Junior Ladies	0:36:38	927	31
32	0:36:41	PASHLEY, Rhodri	Cambridge Triathlon Club	Senior Men	0:36:38	1453	32
33	0:37:00	HORLOCK, Martin	Norwich Road Runners	Senior Men	0:36:59	1119	33
34	0:37:05	BALMER, Chris	Ryston Runners AC	Senior Men	0:37:04	670	34
35	0:37:08	MEAD, Simon	Ramsey Road Runners	Senior Men	0:37:06	109	35
36	0:37:13	BLOWES, Ben	Newmarket Joggers	Senior Men	0:37:11	1412	36
37	0:37:18	DOLINSKI, Przemyslaw		Senior Men	0:37:18	1488	37
38	0:37:20	WATSON, Chris		Senior Men	0:37:10	1136	38
39	0:37:20	TAYLOR, Philippa	Stamford Striders	Vet Ladies 40-49	0:37:19	1271	39
40	0:37:23	ROPER, Goy	Norwich Road Runners	Vet Men 40-49	0:37:22	1538	40
41	0:37:26	TOLL, Alex	Barrow Runners	Vet Men 40-49	0:37:24	60	41
42	0:37:30	HOWARD, David	West Norfolk AC	Junior Men	0:37:29	339	42
43	0:37:33	LOUGHLIN, Henry	West Norfolk AC	Junior Men	0:37:32	370	43
44	0:37:34	RANSON, Tracey	Springfield Striders RC	Senior Ladies	0:37:32	985	44
45	0:37:36	DAVID, Johnson	Cambridge Uni Hare & Hounds	Senior Men	0:37:33	214	45
46	0:37:55	JOHNSON, Tom	Cambridge & Coleridge AC	Senior Men		1713	46
47	0:37:55	RUDD, Emma		Senior Ladies	0:37:54	8	47
48	0:38:09	VICKERY, Juliet		Vet Ladies 40-49	0:38:06	1080	48
49	0:38:10	BATTRICK, Lynton	North Norfolk Beach Runners	Senior Men	0:38:08	1705	49
50	0:38:10	LEVY, Simon	Ryston Runners AC	Senior Men	0:38:09	950	50
51	0:38:23	CASTLETON, John		Vet Men 40-49	0:38:20	1299	51
52	0:38:38	HALSEY, Jack		Junior Men	0:38:36	1769	52
53	0:38:39	BOOTH, Nigel	Mablethorpe Running Club	Vet Men 40-49	0:38:37	1306	53
54	0:38:41	MARTIN, Paul		Senior Men	0:38:37	351	54
55	0:38:45	WILSON, Liam		Senior Men	0:38:41	1519	55
56	0:38:52	HUGHES, Dominic		Senior Men	0:38:50	516	56
57	0:38:56	LIMBERT, Russell		Vet Men 40-49	0:38:52	1272	57
58	0:39:00	CLARKE, Russell	Wymondham AC	Vet Men 50-59	0:38:57	1711	58

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Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
59	0:39:04	GREENLAND, Edward	Wymondham AC	Vet Men 40-49	0:39:01	1738	59
60	0:39:05	SOKOLOVSKIS, Edgars	Boston & District AC	Senior Men	0:38:47	1280	60
61	0:39:05	HUE, Thomas		Junior Men	0:39:04	1709	61
62	0:39:11	SAVAGE, Tony	Ryston Runners AC	Vet Men 40-49	0:39:07	1181	62
63	0:39:20	HART, David	City of Norwich Athletic Club	Vet Men 40-49	0:39:16	1492	63
64	0:39:22	JAMES, Molly	West Norfolk AC	Senior Ladies	0:39:20	1171	64
65	0:39:22	ENGLAND, Simon	Sleaford Town Runners	Senior Men	0:39:18	444	65
66	0:39:23	BENSLEY, Nicholas		Senior Men	0:39:19	255	66
67	0:39:24	HOWLING, Simon		Vet Men 40-49	0:39:21	1239	67
68	0:39:28	CAISEY, Ben		Senior Men	0:37:56	1344	68
69	0:39:31	AINSLIE, Craig		Senior Men	0:39:03	1741	69
70	0:39:32	COLLISON, Benjamin	West Norfolk AC	Senior Men	0:39:31	306	70
71	0:39:34	FRENCH, Marie	Bespak	Senior Ladies	0:39:33	1379	71
72	0:39:39	CURL, Tracey	Norwich Road Runners	Vet Ladies 40-49	0:39:37	1539	72
73	0:39:41	ROACH, Christopher		Senior Men	0:39:36	179	73
74	0:39:46	NICHOLAS, Alun	Raf Marham Ac	Vet Men 50-59	0:39:39	1506	74
75	0:39:48	THOMPSON, Mark		Senior Men	0:39:44	1525	75
76	0:39:50	COUSINS, Rebecca	Fenland Running & AC	Junior Ladies	0:39:48	1041	76
77	0:39:53	BRINDLEY, Isaac		Junior Men	0:39:43	127	77
78	0:39:54	ANGELL, Tim		Vet Men 40-49	0:39:50	1604	78
79	0:39:57	GRANGE, Simoon		Senior Men	0:39:38	1700	79
80	0:39:58	KURANDA, Gosia	St Radegund Radc	Senior Ladies	0:39:55	1496	80
81	0:40:00	DONOVAN, Clare	North Norfolk Beach Runners	Senior Ladies	0:39:58	1303	81
82	0:40:06	MERRETT, Andrew	Ryston Runners AC	Senior Men	0:40:03	1557	82
83	0:40:08	TRINDER, Kay	Woking Athletic Club	Vet Ladies 40-49	0:40:05	580	83
84	0:40:22	THOMAS, Ian	Uknetrunner.co.uk	Vet Men 40-49	0:40:15	143	84
85	0:40:32	LANGTON, Chris		Vet Men 40-49	0:40:30	1347	85
86	0:40:33	PYCROFT, Christopher	Thorney RC	Vet Men 50-59	0:40:31	1603	86
87	0:40:38	BRADY, Jonathan	Fenland Running & AC	Vet Men 40-49	0:40:36	925	87
88	0:40:38	GUY, Steven	City of Norwich Athletic Club	Senior Men	0:40:34	1064	88
89	0:40:46	FRARY, Matthew	Norwich Road Runners	Senior Men	0:40:41	1157	89
90	0:40:48	CHRIS, Clark		Senior Men	0:40:46	1013	90
91	0:40:48	GREENHALGH, John	West Norfolk AC	Vet Men 40-49	0:40:46	1250	91
92	0:40:51	TAYLOR, Andy	Sleaford Town Runners	Senior Men	0:40:47	1536	92
93	0:40:52	TUNMORE, Lee	West Norfolk AC	Senior Men	0:40:48	1151	93
94	0:40:54	DAUGHERTY, Duane		Vet Men 40-49	0:40:50	475	94
95	0:41:00	KING, Brian	Nandos	Junior Men	0:40:49	1439	95
96	0:41:03	DUFFIELD, Marcus		Vet Men 40-49		1104	96
97	0:41:06	KENNEDY, Antony		Senior Men	0:41:00	1056	97
98	0:41:10	VASSALLO, Darren		Senior Men	0:41:02	318	98
99	0:41:14	SMITH, Matthew	Bespak	Senior Men	0:41:08	1359	99
100	0:41:15	MARSH, Andrew	West Norfolk AC	Vet Men 40-49	0:41:12	767	100
101	0:41:17	ALFORD, Nicky	City of Norwich Athletic Club	Senior Ladies	0:41:15	10	101
102	0:41:18	RYAN, Callaby	North Norfolk Beach Runners	Senior Men	0:41:15	1427	102
103	0:41:19	NIBLETT, Stephen		Vet Men 40-49		664	103
104	0:41:19	HOWLETT, Michael	Ryston Runners AC	Senior Men	0:41:00	1655	104
105	0:41:20	HOWARD, Adam		Senior Men	0:41:12	1260	105
106	0:41:20	CLEMENT, Leon		Senior Men	0:41:03	518	106
107	0:41:21	CONNELL, Owen		Junior Men	0:41:16	1739	107
108	0:41:22	EBBS, Cameron		Junior Men	0:41:11	644	108
109	0:41:23	ATKINSON, Alexis		Senior Men	0:41:18	284	109
110	0:41:26	RICHES, Mark		Vet Men 40-49	0:41:16	138	110
111	0:41:29	HARRIS, Stephen		Senior Men	0:41:20	1257	111
112	0:41:29	PRATT, Daniel	West Winch Football Club	Senior Men	0:41:24	1204	112
113	0:41:29	ADDIS, Kenneth	Jaeger	Vet Men 40-49	0:41:24	69	113
114	0:41:30	MANNING, Stephen	Norfolk Hospice Tapping House	Senior Men	0:41:16	1116	114
115	0:41:30	GAYTON, Wayne	West Winch Football Club	Senior Men	0:41:25	1196	115
116	0:41:34	SMITH, Wayne		Senior Men	0:41:31	1717	116
117	0:41:35	EVANS, Jarrod		Junior Men	0:41:21	904	117
118	0:41:36	DADY, Stephen		Vet Men 50-59	0:41:22	1227	118
119	0:41:36	STIMSON, Wayne	March Athletics Club	Senior Men	0:41:33	659	119
120	0:41:38	WILKINSON, Louise	City of Norwich Athletic Club	Vet Ladies 40-49	0:41:27	1222	120

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Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
121	0:41:38	DARREN, Smith	Ryston Runners AC	Junior Men	0:41:32	285	121
122	0:41:42	DAINES, Rebecca	West Norfolk AC	Junior Ladies		1295	122
123	0:41:46	ADCOCK, Trevor	Norfolk Gazelles AC	Vet Men 50-59	0:41:43	1004	123
124	0:41:49	PEART, Liam	D G Scales Plant Hire Ltd	Senior Men	0:41:18	724	124
125	0:41:49	STEPHEN, Graham		Vet Men 50-59	0:41:47	45	125
126	0:41:52	MONEY, Tony	North Norfolk Tri Club	Senior Men	0:41:46	844	126
127	0:41:53	PLATER, Sam		Junior Men	0:41:49	798	127
128	0:41:54	BARRETT, Eddie	Ramsey Road Runners	Vet Men 40-49	0:41:43	1102	128
129	0:41:55	ABLE, Simon		Senior Men	0:41:53	1542	129
130	0:41:58	BELLARS, Alison	West Norfolk AC	Senior Ladies	0:41:56	726	130
131	0:42:08	FRANCE, James		Junior Men	0:42:01	1167	131
132	0:42:09	HEARFIELD, Gary		Senior Men	0:41:47	622	132
133	0:42:10	OSBORNE-SMITH, Andrew	Fenland Running & AC	Vet Men 40-49	0:41:55	1270	133
134	0:42:11	BUSHELL, Alan	Coltishall Running Club	Senior Men	0:42:07	1273	134
135	0:42:11	FERRIN, Karine	Cambridge & Coleridge AC	Senior Ladies	0:42:02	1564	135
136	0:42:14	TOWNSHEND, Victoria		Senior Ladies	0:42:11	865	136
137	0:42:15	DAW, Wayne	West Winch Junior FC	Vet Men 40-49	0:42:01	1452	137
138	0:42:16	GRAVER, Stuart	Uknetrunner.co.uk	Vet Men 40-49	0:42:06	1266	138
139	0:42:17	MILBURN, Ian	Fenland Running & AC	Vet Men 60-69	0:42:12	808	139
140	0:42:19	BULL, Rachel		Senior Ladies	0:42:12	1337	140
141	0:42:23	BRAGGER, Timothy		Senior Men	0:42:12	1028	141
142	0:42:24	EDGE, Trevor		Vet Men 60-69	0:42:19	1217	142
143	0:42:27	MOAT, Darren	March Athletics Club	Senior Men	0:42:24	976	143
144	0:42:29	FRANKLIN, Robert		Senior Men	0:42:11	314	144
145	0:42:29	LOOSE, Alan	Jolly Sailors Brancaster Staithe	Vet Men 40-49	0:42:25	1156	145
146	0:42:31	BIRD, Steve	City of Norwich Athletic Club	Vet Men 40-49	0:42:26	679	146
147	0:42:33	MANN, Elies	Norwich Road Runners	Senior Ladies	0:42:28	819	147
148	0:42:33	CANDLER, Neil		Senior Men	0:42:26	441	148
149	0:42:42	SVENSSON, Mark		Senior Men	0:42:34	1237	149
150	0:42:43	MIDDLETON-JONES, Stuart		Senior Men	0:42:19	396	150
151	0:42:47	PORTER, Oliver		Junior Men	0:42:29	111	151
152	0:42:54	ARTHUR, Bob	Royal Air Force Marham Athletics Club	Vet Men 40-49	0:42:44	914	152
153	0:42:55	HAMMOND, Richard	Fenland Running & AC	Senior Men	0:42:46	1562	153
154	0:42:57	RAYNER, Paul	Huntingdonshire AC	Vet Men 40-49	0:42:45	668	154
155	0:43:00	MANNING, Christian		Senior Men	0:42:53	1259	155
156	0:43:01	HOWARD, Daniel		Junior Men	0:42:55	1091	156
157	0:43:01	SEWELL, Stuart	Fenland Running & AC	Senior Men	0:42:55	1093	157
158	0:43:03	McGUFFOG, Oily		Senior Men	0:42:53	956	158
159	0:43:03	HARVEY, Roy	Wymondham AC	Vet Men 40-49	0:43:00	1493	159
160	0:43:03	MORRIS, Nick	City of Norwich Athletic Club	Senior Men	0:42:38	1518	160
161	0:43:04	BOBBINS, Thomas		Senior Men	0:42:28	1187	161
162	0:43:05	HOWLING, Chris	Terrington Tigers Football Club	Vet Men 40-49	0:42:52	178	162
163	0:43:08	BONE, John	Great Yarmouth Road Runners	Vet Men 60-69	0:43:00	1343	163
164	0:43:08	PLAYFORD, Chris	West Norfolk AC	Vet Men 40-49	0:42:58	354	164
165	0:43:09	BANNISTER, Neil		Vet Men 40-49	0:42:58	1508	165
166	0:43:09	MILLARD, Kaya	Huntingdonshire AC	Vet Men 40-49	0:42:57	1308	166
167	0:43:12	SHEPHARD, Lee		Junior Men	0:42:57	1702	167
168	0:43:12	HAYWARD, James	Tri-anglia	Senior Men	0:42:55	97	168
169	0:43:14	TILBROOK, Andrew		Junior Men	0:43:07	1622	169
170	0:43:15	HARDING, Raymond	Bcklwn	Vet Men 50-59	0:42:59	1293	170
171	0:43:17	LANGLEY, Dean		Senior Men	0:42:58	672	171
172	0:43:18	COMBIE, John	Newark AC	Vet Men 60-69	0:43:10	785	172
173	0:43:21	REEVE, Simon		Vet Men 40-49	0:43:04	1326	173
174	0:43:21	COUSINS, Shane	College Of West Anglia	Junior Men	0:42:48	1719	174
175	0:43:26	DACK, Oliver		Senior Men	0:43:18	1555	175
176	0:43:27	CLARKE, John		Senior Men	0:43:05	1770	176
177	0:43:30	TAYLOR, Phil		Senior Men	0:43:24	1162	177
178	0:43:32	SALT, Andrew		Vet Men 40-49	0:43:10	1614	178
179	0:43:32	FETTES, Richard		Vet Men 50-59	0:43:21	1278	179
180	0:43:33	BROWN, Zac		Junior Men	0:43:15	655	180
181	0:43:33	FORDHAM, Mark	College Of West Anglia	Junior Men	0:43:00	1650	181

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Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
182	0:43:34	MARSHALL, Raymond		Vet Men 40-49	0:43:16	502	182
183	0:43:34	CRUTCHLEY, Ian	Wymondham AC	Vet Men 40-49	0:43:26	1317	183
184	0:43:36	GLOVER, John	Ely Runners	Vet Men 40-49	0:43:22	929	184
185	0:43:39	NICHOLS, Andrew		Senior Men	0:43:31	620	185
186	0:43:40	PYATT, Matthew		Senior Men	0:43:36	631	186
187	0:43:42	EARTHROWL, Mark		Senior Men	0:43:27	563	187
188	0:43:45	BURTON, Eddie	Wymondham AC	Vet Men 40-49	0:43:30	1591	188
189	0:43:45	WILKINSON, Phil		Vet Men 50-59	0:43:35	997	189
190	0:43:47	HARRIS, Tricia		Senior Ladies	0:43:22	172	190
191	0:43:50	TODD, Ian	West Norfolk AC	Vet Men 40-49	0:43:41	674	191
192	0:43:50	GRAY, Matthew	Palm Paper	Senior Men	0:43:37	438	192
193	0:43:52	ASHURST, Stephen	Ramsey Road Runners	Vet Men 40-49	0:43:41	442	193
194	0:43:53	SPILLER, Simon		Vet Men 40-49	0:43:37	153	194
195	0:43:54	WILSON, Ryan		Junior Men	0:43:48	1396	195
196	0:43:56	BOWEN, James		Senior Men	0:43:21	817	196
197	0:43:58	GROAT, Jason	Denver Golf Club Team	Vet Men 40-49	0:43:50	64	197
198	0:43:59	GOODMAN, Alan	Biggleswade AC	Vet Men 40-49	0:43:55	837	198
199	0:44:04	HEWITT, Lee		Senior Men	0:43:49	432	199
200	0:44:08	BRAMMER, David	March Athletics Club	Vet Men 40-49	0:44:02	823	200
201	0:44:09	CATCHPOLE, Adam		Junior Men	0:43:57	1598	201
202	0:44:09	JAY, Adrian	Coltishall Running Club	Senior Men	0:43:53	1584	202
203	0:44:13	DAVIES, Kate	West Norfolk AC	Senior Ladies	0:44:03	1234	203
204	0:44:14	DAVIES, Matthew		Senior Men	0:44:01	1106	204
205	0:44:15	SHEEN, Ashley		Junior Men	0:43:57	1563	205
206	0:44:15	HAMMOND, Shaun	West Winch Football Club	Senior Men	0:44:07	1201	206
207	0:44:15	DAY, Dianna		Senior Ladies	0:44:04	121	207
208	0:44:16	ROWE, Greg		Vet Men 40-49	0:43:58	677	208
209	0:44:24	CHURCH, Steven		Senior Men	0:44:02	946	209
210	0:44:25	NAUGHTON, Darren		Senior Men	0:44:19	269	210
211	0:44:25	CHAPMAN, Will		Junior Men	0:44:20	1716	211
212	0:44:26	BIRDSALL, Shaun		Senior Men	0:44:14	1729	212
213	0:44:26	DOLMAN, Richard	Thetford AC	Vet Men 40-49	0:44:15	1482	213
214	0:44:26	CUTHILL, Shaun		Junior Men	0:44:21	673	214
215	0:44:28	FOX, Colin		Vet Men 40-49	0:44:23	1400	215
216	0:44:29	CARVER, Dawn	Norwich Road Runners	Vet Ladies 40-49	0:44:17	1158	216
217	0:44:30	HERNE, Andrew	Cambridge & Coleridge AC	Vet Men 50-59	0:44:17	1573	217
218	0:44:30	LOUGHLIN, Gillian	West Norfolk AC	Vet Ladies 40-49	0:44:23	369	218
219	0:44:30	TURNER, James		Senior Men	0:44:25	1766	219
220	0:44:34	PORTER, Malcolm		Vet Men 40-49	0:44:21	112	220
221	0:44:35	SMALL, Michael	Team Mcdonald's	Senior Men	0:44:23	1472	221
222	0:44:35	MUDDIMAN, Wayne		Senior Men	0:44:21	1339	222
223	0:44:36	EDMUNDS, Martin	West Winch Football Club	Vet Men 40-49	0:44:31	24	223
224	0:44:36	MILNES, Chris	Ryston Runners AC	Vet Men 50-59	0:44:28	1050	224
225	0:44:36	DYER, Jordan		Junior Men	0:43:56	1389	225
226	0:44:37	SENNETT, Richard	<a href="http://www.andrewsennettracing.co.uk">www.andrewsennettracing.co.uk</a>	Senior Men	0:44:12	248	226
227	0:44:38	WARD, David		Vet Men 40-49	0:44:26	653	227
228	0:44:38	SILVER, Ian	Cambridge University Press RC	Vet Men 50-59	0:44:24	710	228
229	0:44:41	SISSONS, Robin		Senior Men	0:43:18	1099	229
230	0:44:43	GOLDSMITH, Steven	Bespak	Vet Men 50-59	0:44:36	1366	230
231	0:44:43	WITTRED, Nicholas		Senior Men	0:44:35	561	231
232	0:44:46	MANN, Robert	Belgrave Harriers	Vet Men 40-49	0:44:20	1498	232
233	0:44:47	ROBINSON, David	Downham Youth Football Club Under 10's	Senior Men	0:44:31	980	233
234	0:44:48	JAMES, Carwyn	West Norfolk AC	Vet Men 40-49	0:44:40	1172	234
235	0:44:49	BLUNT, Andrew		Senior Men	0:44:39	1558	235
236	0:44:49	HARRINGTON, Stephen	Jaeger	Vet Men 40-49	0:44:31	1122	236
237	0:44:49	COLMAN, David	West Norfolk AC	Vet Men 40-49	0:44:41	775	237
238	0:44:51	BRETT, Andrew	Ramsey Road Runners	Senior Men	0:44:40	210	238
239	0:44:52	PITCHER, John		Senior Men	0:44:47	803	239
240	0:44:52	BYE, Barry	Ryston Runners AC	Vet Men 60-69	0:44:44	1019	240
241	0:44:52	SMITH, Wayne		Senior Men	0:44:43	92	241
242	0:44:52	WHEATLEY, Jonathon		Senior Men	0:44:38	408	242

**Provisional Results for All Competitors in finish order.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Chip Time</i>	<i>Race No</i>	<i>Race Place</i>
243	0:44:52	PRIOR, Michelle	Ramsey Road Runners	Senior Ladies	0:44:40	217	243
244	0:44:52	GURNEY, Glenn		Senior Men	0:44:43	436	244
245	0:44:53	WAGG, Keith	Fenland Running & AC	Vet Men 40-49	0:44:36	1002	245
246	0:44:55	LANE, Gavin	West Norfolk AC	Vet Men 40-49	0:44:48	1168	246
247	0:44:55	STOCK, Graham	Saffron Striders RC	Vet Men 40-49	0:44:35	261	247
248	0:44:57	POTTER-CAMPBELL, Emma	Dereham Runners AC	Senior Ladies	0:44:36	1590	248
249	0:44:57	LAKE, Todd	Dereham Runners AC	Vet Men 40-49	0:44:41	1302	249
250	0:44:59	KELLETT, Anthony	Team Mcdonald's	Senior Men	0:44:37	1473	250
251	0:45:00	SOUTHGATE, Harry		Junior Men	0:44:56	1633	251
252	0:45:02	PLOWRIGHT, James	West Winch Football Club	Senior Men	0:44:54	1203	252
253	0:45:02	STAINES, Mick	Pitsea RC	Vet Men 60-69	0:44:53	1115	253
254	0:45:03	DUNNETT, Peter		Senior Men	0:44:34	1706	254
255	0:45:03	KENT, Samuel		Junior Men	0:44:58	1395	255
256	0:45:03	ROBINS, Stewart		Vet Men 40-49	0:44:52	148	256
257	0:45:05	GILBERT, Steve	Dereham Runners AC	Vet Men 50-59	0:44:50	790	257
258	0:45:13	ROSE, Mark	Campaign Care 94	Vet Men 40-49	0:45:01	571	258
259	0:45:14	IRLAM, Maire	Fenland Running & AC	Vet Ladies 40-49	0:45:05	834	259
260	0:45:17	BUCKBERRY, Alan	Sleaford Striders AC	Vet Men 50-59		1268	260
261	0:45:17	DREWERY, Pauline		Senior Ladies	0:45:07	1545	261
262	0:45:18	HOLMES, Matthew	Ely Runners	Senior Men	0:45:04	350	262
263	0:45:19	LYE, Steven		Senior Men	0:45:07	1247	263
264	0:45:22	WALKER, Ian	Ripon Runners	Senior Men	0:44:59	1484	264
265	0:45:27	WASTENEY, Nicola	Norfolk Hospice Tapping House	Senior Ladies	0:45:21	868	265
266	0:45:27	EBBS, Adrian		Vet Men 40-49	0:45:16	643	266
267	0:45:28	BADCOCK, Fraser	Ely Runners	Vet Men 40-49	0:45:22	39	267
268	0:45:29	SPARROW, Jamie	Bespak	Senior Men		1362	268
269	0:45:35	HARDY, Andrew		Vet Men 40-49	0:45:13	1627	269
270	0:45:40	CUDE, Anthony		Senior Men	0:45:19	799	270
271	0:45:44	JENNINGS, Martin		Senior Men	0:45:12	700	271
272	0:45:44	COOPER, Bryan		Vet Men 50-59	0:45:39	809	272
273	0:45:45	STOKES, Adrian	Ely Runners	Vet Men 40-49	0:45:29	435	273
274	0:45:47	THODAY, Corin		Senior Men	0:45:40	1251	274
275	0:45:50	BARNES, Graham	Coltishall Running Club	Vet Men 50-59	0:45:42	1305	275
276	0:45:52	JORDAN, Rebecca	Stowmarket Striders Running Club	Senior Ladies	0:45:31	969	276
277	0:45:53	PAWSEY, Christian		Vet Men 40-49	0:45:42	174	277
278	0:45:53	PATON, Abigail	Stowmarket Striders Running Club	Senior Ladies	0:45:42	173	278
279	0:45:55	SUMMERS, Richard	Jolly Sailors Brancaster Staithe	Senior Men	0:45:40	843	279
280	0:46:01	MUTTON, Sam		Junior Men	0:45:45	1736	280
281	0:46:01	WAGG, Nigel	Ryston Runners AC	Vet Men 40-49	0:45:55	695	281
282	0:46:04	MORLEY, Paul		Senior Men	0:45:41	1630	282
283	0:46:04	HOLMES, Jane	Fenland Running & AC	Senior Ladies	0:45:48	15	283
284	0:46:07	McDONNELL, Mike	Bespak	Vet Men 50-59	0:45:59	1352	284
285	0:46:10	FARRALL, Jack		Junior Men	0:45:41	1425	285
286	0:46:10	KING, Martin	March Athletics Club	Vet Men 40-49	0:46:01	1704	286
287	0:46:10	TOWNSHEND, Jenny		Senior Ladies	0:46:06	838	287
288	0:46:11	RIDER, Simon		Vet Men 40-49	0:45:45	122	288
289	0:46:12	THWAITES, James		Vet Men 40-49	0:45:39	794	289
290	0:46:13	HEWES, Colin	Uknetrunner.co.uk	Vet Men 50-59	0:46:03	1416	290
291	0:46:14	LAWSON, Stephen	Ramsey Road Runners	Vet Men 40-49	0:45:59	343	291
292	0:46:15	ALLEN, Adrian		Senior Men	0:45:57	1578	292
293	0:46:19	BURBIDGE, Ian	Bcklwn	Senior Men	0:46:02	998	293
294	0:46:22	SMITH, Serena	Ryston Runners AC	Junior Ladies	0:46:13	1611	294
295	0:46:23	HALL, David		Senior Men	0:45:01	1097	295
296	0:46:23	BLACKWELL, Jason		Senior Men	0:46:05	17	296
297	0:46:25	FRIDD, Richard		Senior Men	0:46:18	107	297
298	0:46:26	DAW, Gary	West Winch Junior FC	Vet Men 40-49	0:46:12	1454	298
299	0:46:26	THOMPSON, Sean	Ramsey Road Runners	Senior Men	0:46:16	524	299
300	0:46:27	PARKIN, David		Vet Men 40-49	0:45:57	1460	300
301	0:46:27	OSBORNE, Graham	Fenton Insurance Solutions Ltd	Senior Men	0:46:15	216	301
302	0:46:28	PARKER, Aaron		Senior Men	0:46:08	197	302
303	0:46:31	DIX, Richard	Fenland Running & AC	Vet Men 40-49	0:46:14	1043	303
304	0:46:31	HEATH, John		Vet Men 40-49	0:46:26	493	304

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
305	0:46:31	BEWICK, Roland		Vet Men 50-59	0:45:59	1388	305
306	0:46:32	JARVIS, Ian	North Norfolk Beach Runners	Vet Men 40-49	0:46:24	1312	306
307	0:46:32	WOLVERSON, Mark	Norfolk Hospice Tapping House	Junior Men	0:45:49	1139	307
308	0:46:35	WHITE, Kevin		Senior Men	0:46:07	1653	308
309	0:46:35	WOODS, Ian	Norfolk Gazelles AC	Vet Men 50-59	0:46:15	460	309
310	0:46:36	ALFORD, Colin		Vet Men 40-49	0:46:14	429	310
311	0:46:37	THORPE, Emma		Vet Ladies 40-49	0:46:19	1349	311
312	0:46:38	DIBOLL, Steven	Raf Marham Ac	Senior Men	0:46:24	840	312
313	0:46:39	FREEZER, Matthew		Junior Men	0:46:11	880	313
314	0:46:41	TAUTZ, Chris		Senior Men	0:46:16	1754	314
315	0:46:42	VAUGHAN, Tim	Bespak	Senior Men	0:46:19	1382	315
316	0:46:42	BLACK, Jason	Norfolk Gazelles AC	Senior Men	0:46:22	470	316
317	0:46:43	JONES, Andrew		Vet Men 50-59	0:46:18	836	317
318	0:46:44	BELL, Martin		Senior Men	0:46:37	1123	318
319	0:46:44	CLARKE, Andrew		Vet Men 40-49	0:46:38	1600	319
320	0:46:44	MUMMERY, David	Fenton Insurance Solutions Ltd	Vet Men 40-49	0:46:32	1054	320
321	0:46:45	BOWERMAN, Steven		Vet Men 40-49	0:46:28	177	321
322	0:46:46	ASHFORD, Ian		Vet Men 40-49	0:46:12	1296	322
323	0:46:46	DAVID, Green	Jolly Sailors Brancaster Staithe	Vet Men 40-49	0:46:32	1244	323
324	0:46:48	McMECHAN, Martin		Senior Men	0:46:39	598	324
325	0:46:48	BREEZE, Keith	Raf Marham Ac	Vet Men 40-49	0:46:14	215	325
326	0:46:49	TILLOTT, Robert	Ramsey Road Runners	Vet Men 40-49	0:46:34	1330	326
327	0:46:49	MUNRO, Michael	BRJ Running Club	Senior Men	0:46:38	990	327
328	0:46:51	CUTTING, Rachel		Senior Ladies	0:46:25	431	328
329	0:46:52	HAMILTON, Peter		Vet Men 40-49	0:46:31	113	329
330	0:46:53	COYTE-McKENZIE, Andrew	Norfolk Gazelles AC	Vet Men 40-49	0:46:03	1620	330
331	0:46:54	KIMMINS, Simon		Vet Men 40-49	0:46:28	430	331
332	0:46:57	ROWLEY, Rebecca	Lincoln Warrington AC	Senior Ladies	0:46:53	1759	332
333	0:46:58	GARROD, Matthew		Senior Men	0:45:17	511	333
334	0:47:02	HOWARTH, Darren	Raf Marham Ac	Vet Men 40-49	0:46:28	1316	334
335	0:47:03	MORGAN, Robert		Vet Men 40-49	0:46:51	860	335
336	0:47:05	MORRISH, Richard		Vet Men 40-49	0:46:49	712	336
337	0:47:05	BROWN, Trevor	Sleaford Town Runners	Vet Men 40-49	0:46:39	940	337
338	0:47:05	RYAN, Andrew		Senior Men	0:46:43	1078	338
339	0:47:06	McSHANE, Jack		Junior Men	0:46:15	1572	339
340	0:47:08	PLOWRIGHT, John		Vet Men 50-59	0:46:43	806	340
341	0:47:08	CHEVLI, Robert		Senior Men	0:46:46	1528	341
342	0:47:09	HOLLIS, Mel	Scunthorpe & District A C	Vet Men 60-69	0:46:56	1169	342
343	0:47:14	TAYLOR, Sarah	Ryston Runners AC	Vet Ladies 40-49	0:46:43	958	343
344	0:47:16	MARSHALL-GRINT, Jack	KES	Junior Men	0:46:58	1111	344
345	0:47:16	DARLEY, Graham		Vet Men 40-49	0:47:00	979	345
346	0:47:18	JAMES, Fred	Jaeger	Junior Men	0:46:59	1015	346
347	0:47:20	KING, Neil		Senior Men	0:46:53	1148	347
348	0:47:20	ROBERTS, Oliver		Senior Men	0:46:54	1634	348
349	0:47:21	HIGH, Richard	Norwich Road Runners	Senior Men	0:46:53	1543	349
350	0:47:22	SEEKINGS, Ben	Norfolk Hospice Tapping House	Junior Men	0:46:40	1140	350
351	0:47:25	THROWER, Stephen		Vet Men 40-49	0:47:15	1402	351
352	0:47:27	JAY, Sarah	Coltishall Running Club	Vet Ladies 40-49	0:47:11	1560	352
353	0:47:27	MOORE, Jonathan		Senior Men	0:46:58	1501	353
354	0:47:28	HODSON, Edd	Ryston Runners AC	Junior Men	0:47:09	340	354
355	0:47:29	NORMAN, Eve		Senior Ladies	0:47:13	1318	355
356	0:47:30	BONEHAM, Sarah		Senior Ladies	0:47:21	618	356
357	0:47:31	TOLL, Tomasz	Im 2010	Senior Men	0:46:48	1732	357
358	0:47:32	POMFRET, Andy		Senior Men	0:47:21	1697	358
359	0:47:33	CHESTNUTT, Kevin		Senior Men	0:47:27	466	359
360	0:47:34	HAMMOND, Martin	Ryston Runners AC	Vet Men 40-49	0:47:25	1218	360
361	0:47:34	ROLLER, John		Vet Men 50-59	0:47:06	241	361
362	0:47:37	HOWARD, Richard	Bespak	Senior Men	0:47:27	1386	362
363	0:47:38	WARD, Mark		Senior Men	0:47:28	610	363
364	0:47:39	STEVEN, Clare	System Three Business Solutions Ltd	Senior Men	0:47:27	1297	364
365	0:47:42	WASTENEY, Katrina		Senior Ladies	0:47:09	1205	365
366	0:47:45	HOWES, Gary		Senior Men	0:47:16	1401	366

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
367	0:47:49	FLINT, Mark		Senior Men	0:47:13	253	367
368	0:47:49	JONES, Chris		Senior Men	0:46:55	791	368
369	0:47:51	CHELCHOWSKA, Agata		Senior Ladies	0:47:32	1232	369
370	0:47:51	JOHNSTON, Iain		Vet Men 40-49	0:47:29	1565	370
371	0:47:52	SCOTT, Sarah		Senior Ladies	0:47:42	864	371
372	0:47:52	ASKER, Nikki		Senior Ladies	0:47:41	863	372
373	0:47:53	CUVIELLO, Steve	Wymondham AC	Vet Men 40-49	0:47:22	1393	373
374	0:47:56	CORNISH, Suzanne		Senior Ladies	0:47:34	1752	374
375	0:47:56	HAMMOND, Robert		Senior Men	0:47:25	304	375
376	0:47:57	BENNETT, Stuart		Senior Men	0:47:24	42	376
377	0:47:58	GILHAM, Richard	Norfolk Gazelles AC	Vet Men 40-49	0:47:38	1229	377
378	0:48:02	GOOCH, Danny	Norfolk Hospice Tapping House	Senior Men	0:47:20	1120	378
379	0:48:04	RIX, Steven		Senior Men	0:47:36	1110	379
380	0:48:04	MOORE, Tony		Senior Men	0:47:50	748	380
381	0:48:06	HAMILTON, Andrew		Junior Men	0:47:45	114	381
382	0:48:07	ORD-HUME, Josh		Senior Men	0:47:33	1345	382
383	0:48:07	BRASON, Ben		Junior Men	0:47:15	449	383
384	0:48:09	MORTON, Paul		Senior Men	0:47:50	900	384
385	0:48:11	MARCEL, Braat	Lowestoft Road Runners	Senior Men	0:47:52	934	385
386	0:48:11	HARDING, Jim		Vet Men 40-49	0:48:04	1328	386
387	0:48:11	COOK, Richard		Senior Men	0:48:04	1585	387
388	0:48:13	COLLIN, David		Vet Men 40-49	0:47:29	669	388
389	0:48:14	CLEMENTS, Thomas		Junior Men	0:47:39	525	389
390	0:48:15	BROAD, Stephen		Vet Men 40-49	0:47:54	926	390
391	0:48:18	NICHOLL, Arthur		Vet Men 50-59	0:48:07	1023	391
392	0:48:20	MARSHALL, Linda	Ryston Runners AC	Vet Ladies 40-49	0:48:00	1174	392
393	0:48:21	CALABY, Gary	Norfolk Hospice Tapping House	Vet Men 40-49	0:47:54	1142	393
394	0:48:22	TOLL, Lorraine	Barrow Runners	Vet Ladies 40-49	0:48:04	61	394
395	0:48:23	TILBROOK, Mark		Junior Men	0:48:16	1623	395
396	0:48:24	SPURRIER, Karl	Denver Golf Club Team	Vet Men 40-49	0:48:17	196	396
397	0:48:24	WILLIAMS, Martin	Bespak	Vet Men 40-49		1354	397
398	0:48:26	FUSSELL, Richard	Bespak	Senior Men	0:48:05	1361	398
399	0:48:26	COOPER, Jamie		Junior Men	0:48:07	168	399
400	0:48:26	ELVIDGE, Nigel		Vet Men 40-49	0:48:12	37	400
401	0:48:28	BARKER, Darren		Senior Men	0:48:09	167	401
402	0:48:28	CHAPMAN, John	Fenland Running & AC	Vet Men 40-49	0:48:04	379	402
403	0:48:30	WOOD, Chris		Senior Men	0:47:52	641	403
404	0:48:33	ROWLINSON, David		Junior Men	0:47:39	1658	404
405	0:48:33	JERMEY, Lisa	Fenland Running & AC	Senior Ladies	0:48:04	1037	405
406	0:48:35	KIRKPATRICK, Matthew		Senior Men	0:48:20	1764	406
407	0:48:36	POUCHER, Andrew		Senior Men	0:47:51	649	407
408	0:48:37	PALMER, Elliott		Junior Men	0:47:22	499	408
409	0:48:37	BOAK, Justin		Senior Men	0:48:17	1515	409
410	0:48:38	SMITH, Simon		Senior Men	0:47:25	361	410
411	0:48:38	TAIT, Daniel	West Norfolk AC	Junior Men	0:48:20	1551	411
412	0:48:39	THOMPSON, Charlie		Senior Men	0:48:31	19	412
413	0:48:39	ROWE, Henry		Junior Men	0:48:22	678	413
414	0:48:40	ROWE, George		Junior Men	0:48:23	680	414
415	0:48:44	BUCKLEY, Nikola	Dereham Runners AC	Vet Ladies 40-49	0:48:25	615	415
416	0:48:48	COLEMAN, Graham	Wymondham AC	Vet Men 40-49	0:48:24	1707	416
417	0:48:48	RACEY, Dean	Fenland Running & AC	Vet Men 50-59	0:48:31	1249	417
418	0:48:51	McSHANE, Andrew		Vet Men 40-49	0:48:22	1571	418
419	0:48:52	LATCHFORD, Dax	Bcklwn - Computer Says No	Senior Men	0:48:28	1067	419
420	0:48:52	WHITMORE, Ben	Bcklwn - Computer Says No	Senior Men	0:48:28	342	420
421	0:48:52	GEORGE, Sue	Fenland Running & AC	Vet Ladies 40-49	0:48:48	612	421
422	0:48:52	SIMPSON, Colin	Fenland Running & AC	Vet Men 50-59	0:48:48	611	422
423	0:48:54	CORNWELL, Hugh		Junior Men	0:48:07	779	423
424	0:48:54	WILCOX, Jonathan		Senior Men	0:47:39	90	424
425	0:48:55	DURBAN, Paul		Senior Men	0:47:51	1478	425
426	0:48:56	CLARK, Justine		Senior Ladies	0:48:50	192	426
427	0:48:56	BINDON, Kevin		Vet Men 50-59	0:48:25	697	427
428	0:48:56	BRAMHAM, Kim		Vet Ladies 40-49	0:48:31	155	428

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
429	0:48:58	REBANE, Michael		Vet Men 50-59	0:48:30	1567	429
430	0:49:00	COOKE, Sue	City of Norwich Athletic Club	Vet Ladies 40-49	0:48:32	491	430
431	0:49:00	O'REGAN, Ken		Vet Men 40-49	0:47:53	176	431
432	0:49:00	GUNNS, Lee		Senior Men	0:48:27	661	432
433	0:49:02	JOANNE, Chapman		Senior Ladies	0:48:41	1109	433
434	0:49:04	SANDOVER, Timothy		Vet Men 40-49	0:48:34	1101	434
435	0:49:05	SMITH, Kris		Senior Men	0:47:58	278	435
436	0:49:08	SHEARING, Mark		Senior Men	0:47:10	1327	436
437	0:49:08	HOWARD, Andy		Senior Men	0:48:39	300	437
438	0:49:10	ANDREW, Naylor		Vet Men 40-49	0:48:57	530	438
439	0:49:13	TURNER, John		Vet Men 40-49	0:48:46	94	439
440	0:49:17	WRIGHT, Gary		Vet Men 40-49	0:48:14	994	440
441	0:49:17	BENEFER, Gary		Senior Men	0:48:39	222	441
442	0:49:18	CARMICHAEL, Linda	Cambourne Womens Running Network	Vet Ladies 40-49	0:48:52	1724	442
443	0:49:19	RUSMAN, Dominic		Junior Men	0:48:58	986	443
444	0:49:20	BRAILEY, David		Senior Men	0:49:00	1569	444
445	0:49:21	SMITH, Shaun		Senior Men	0:49:11	749	445
446	0:49:24	ANDERSON, Jon		Vet Men 40-49	0:48:27	1420	446
447	0:49:24	BROWN, Jeremy	Harpley School	Vet Men 40-49	0:48:46	1086	447
448	0:49:25	FREEBOROUGH, James		Senior Men	0:48:18	781	448
449	0:49:27	CARPENTER, Nicholas		Vet Men 60-69	0:48:55	1079	449
450	0:49:27	HUMPHREYS, Tim	Bcklwn	Vet Men 40-49	0:48:51	1561	450
451	0:49:28	SMITH, Michael	Wymondham AC	Vet Men 60-69		1319	451
452	0:49:29	BUSHELL, Paul	West Norfolk AC	Senior Men	0:48:57	628	452
453	0:49:29	LLOYD, Trevor		Vet Men 60-69	0:49:01	933	453
454	0:49:30	BASSETT, Stephen		Senior Men	0:49:03	763	454
455	0:49:31	MONEY, Kyle	North Norfolk Tri Club	Junior Men	0:49:11	845	455
456	0:49:33	NICHOLL, Daniel		Senior Men	0:49:22	1026	456
457	0:49:34	CHAMBERLAIN, Robert		Senior Men	0:48:54	79	457
458	0:49:35	PAPST, Thomas		Vet Men 40-49	0:49:05	1733	458
459	0:49:36	TIBBS, Lewis		Junior Men	0:49:13	1550	459
460	0:49:36	ABBS, Darren		Senior Men	0:49:21	202	460
461	0:49:38	WATSON, Neil	Jaeger	Senior Men	0:49:13	1411	461
462	0:49:38	JAY, Lee	West Winch Football Club	Senior Men	0:49:04	1195	462
463	0:49:39	PEAK, Philip	Harpley School	Vet Men 50-59	0:49:32	1340	463
464	0:49:40	ROBINS, Lesley		Senior Ladies	0:49:13	764	464
465	0:49:42	GRIMES, Dean	Team Mcdonald's	Junior Men	0:49:19	1467	465
466	0:49:42	KING, Chris		Junior Men	0:48:54	1125	466
467	0:49:42	RAYNER, Frances		Vet Ladies 40-49	0:49:07	1267	467
468	0:49:45	MEDLOCK, Jack	Bespak	Junior Men	0:49:10	1373	468
469	0:49:46	FRANKLIN, John		Vet Men 40-49	0:49:22	313	469
470	0:49:47	YOUNG, Richard		Senior Men	0:49:21	1275	470
471	0:49:47	TATT, Benjamin		Senior Men	0:49:22	1047	471
472	0:49:47	MURFITT, Colin		Vet Men 50-59	0:49:12	892	472
473	0:49:49	NICOL, Andy	Palm Paper	Senior Men	0:49:32	439	473
474	0:49:49	MARTYN, Graham	Palm Paper	Senior Men	0:49:38	1301	474
475	0:49:50	PRESCOTT, Nigel		Vet Men 40-49	0:47:58	1089	475
476	0:49:50	BALDOCK, Alan	Cambridge & Coleridge AC	Vet Men 60-69	0:49:24	1121	476
477	0:49:53	WRIGHT, Walter		Vet Men 40-49	0:49:21	1027	477
478	0:49:54	KING, Richard		Vet Men 40-49	0:49:27	1180	478
479	0:49:55	HEGARTY, Tamlin	Lynnsport Ladybirds	Senior Ladies	0:49:07	632	479
480	0:49:55	OAKES, Alex		Senior Ladies	0:49:07	280	480
481	0:49:55	FUTTER, Michael		Vet Men 50-59	0:49:42	1433	481
482	0:49:55	BALL, Malcolm	North Norfolk Beach Runners	Vet Men 70+	0:49:45	1304	482
483	0:49:56	WRIGHT, Paul		Vet Men 40-49	0:49:14	1534	483
484	0:49:57	HILL, Ron	Clayton-Le-Moors Harriers	Vet Men 70+	0:49:36	701	484
485	0:49:57	CARVELL, Benjamin		Senior Men	0:49:23	1767	485
486	0:49:59	CUSDIN, Stephen		Junior Men	0:49:06	249	486
487	0:49:59	WOODHOUSE, Paul	Norfolk Hospice Tapping House	Vet Men 40-49	0:49:38	801	487
488	0:50:00	HALL, Chris	Bespak	Vet Men 40-49	0:49:29	1351	488
489	0:50:01	STANFORD, Mark	West Norfolk MIND	Vet Men 40-49	0:49:09	549	489

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
490	0:50:01	GARROD, Samuel		Senior Men	0:48:20	91	490
491	0:50:02	SMITH, Christian		Senior Men	0:49:33	1703	491
492	0:50:04	PEPPER, Richard		Senior Men	0:49:39	126	492
493	0:50:04	MELVILLE, Gordon		Senior Men	0:48:58	783	493
494	0:50:05	KIDMAN, Ian		Vet Men 40-49	0:49:40	617	494
495	0:50:07	EDDY, Matthew		Senior Men	0:49:19	645	495
496	0:50:08	GAYTON, Neil	West Winch Football Club	Senior Men	0:49:38	1194	496
497	0:50:09	CHARLES, Michael		Vet Men 40-49	0:48:56	1055	497
498	0:50:11	ATKIN, James	March Athletics Club	Vet Men 50-59	0:50:01	519	498
499	0:50:11	MARK, Crack		Vet Men 40-49	0:49:13	1220	499
500	0:50:13	PEASE, Jason	D G Scales Plant Hire Ltd	Senior Men	0:49:43	716	500
501	0:50:15	GERRARD, Lizzie		Senior Ladies	0:49:53	885	501
502	0:50:18	RANSOME, Jeremy		Senior Men	0:49:44	719	502
503	0:50:18	CHILD, Corin		Senior Men	0:49:26	1124	503
504	0:50:22	HAMMERSLEY, Matthew		Senior Men	0:49:55	1502	504
505	0:50:22	DAVIES, Steven	Thorney RC	Vet Men 50-59	0:49:38	349	505
506	0:50:22	LEGGE, Peter		Senior Men	0:49:38	205	506
507	0:50:23	JOHN, Smith		Vet Men 50-59	0:50:07	1541	507
508	0:50:25	ANDERTON, Lee		Senior Men	0:49:55	140	508
509	0:50:25	SYMONDS, Sam		Senior Ladies	0:49:48	1509	509
510	0:50:27	BREEZE, Carl	Team Mcdonald's	Senior Men	0:50:15	1466	510
511	0:50:28	OAKES, Matthew		Senior Men	0:49:37	50	511
512	0:50:28	STEPNIAK, Tim		Vet Men 50-59	0:49:42	1577	512
513	0:50:29	ANKE, Jeff	Raf Marham Ac	Senior Men	0:49:59	1734	513
514	0:50:30	ROGERS, Ben	Rosedale	Senior Men	0:49:53	752	514
515	0:50:30	ONODY, Ryan		Senior Men	0:50:27	106	515
516	0:50:31	CUMMING, Rob		Senior Men	0:50:00	1628	516
517	0:50:31	COOMBS, Gemma	Bcklwn	Senior Ladies	0:50:09	962	517
518	0:50:32	GETLEY, Edward	Harpley School	Vet Men 40-49	0:49:54	1522	518
519	0:50:32	ASHFORD, Lee		Senior Men	0:49:56	972	519
520	0:50:32	HANIQUE, Fabien		Senior Men	0:49:57	941	520
521	0:50:33	NEWTON, Philip		Vet Men 50-59	0:49:50	637	521
522	0:50:33	WEBB, David		Vet Men 50-59	0:50:10	725	522
523	0:50:37	PRATT, Benjamin	West Winch Football Club	Senior Men	0:50:04	1197	523
524	0:50:38	STOCKS, David		Senior Men	0:49:01	1546	524
525	0:50:39	TINDALL, James		Senior Men	0:49:54	1580	525
526	0:50:39	LAW, Alan	Ryston Runners AC	Vet Men 50-59	0:50:15	1088	526
527	0:50:41	BERRY, Judith		Senior Ladies	0:49:54	38	527
528	0:50:42	JOHNSON, Paul		Vet Men 50-59	0:49:55	1269	528
529	0:50:45	JONES, David		Vet Men 40-49	0:50:25	1594	529
530	0:50:47	MAKIN, Seth		Senior Men	0:50:13	847	530
531	0:50:48	COUSINS, Andrew		Senior Men	0:50:22	224	531
532	0:50:48	CLARKE, Stephen		Senior Men	0:50:07	27	532
533	0:50:50	BUTTRISS, Nicola	Fenland Running & AC	Senior Ladies	0:50:21	1230	533
534	0:50:51	BUTLER, Nick		Vet Men 40-49	0:50:29	1238	534
535	0:50:52	HALL, Adrian		Senior Men	0:50:28	1065	535
536	0:50:52	WHITEHOUSE, Jacob	Palm Paper	Senior Men	0:50:39	777	536
537	0:50:53	CREASOR, Mike	Road Runners Club	Vet Men 70+	0:50:16	714	537
538	0:50:54	TAYLOR, Paul		Vet Men 40-49	0:50:14	830	538
539	0:50:56	WILLIAMS, Samantha		Senior Ladies	0:50:44	498	539
540	0:50:57	TWAITE-SMITH, Shane		Senior Men	0:50:07	627	540
541	0:50:57	MELIA, Phil		Senior Men	0:50:29	562	541
542	0:50:58	SURENDRAN, Anoop		Senior Men	0:50:46	391	542
543	0:51:00	GAMBLE, Terence	West Norfolk AC	Vet Men 60-69	0:50:51	406	543
544	0:51:00	BOCKING, George	Jolly Sailors Brancaster Staithe	Senior Men	0:50:45	1038	544
545	0:51:02	EDWARDS, Craig		Junior Men	0:50:30	546	545
546	0:51:05	DUNKLEY, Edward		Senior Men	0:50:18	707	546
547	0:51:06	KERR, Glenn		Senior Men	0:50:05	1517	547
548	0:51:06	DEXTER, Stuart		Junior Men	0:50:24	383	548
549	0:51:08	CLARKE, Charlotte	KES	Junior Ladies	0:50:50	1409	549
550	0:51:08	BANKS, Kenneth		Vet Men 50-59	0:50:05	742	550
551	0:51:09	SHIPP, Gary	West Winch Junior FC	Senior Men	0:50:18	209	551

**Provisional Results for All Competitors in finish order.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Chip Time</i>	<i>Race No</i>	<i>Race Place</i>
552	0:51:12	DENERI, Oguzhan	Fenland Running & AC	Vet Men 40-49	0:50:47	1132	552
553	0:51:15	DICK, Matthew		Senior Men	0:50:35	987	553
554	0:51:15	OLIVER, Barnes		Junior Men	0:50:28	251	554
555	0:51:15	BARRY, Joe	Bespak	Vet Men 40-49	0:50:46	1369	555
556	0:51:16	BUNKO, Max		Senior Men	0:50:25	899	556
557	0:51:17	SHAW, Michael		Vet Men 40-49	0:50:42	223	557
558	0:51:17	LOVEDAY, Samantha		Senior Ladies	0:51:06	609	558
559	0:51:18	SPARROW, Pauline	Bespak	Vet Ladies 50-59	0:50:58	1385	559
560	0:51:18	McQUAID, Teresa		Vet Ladies 40-49	0:50:49	263	560
561	0:51:18	SCARFE, Robert	Wymondham AC	Vet Men 50-59	0:50:55	1279	561
562	0:51:20	ROWLAND, Phil		Senior Men	0:50:40	1691	562
563	0:51:21	RICHERS, Nick		Vet Men 40-49	0:50:43	1514	563
564	0:51:21	BOORMAN, Claire		Senior Ladies	0:50:11	55	564
565	0:51:22	DAVIES, Cathy	Sleaford Town Runners	Senior Ladies	0:50:54	1535	565
566	0:51:22	LILLEY, Christopher		Senior Men	0:49:33	437	566
567	0:51:22	MAY, Jon		Senior Men	0:49:26	1210	567
568	0:51:22	BARNARD, James		Senior Men	0:50:38	272	568
569	0:51:22	RALSTON, David		Vet Men 40-49	0:50:26	888	569
570	0:51:22	LAIN, Vivienne		Vet Ladies 40-49	0:51:00	1348	570
571	0:51:24	LANE, David	Ryston Runners AC	Vet Men 40-49	0:50:53	1747	571
572	0:51:24	WALKER, Shane		Senior Men	0:50:33	898	572
573	0:51:25	TIDD, Ken	Jolly Sailors Brancaster Staithe	Vet Men 50-59	0:50:56	839	573
574	0:51:25	PRUDEN, Dean		Senior Men	0:51:05	507	574
575	0:51:25	GURNEY, Robert	Jaeger	Vet Men 50-59	0:51:13	581	575
576	0:51:26	WILLIAMS, Richard	Fenland Running & AC		0:50:36	893	576
577	0:51:27	McEWEN, Tristan	Harpley School	Senior Men	0:50:36	633	577
578	0:51:29	DREW, Catherine		Vet Ladies 40-49	0:50:38	1505	578
579	0:51:29	HUBBLE, Mark		Vet Men 40-49	0:51:16	32	579
580	0:51:31	HOWE, Gary		Vet Men 40-49	0:51:00	1725	580
581	0:51:31	FARRALL, David		Vet Men 40-49	0:51:01	1424	581
582	0:51:31	JONES, Anna		Vet Ladies 40-49	0:51:18	497	582
583	0:51:31	TRETT, Ann		Senior Ladies	0:51:25	1475	583
584	0:51:32	JORDAN, Geraldine		Vet Ladies 40-49	0:50:42	517	584
585	0:51:33	LARKIN, Charles		Senior Men	0:50:57	642	585
586	0:51:33	VAUGHAN, Kevin		Vet Men 40-49	0:51:26	1474	586
587	0:51:34	EDWARDS, Sallyanne	West Norfolk AC	Vet Ladies 40-49	0:51:25	882	587
588	0:51:35	COCHRANE, Laurie		Senior Ladies	0:50:58	937	588
589	0:51:36	COOK, Paul		Vet Men 40-49	0:50:20	1404	589
590	0:51:38	BRONSON, Hugh		Vet Men 40-49	0:51:23	1640	590
591	0:51:39	CALTON, Asa		Junior Men	0:51:06	1597	591
592	0:51:40	BURTON, Duncan		Vet Men 40-49	0:50:50	687	592
593	0:51:40	BROOKS, Chris		Senior Men		696	593
594	0:51:41	YOUNG, Peter		Vet Men 40-49	0:51:28	1324	594
595	0:51:42	TAYLOR, Jane		Vet Ladies 50-59	0:50:59	1175	595
596	0:51:44	BARTON, Julie		Senior Ladies	0:51:10	789	596
597	0:51:47	BARRETT, Charlotte		Junior Ladies	0:50:16	198	597
598	0:51:54	HEALD, Claire		Senior Ladies	0:51:18	1639	598
599	0:51:55	BUNTING, Harry		Senior Men	0:51:32	1696	599
600	0:51:55	JONES, Eurwyn	Norfolk Gazelles AC	Vet Men 50-59	0:51:51	446	600
601	0:52:01	LEWIS, Rebecca		Senior Ladies	0:51:11	599	601
602	0:52:03	BICKERS, Andrew		Senior Men	0:51:14	1309	602
603	0:52:03	KETT, Brian	Fenland Running & AC		0:51:38	872	603
604	0:52:03	LAWLER, Angela		Senior Ladies	0:51:40	1071	604
605	0:52:03	EDGE, Jonathan		Vet Men 40-49	0:51:40	1072	605
606	0:52:04	EVANS, Mark		Vet Men 40-49	0:50:27	1292	606
607	0:52:04	BOYLAN, Michael		Vet Men 50-59	0:51:33	295	607
608	0:52:05	DOUGHTY, Mark		Senior Men	0:51:39	120	608
609	0:52:06	WALKER, Kevin		Senior Men	0:51:24	793	609
610	0:52:06	BURR, Natasha		Senior Ladies	0:51:01	1477	610
611	0:52:09	BAILEY, Stephen		Vet Men 40-49	0:50:08	1772	611
612	0:52:10	LEMON, Charlotte		Junior Ladies	0:51:25	1457	612
613	0:52:13	NETTO, Lisa	Norfolk Gazelles AC	Senior Ladies	0:51:54	1765	613

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
614	0:52:17	HAZELL, Colin	West Winch Junior FC	Senior Men	0:52:04	1264	614
615	0:52:17	SAINTY, Robin		Vet Men 50-59	0:51:09	386	615
616	0:52:20	CALLABY, James	D G Scales Plant Hire Ltd	Senior Men	0:51:30	723	616
617	0:52:20	GOMES, Rui		Senior Men	0:52:18	1406	617
618	0:52:23	BARLOW, Graham		Senior Men	0:50:56	1223	618
619	0:52:24	BATHE, Richard	Northants Police	Senior Men	0:51:37	206	619
620	0:52:26	BEALE, James		Senior Men	0:51:48	78	620
621	0:52:28	LASZECKA, Paulina		Senior Ladies	0:52:10	1486	621
622	0:52:28	BARWOOD, Yvette		Senior Ladies	0:50:55	1756	622
623	0:52:29	ORR, Lisa		Vet Ladies 40-49	0:52:05	1428	623
624	0:52:29	PARKINSON, Gavin		Senior Men	0:50:44	814	624
625	0:52:31	GRAEME, Whiting	Catalina Software	Senior Men	0:51:58	871	625
626	0:52:32	ENGLISH, Rosalind		Vet Ladies 40-49	0:50:51	469	626
627	0:52:32	TILBROOK, Timothy		Vet Men 40-49	0:51:50	1621	627
628	0:52:34	MILBURN, Ian		Senior Men	0:51:28	311	628
629	0:52:34	CAMERON, Karen	Huntingdonshire AC	Vet Ladies 40-49	0:51:21	1774	629
630	0:52:35	SEATON, Andrew		Junior Men	0:51:46	1126	630
631	0:52:35	GRAY, Mick	Huntingdonshire AC	Vet Men 60-69	0:52:01	152	631
632	0:52:36	WOODHOUSE, Matthew		Senior Men	0:51:45	1213	632
633	0:52:38	BLATCHER, Chris		Senior Men	0:52:06	901	633
634	0:52:38	GILBERT, Michelle	Fenland Running & AC	Senior Ladies	0:52:09	1253	634
635	0:52:38	JOHNSON, Rick		Senior Men	0:52:10	1583	635
636	0:52:40	ELLIS, Simon		Senior Men	0:52:10	1031	636
637	0:52:40	WOODHOUSE, Libby	Norfolk Hospice Tapping House	Vet Ladies 40-49	0:52:19	800	637
638	0:52:41	CORBOULD, Stephen	Norfolk Gazelles AC	Vet Men 50-59	0:52:38	603	638
639	0:52:42	PASHLEY, Julie	Cambridge & Coleridge AC	Senior Ladies	0:52:16	1723	639
640	0:52:42	SPAUL, Martin		Vet Men 40-49	0:51:59	1758	640
641	0:52:43	BAYES, Christopher		Senior Men	0:52:21	1656	641
642	0:52:43	HART, Gill	Ryston Runners AC	Vet Ladies 50-59	0:52:30	1219	642
643	0:52:44	BATHE, Jonathan	Hartlepool Burn Road Harriers	Senior Men		124	643
644	0:52:44	CARTER, Anna		Vet Ladies 50-59	0:52:11	307	644
645	0:52:44	ELLIS, Jason		Senior Men	0:52:09	1130	645
646	0:52:44	THORPE, James	Norfolk Hospice Tapping House	Senior Men	0:52:16	1141	646
647	0:52:45	WOOD, Karen	Queen Elizabeth Hospital Special Care Baby Appeal	Vet Ladies 40-49	0:52:34	424	647
648	0:52:45	DOLINSKI, Stanislaw		Vet Men 40-49	0:52:28	1485	648
649	0:52:45	BALLARD, David		Vet Men 60-69	0:52:36	1390	649
650	0:52:45	POTTER, Adam		Senior Men	0:52:30	494	650
651	0:52:46	BATCHELOR, Audrey	Norfolk Gazelles AC	Vet Ladies 50-59	0:52:27	1212	651
652	0:52:46	MARK, Mitchell		Vet Men 40-49	0:52:18	1233	652
653	0:52:47	JOE, Johnson	Norfolk Hospice Tapping House	Junior Men	0:51:07	995	653
654	0:52:47	STURGESS, Stephen		Senior Men	0:51:49	851	654
655	0:52:48	LAKE, Jacqueline		Vet Ladies 40-49	0:52:28	325	655
656	0:52:48	RUSHWORTH, Belinda		Vet Ladies 40-49	0:50:59	154	656
657	0:52:49	WILLIAMS, Roger	Fenland Running & AC	Vet Men 60-69	0:51:40	890	657
658	0:52:49	BARNES, David		Vet Men 40-49	0:52:01	250	658
659	0:52:50	EARNSHAW, Daniel	West Winch Football Club	Senior Men	0:52:20	1200	659
660	0:52:51	BAKER, Graham		Vet Men 40-49	0:51:49	1727	660
661	0:52:51	WALWYN, Peter		Vet Men 60-69	0:52:19	1530	661
662	0:52:52	WOLFE, Maureen		Vet Ladies 50-59	0:52:04	523	662
663	0:52:52	HOLDEN, John		Vet Men 50-59	0:52:21	1479	663
664	0:52:53	CAWSTON, James		Senior Men	0:52:07	621	664
665	0:52:53	YAXLEY, Chris	D G Scales Plant Hire Ltd	Senior Men	0:52:04	722	665
666	0:52:54	BATCHELOR, Clive		Vet Men 50-59	0:50:56	1624	666
667	0:52:55	WHYATT, Paul		Vet Men 40-49	0:52:14	935	667
668	0:52:56	CZAJKA, Maria		Senior Ladies	0:52:12	948	668
669	0:52:57	GREEN, Nigel		Senior Men	0:52:24	807	669
670	0:52:57	PARNELL, Jack		Senior Men	0:51:20	1342	670
671	0:52:58	MARTIN, Anne	Wymondham AC	Vet Ladies 70+	0:52:45	1143	671
672	0:52:58	BLUNDELL, Richard		Senior Men	0:52:17	919	672
673	0:52:58	EVE, Richard	Terrington Tigers Football Club	Senior Men	0:51:34	568	673
674	0:52:58	FISHER, Dean		Junior Men	0:51:40	452	674

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
675	0:52:59	WALDRON, Mike		Vet Men 40-49	0:51:57	1524	675
676	0:52:59	JOHNSON, Paul		Vet Men 60-69	0:52:35	1507	676
677	0:53:00	ASHBY, Victoria		Junior Ladies	0:52:13	787	677
678	0:53:00	ROBERTS, Brett		Senior Men	0:52:27	230	678
679	0:53:00	HAMMOND, Tom		Junior Men	0:52:11	1161	679
680	0:53:01	HIBBERD, Daniel		Junior Men	0:52:23	357	680
681	0:53:02	DICKERSON, Liam		Senior Men	0:52:06	1657	681
682	0:53:02	SINNOTT, Rodney		Vet Men 40-49	0:51:59	1451	682
683	0:53:03	FYSH, Matthew		Junior Men	0:52:15	978	683
684	0:53:04	BARLOW, Ricki	Union Jack F.c	Senior Men	0:51:37	1096	684
685	0:53:05	PRICHARD, Lee		Senior Men	0:52:49	1771	685
686	0:53:05	WILKINSON, Jacky		Vet Ladies 50-59	0:52:29	996	686
687	0:53:05	HODGSON, Martin		Senior Men	0:52:25	400	687
688	0:53:08	MILNES, Alison	Ryston Runners AC	Vet Ladies 40-49	0:52:13	1051	688
689	0:53:10	CRISP, Basil	Norfolk Gazelles AC	Vet Men 50-59	0:52:51	503	689
690	0:53:12	SAINTY, Steve	Norfolk Hospice Tapping House	Senior Men	0:52:32	1144	690
691	0:53:12	SINNOTT, Steven		Vet Men 40-49	0:52:09	1448	691
692	0:53:13	SHORT, Stephen		Vet Men 40-49	0:52:59	1589	692
693	0:53:16	WILSON, William	Ely Runners	Senior Men	0:52:13	910	693
694	0:53:18	CLARKSON, Aidan	West Winch Junior FC	Junior Men	0:53:05	463	694
695	0:53:19	SHINGFIELD, Andrew		Vet Men 40-49	0:52:02	916	695
696	0:53:19	NEAVE, Philip	Bungay Black Dog	Vet Men 60-69	0:52:43	1321	696
697	0:53:21	MALLOTT, James	Sutton Road Runners Iftnb	Junior Men	0:51:58	854	697
698	0:53:22	MORRIS, Alan	Haverhill Running Club	Senior Men	0:52:42	681	698
699	0:53:22	GREEN, Jo	Jolly Sailors Brancaster Staithe	Vet Ladies 40-49	0:52:39	1243	699
700	0:53:23	EDWARDS, Chris		Vet Men 40-49	0:52:51	545	700
701	0:53:26	TAYLOR, Stephen	Garden City Joggers	Vet Men 50-59	0:52:57	694	701
702	0:53:27	CLEMENT, Frazer		Vet Men 50-59	0:52:25	766	702
703	0:53:27	CASE, Pippa	Harpley School	Senior Ladies	0:52:01	543	703
704	0:53:29	MALLOTT, Joe	Sutton Road Runners Iftnb	Senior Men	0:52:06	856	704
705	0:53:30	HALL, Greg		Senior Men	0:53:16	264	705
706	0:53:30	HUCKER, Ian		Vet Men 50-59	0:52:47	1289	706
707	0:53:30	WILSON, Jacqueline		Vet Ladies 40-49	0:52:37	299	707
708	0:53:30	WILSON, Steven		Vet Men 40-49	0:52:37	298	708
709	0:53:31	BLY, Andrew	Terrington Tigers Football Club	Vet Men 40-49	0:52:52	532	709
710	0:53:32	CREED, Graham		Senior Men	0:52:51	921	710
711	0:53:33	GREENWOOD, Jane	Fenland Running & AC	Vet Ladies 50-59	0:52:37	471	711
712	0:53:33	HUDSON, Damon		Senior Men	0:52:21	287	712
713	0:53:33	STEVENSON, Ian		Senior Men	0:51:35	1135	713
714	0:53:34	McPARTLIN, Denise		Senior Ladies	0:52:37	739	714
715	0:53:35	HOWELL, Andrew	Bcklwn - Computer Says No	Senior Men	0:53:11	684	715
716	0:53:37	CROME, Anthony		Vet Men 70+	0:53:07	11	716
717	0:53:38	FOX, Andrew		Senior Men	0:52:58	693	717
718	0:53:38	GOULT, Catherine	OWLS AC	Senior Ladies	0:53:06	1255	718
719	0:53:38	WHITE, Nigel	Bespak	Vet Men 50-59	0:52:17	1374	719
720	0:53:39	LIM, Alicija		Vet Ladies 40-49	0:53:33	413	720
721	0:53:39	FUTTER, Robert		Senior Men	0:53:03	77	721
722	0:53:43	JACKSON, Wayne	Terrington Tigers Football Club	Senior Men	0:53:03	534	722
723	0:53:43	KIRBY, David	Gosport Road Runners	Vet Men 60-69	0:52:47	410	723
724	0:53:44	PACK, Nathan	Terrington Tigers Football Club	Senior Men	0:53:06	533	724
725	0:53:44	EDGE, Simone	Terrington Tigers Football Club	Senior Ladies	0:53:13	566	725
726	0:53:44	BUTTERS, Kirsty	Terrington Tigers Football Club	Senior Ladies	0:53:13	303	726
727	0:53:45	WRIGHT, Mike		Senior Men	0:52:30	434	727
728	0:53:47	HOWARD, Peter		Vet Men 40-49	0:52:53	619	728
729	0:53:47	MACE, Simon	West Winch Football Club	Senior Men	0:53:13	1198	729
730	0:53:49	TARIQ, Syed		Vet Men 50-59	0:52:55	1100	730
731	0:53:54	GAISFORD, John		Vet Men 60-69	0:53:05	28	731
732	0:53:55	MALLOTT, Barry	Sutton Road Runners Iftnb	Vet Men 50-59	0:52:32	855	732
733	0:53:56	NEIL, Mckendrick		Senior Men	0:52:24	745	733
734	0:53:56	BUTTERS, Kirsty	Lynnsport Ladybirds	Senior Ladies	0:52:24	743	734
735	0:53:56	ALFORD, Karen		Vet Ladies 40-49	0:53:17	428	735
736	0:53:57	BROWN, Peter	Ryston Runners AC	Vet Men 40-49	0:53:15	1248	736

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
737	0:53:59	LEEDER, Victor		Vet Men 60-69	0:53:14	1399	737
738	0:54:00	DODES, Tim		Vet Men 40-49	0:52:15	1568	738
739	0:54:02	KURUPPU, Lashini		Senior Ladies	0:53:08	1552	739
740	0:54:03	LAWRENCE, Joanna	March Athletics Club	Senior Ladies	0:53:02	288	740
741	0:54:05	MEACHEM, Neil		Vet Men 50-59	0:53:10	1258	741
742	0:54:06	SMITH, Bernie	Smith Building Services Ltd	Vet Men 50-59	0:53:28	1014	742
743	0:54:07	MORRIS, Stuart	Norfolk Hospice Tapping House	Vet Men 40-49	0:53:05	1117	743
744	0:54:07	ELSDON, Sharon		Senior Ladies	0:53:40	390	744
745	0:54:10	BOWLES, Rosalyn	Norfolk Hospice Tapping House	Senior Ladies	0:53:30	1225	745
746	0:54:10	BUCKHURST, Jamie		Senior Men	0:53:55	1320	746
747	0:54:11	WALKER, Alan	Road Runners Club	Vet Men 60-69	0:53:35	1403	747
748	0:54:12	JARDINE, Sandie		Vet Ladies 40-49	0:53:29	1737	748
749	0:54:12	TARRATT, Nigel		Vet Men 40-49	0:53:27	813	749
750	0:54:12	HARRISON, David		Senior Men	0:53:00	293	750
751	0:54:13	SAYELL, Trudy	Fenland Running & AC	Senior Ladies	0:54:04	142	751
752	0:54:13	HIBBERD, Bob		Vet Men 50-59	0:53:34	234	752
753	0:54:14	LIDA, Joshua		Vet Men 50-59	0:53:39	594	753
754	0:54:15	FELLOWS, Steven		Vet Men 40-49	0:53:39	276	754
755	0:54:18	GOODRICH, Ben		Junior Men	0:52:42	341	755
756	0:54:19	LOCKEY, Paul		Senior Men	0:53:47	708	756
757	0:54:19	BRIARS, David		Senior Men	0:53:24	22	757
758	0:54:20	STRATTON, Emma		Senior Ladies	0:53:25	23	758
759	0:54:21	WEBBER-WALTON, Kirsty		Senior Ladies	0:54:01	1516	759
760	0:54:21	LOCKEY, Ryan		Junior Men	0:53:49	1077	760
761	0:54:22	SANDERSON, Paul		Vet Men 50-59	0:53:29	757	761
762	0:54:23	SIGURDSSON, Baldur		Vet Men 40-49	0:53:16	606	762
763	0:54:23	BIGGADIKE, Lindsay		Vet Men 40-49	0:53:37	472	763
764	0:54:23	BRANSGROVE, Jamie	Bespak	Senior Men	0:53:06	1364	764
765	0:54:24	RAVEN, Aran		Junior Men	0:52:53	1481	765
766	0:54:24	PROFFITT, Ed		Senior Men	0:53:11	362	766
767	0:54:25	TIM, Ryan		Senior Men	0:54:04	208	767
768	0:54:25	DE WINTON, Sophie		Vet Ladies 40-49	0:52:44	292	768
769	0:54:26	BANKS, Paula		Vet Ladies 40-49	0:53:23	323	769
770	0:54:31	HURST, Joanne		Senior Ladies	0:53:56	1414	770
771	0:54:31	TYLER, Stephen		Senior Men	0:53:46	1063	771
772	0:54:32	COPEMAN, Robert		Vet Men 40-49	0:53:10	1098	772
773	0:54:32	BURGESS, Ken		Vet Men 60-69	0:53:59	735	773
774	0:54:35	ATTER, Sue		Vet Ladies 40-49	0:53:51	1224	774
775	0:54:36	BEZANT, Jane		Vet Ladies 40-49	0:53:44	1338	775
776	0:54:38	FREEMAN, Duncan		Vet Men 40-49	0:53:23	158	776
777	0:54:38	BLOWS, Aaron		Senior Men	0:53:14	395	777
778	0:54:39	JESSEP, Daniel		Senior Men	0:52:40	101	778
779	0:54:40	SADDLETON, Richard		Vet Men 40-49	0:53:34	1190	779
780	0:54:42	LEWIN, Nikki		Senior Ladies	0:53:58	1712	780
781	0:54:44	WHING, Dawn		Senior Ladies	0:54:02	1461	781
782	0:54:44	LAWS, Lynda	Lynnsport Ladybirds	Vet Ladies 40-49	0:54:09	557	782
783	0:54:45	WILLIAMS, Matthew	Century Logistics	Senior Men		704	783
784	0:54:45	WHITBY, Sally	Ryston Runners AC	Vet Ladies 40-49	0:54:21	1290	784
785	0:54:48	JAYAWARDANE, Sammi		Senior Ladies	0:53:43	1476	785
786	0:54:48	LITTLE, Michael		Senior Men	0:53:58	1513	786
787	0:54:49	WILKINSON, Claire		Senior Ladies	0:54:13	1006	787
788	0:54:50	EDWARDS, Alexander	West Norfolk Rugby Club U15's	Junior Men	0:53:01	322	788
789	0:54:51	GREENWOOD, Will	West Norfolk Rugby Club U15's	Junior Men	0:53:02	1252	789
790	0:54:51	SWANSON, Alison	North Norfolk Beach Runners	Vet Ladies 40-49	0:53:50	776	790
791	0:54:52	SMITH, Helen		Senior Ladies	0:53:45	279	791
792	0:54:52	BURKE, Thomas		Senior Men	0:53:46	1447	792
793	0:54:52	McCULLAGH, Jon		Senior Men	0:53:46	1446	793
794	0:54:55	SIVELL, Robert	Dereham Runners AC	Senior Men	0:53:16	1430	794
795	0:54:55	ALDIN, Cindy		Senior Ladies	0:54:37	1357	795
796	0:54:56	ALDIN, Martin		Vet Men 40-49	0:54:38	1350	796
797	0:54:58	LONGMUIR, Ian		Vet Men 50-59	0:54:27	1206	797
798	0:54:58	BUTLER, Piers		Vet Men 40-49	0:53:32	1547	798

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
799	0:54:59	FINCHAM, John		Vet Men 60-69	0:54:44	1635	799
800	0:55:00	PINNING, David	Palm Paper	Senior Men	0:54:43	422	800
801	0:55:01	ENGLAND, John	Great Yarmouth & District AC	Vet Men 60-69	0:53:32	1743	801
802	0:55:02	CANN, Christopher		Senior Men	0:53:36	1070	802
803	0:55:02	SUP, Martin	Hylton Gott Ltd	Vet Men 40-49	0:54:22	1521	803
804	0:55:03	JAY, Richard		Vet Men 40-49	0:54:05	181	804
805	0:55:04	BOLDERO, Terry		Senior Men	0:54:40	570	805
806	0:55:04	GRAHAM HAGG, Iona		Vet Ladies 40-49	0:54:37	866	806
807	0:55:07	HAINES, David		Vet Men 60-69	0:54:12	66	807
808	0:55:08	RONEY, Paul		Senior Men	0:54:14	1044	808
809	0:55:09	GASCOYNE, David	D G Scales Plant Hire Ltd	Senior Men	0:54:20	720	809
810	0:55:09	DADY, Sylvia		Senior Ladies	0:54:00	1226	810
811	0:55:09	HANNAY, Adam	Terrington Tigers Football Club	Senior Men	0:54:30	540	811
812	0:55:10	TOWNING, Susannah		Vet Ladies 40-49	0:54:27	301	812
813	0:55:10	WALKER, Emily	Ripon Runners	Senior Ladies	0:54:19	496	813
814	0:55:10	REDDYHOFF, Nick	Harpley School	Vet Men 40-49	0:54:19	812	814
815	0:55:10	REID, Suzanne		Vet Ladies 40-49	0:54:27	302	815
816	0:55:10	HARDY, Carol	Norfolk Gazelles AC	Vet Ladies 40-49	0:54:28	1283	816
817	0:55:13	BROOKS, Stephen		Vet Men 40-49	0:54:50	1036	817
818	0:55:13	TRUMP, Chris		Senior Men	0:53:32	1698	818
819	0:55:14	LAKE, Robert		Senior Men	0:54:53	1495	819
820	0:55:15	FLANAGAN, Christopher		Vet Men 50-59	0:54:46	193	820
821	0:55:16	DEE, Michael	Henfield Joggers	Vet Men 70+	0:54:55	795	821
822	0:55:16	DELANEY, Laura	Lynnsport Ladybirds	Senior Ladies	0:54:21	275	822
823	0:55:17	ANDERSON, James	Norfolk Hospice Tapping House	Senior Men	0:53:36	690	823
824	0:55:18	BOYALL, Keith		Vet Men 40-49	0:54:10	1391	824
825	0:55:19	SPERRING, Kirsty		Senior Ladies	0:54:42	939	825
826	0:55:19	MAYES, Dean		Senior Men	0:54:42	1066	826
827	0:55:20	GARNER, Peter		Vet Men 40-49	0:54:19	1587	827
828	0:55:20	ALLEN, Hilary Elizabeth		Vet Ladies 40-49	0:55:13	833	828
829	0:55:21	CURTIS, Chris		Vet Men 40-49	0:54:05	551	829
830	0:55:23	HUNT, Kay	Palm Paper	Senior Ladies	0:54:30	419	830
831	0:55:23	REEVE, Bruce		Senior Men	0:54:30	417	831
832	0:55:24	SANDS, Michael		Vet Men 60-69	0:54:34	943	832
833	0:55:27	MILLAR, Jim		Vet Men 40-49	0:54:09	1285	833
834	0:55:28	ROBERTS, Aaron		Senior Men	0:54:21	1408	834
835	0:55:28	BROWN, Christopher		Senior Men	0:54:25	521	835
836	0:55:28	ISON, Oliver		Junior Men	0:55:06	936	836
837	0:55:28	BARBER, William		Vet Men 40-49	0:55:04	156	837
838	0:55:29	JONATHAN, Barber		Vet Men 40-49		110	838
839	0:55:29	STEVE, Small		Vet Men 40-49	0:54:52	1641	839
840	0:55:31	JONES, Darren		Vet Men 40-49	0:54:25	1566	840
841	0:55:33	TIBBS, Steven		Vet Men 40-49	0:55:11	1549	841
842	0:55:34	DE WAAL, Carolyann		Vet Ladies 40-49	0:54:47	425	842
843	0:55:34	BRENNOCK, Nick	Union Jack F.c	Senior Men	0:54:07	1150	843
844	0:55:34	ENGLAND, James		Vet Men 50-59	0:54:52	1277	844
845	0:55:35	FEARY, Sam		Junior Men	0:54:41	675	845
846	0:55:35	KNIGHT, Glen		Senior Men	0:54:38	736	846
847	0:55:36	GURNEY, Catherine	Lynnsport Ladybirds	Vet Ladies 50-59	0:54:43	579	847
848	0:55:37	SPIBEY, Carole	Ramsey Road Runners	Senior Ladies	0:54:53	1012	848
849	0:55:38	BIRD, Lindsay		Junior Ladies	0:55:05	221	849
850	0:55:40	PAUL, Wilson	Terrington Tigers Football Club	Senior Men	0:55:01	531	850
851	0:55:41	CHICK, Jamie	Century Logistics	Senior Men	0:54:07	702	851
852	0:55:41	HOWLING, Leanne	Bespak	Senior Ladies	0:54:20	1376	852
853	0:55:41	HASLAM, Darryl		Vet Men 40-49	0:54:54	548	853
854	0:55:42	MARSHALL, Mike	North Norfolk Beach Runners	Vet Men 60-69	0:54:41	1307	854
855	0:55:44	BOOTH, Richard		Junior Men	0:54:02	1755	855
856	0:55:45	GOATER, Mark	Century Logistics	Senior Men	0:54:11	705	856
857	0:55:46	CULSHAW, Angela		Vet Ladies 40-49	0:55:26	76	857
858	0:55:46	GOTT, Will		Junior Men	0:54:57	1160	858
859	0:55:47	MACLEOD, Fiona		Senior Ladies	0:54:37	1695	859
860	0:55:49	KING, Sue		Vet Ladies 40-49	0:55:09	1768	860

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
861	0:55:51	HALL, Tracy		Senior Ladies	0:55:23	1609	861
862	0:55:51	HUNTER, Sally		Vet Ladies 40-49	0:55:32	467	862
863	0:55:53	TUNLEY, Kate		Senior Ladies	0:54:16	1645	863
864	0:55:55	FINCHAM, Thomas		Junior Men	0:55:18	902	864
865	0:55:55	BARRETT, Justin		Senior Men	0:54:29	1186	865
866	0:55:56	WARNES, Matthew		Junior Men	0:54:29	1199	866
867	0:55:58	FETTES, Sharon	Lynnsport Ladybirds	Vet Ladies 50-59	0:55:10	1274	867
868	0:56:00	WALKER, Christopher		Vet Men 40-49	0:55:08	1750	868
869	0:56:00	BAILEY, Donna		Senior Ladies	0:55:19	1618	869
870	0:56:01	KENT, Mark		Vet Men 40-49	0:55:25	1394	870
871	0:56:03	MARTIN, Keith		Vet Men 40-49	0:55:33	692	871
872	0:56:05	BARNES, Glen		Senior Men	0:55:20	1510	872
873	0:56:06	SAUNDERS, Marianne	Norfolk Gazelles AC	Vet Ladies 40-49	0:55:23	1276	873
874	0:56:06	FELMINGHAM, Sarah		Vet Ladies 40-49	0:55:27	1468	874
875	0:56:07	KEELEY, Graham		Vet Men 40-49	0:55:37	1749	875
876	0:56:07	MEEK, Juliette		Senior Ladies	0:55:14	1084	876
877	0:56:08	POWELL, Alfred		Vet Men 50-59	0:54:52	203	877
878	0:56:09	SIMMS, Mark		Senior Men	0:55:24	1246	878
879	0:56:11	VINCENT, Richard	West Norfolk AC	Vet Men 50-59	0:55:33	277	879
880	0:56:12	VAUGHAN, Wendy	Bespak	Senior Ladies	0:55:49	1381	880
881	0:56:12	WEIGHTMAN, Ed	Campaign Care 94	Senior Men	0:55:59	415	881
882	0:56:14	MANTERFIELD, David		Junior Men	0:54:38	970	882
883	0:56:15	COLDMAN, Peter		Vet Men 60-69	0:55:23	134	883
884	0:56:16	KASYANOVA, Olga		Senior Ladies	0:55:32	947	884
885	0:56:19	ROSE, Simon		Vet Men 40-49	0:55:09	479	885
886	0:56:20	MILLS, Chris		Vet Men 40-49	0:55:28	93	886
887	0:56:22	COLLIS, Steven		Vet Men 40-49	0:55:09	13	887
888	0:56:23	SEWARD, Michelle	March Athletics Club	Senior Ladies	0:55:21	1445	888
889	0:56:24	NORRIS, Paul		Vet Men 40-49	0:55:27	1463	889
890	0:56:26	LANCUCKA, Anna		Senior Ladies	0:56:13	1605	890
891	0:56:28	EWINS, Kelly		Senior Ladies	0:56:11	912	891
892	0:56:28	FAIRFAX, Ben		Senior Men	0:56:11	960	892
893	0:56:28	PRATT, Barry		Vet Men 60-69	0:55:16	1450	893
894	0:56:30	INGRAM, Rachel		Vet Ladies 40-49	0:55:42	49	894
895	0:56:30	O'BRIEN, Michael	Mars	Vet Men 40-49	0:55:26	1610	895
896	0:56:31	HALL, Duncan	Harpley School	Senior Men	0:55:03	1282	896
897	0:56:33	ALLEN, Andrew		Vet Men 40-49	0:55:47	877	897
898	0:56:34	ALLEN, Marisa		Vet Ladies 40-49		876	898
899	0:56:34	NURSE, Mark		Vet Men 40-49	0:56:10	1332	899
900	0:56:37	BATTERHAM, Joshua		Junior Ladies	0:55:00	827	900
901	0:56:37	FULLER, Michelle		Vet Ladies 40-49	0:56:12	480	901
902	0:56:37	DONKIN, Shaun	March Athletics Club	Vet Men 40-49	0:55:46	1442	902
903	0:56:38	PEACH, Anna		Senior Ladies	0:55:53	593	903
904	0:56:40	DAYKIN, Christopher		Junior Ladies	0:55:47	588	904
905	0:56:40	DAYKIN, Harriet		Senior Ladies	0:55:47	1529	905
906	0:56:42	MAYES, William		Junior Men	0:55:30	260	906
907	0:56:42	THOMPSON, Camilla		Senior Ladies	0:55:06	626	907
908	0:56:42	KINGE, Tom		Junior Men	0:55:30	218	908
909	0:56:44	RAWORTH, Samantha		Senior Ladies	0:55:55	108	909
910	0:56:46	YOUNGS, Christopher		Vet Men 40-49	0:56:12	1465	910
911	0:56:47	GEORGE, Emad		Vet Men 40-49	0:55:53	43	911
912	0:56:47	DENNISS, Daniel		Senior Men	0:55:10	1636	912
913	0:56:47	HUCKER, Mark		Senior Men	0:54:49	376	913
914	0:56:48	CARR, Richard		Senior Men	0:55:38	815	914
915	0:56:48	LORD, Richard		Senior Men	0:56:15	186	915
916	0:56:49	OLIVER, Rick	Edmonton RC	Vet Men 50-59	0:56:05	1334	916
917	0:56:50	SYMONDS, Doyle		Senior Men	0:56:04	999	917
918	0:56:50	SMITH, Helen	Downham Dollies Ladies Running Club	Senior Ladies	0:56:04	327	918
919	0:56:52	RUSKIN, Gill		Vet Ladies 40-49	0:56:07	447	919
920	0:56:54	RALPH, Mary		Senior Ladies	0:55:54	829	920
921	0:56:56	DICKSON, Annabelle		Senior Ladies	0:55:19	623	921

**Provisional Results for All Competitors in finish order.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Chip Time</i>	<i>Race No</i>	<i>Race Place</i>
922	0:56:59	THOMPSON, Alan		Vet Men 40-49	0:55:40	963	922
923	0:57:02	EASTER, Carl		Vet Men 40-49	0:56:39	924	923
924	0:57:03	WARD, Garry		Vet Men 50-59	0:56:07	1612	924
925	0:57:04	ADDISON, Emma		Senior Ladies	0:56:07	1570	925
926	0:57:04	BROUGHAM, Michael		Vet Men 40-49	0:56:20	657	926
927	0:57:06	SHELLEY, Allan		Vet Men 60-69	0:56:10	1504	927
928	0:57:07	CARROL, Leigh		Senior Men	0:56:45	938	928
929	0:57:08	MACRAE, Vivien	March Athletics Club	Vet Ladies 50-59	0:56:15	1053	929
930	0:57:09	McWADE, Graeme		Senior Men	0:55:12	1692	930
931	0:57:10	WRIGHT, William		Vet Men 40-49	0:56:10	399	931
932	0:57:14	SAWARD, Keith	March Athletics Club	Vet Men 70+	0:56:11	219	932
933	0:57:15	BALDOCK, Mike		Vet Men 50-59	0:56:00	281	933
934	0:57:16	SEAMAN, Anna		Senior Ladies	0:55:41	98	934
935	0:57:16	WASS, Daniel		Senior Men	0:55:39	474	935
936	0:57:16	DA SILVA, Marco	Palm Paper	Vet Men 40-49	0:56:22	932	936
937	0:57:16	HARMAN, Derek	Palm Paper	Vet Men 50-59	0:56:23	416	937
938	0:57:17	MELVILLE, Helen	Ryston Runners AC	Senior Ladies	0:56:09	616	938
939	0:57:19	SETCHELL, Gary		Senior Men	0:56:53	650	939
940	0:57:19	VICE, Mark	D G Scales Plant Hire Ltd	Senior Men	0:56:29	721	940
941	0:57:20	HEAD, David		Vet Men 50-59	0:56:37	1007	941
942	0:57:20	THOMPSON, Simon		Vet Men 50-59	0:56:29	82	942
943	0:57:20	BELL, Georgina		Senior Ladies	0:56:30	83	943
944	0:57:22	SPOONER, Rachael		Senior Ladies	0:56:37	170	944
945	0:57:22	BRADSHAW, Brian		Vet Men 60-69	0:56:12	658	945
946	0:57:23	ALLEN, Samantha		Senior Ladies	0:56:38	171	946
947	0:57:24	PRESCOTT, Jill		Vet Ladies 40-49	0:57:03	1263	947
948	0:57:26	SMITH, Karen	Ryston Runners AC	Vet Ladies 40-49	0:56:59	1236	948
949	0:57:28	GARROD, Stephen	Bespak	Senior Men	0:56:22	1370	949
950	0:57:29	HOWARD, Elise	Downham Dollies Ladies Running Club	Senior Ladies		352	950
951	0:57:31	JONES, Stephanie		Senior Ladies	0:56:41	1646	951
952	0:57:31	SHARP, Tracey		Vet Ladies 40-49	0:57:04	1341	952
953	0:57:32	CANEY, Kelly		Senior Ladies	0:56:19	1392	953
954	0:57:32	WARD, Glenn		Vet Men 50-59	0:56:36	1613	954
955	0:57:33	POLLARD, Fabia	Lynnsport Ladybirds	Vet Ladies 40-49	0:56:29	65	955
956	0:57:35	LARGE, Jason		Senior Men	0:56:17	1073	956
957	0:57:38	HEPPELL, Michael	The Histiocytosis Research Trust	Senior Men	0:56:42	52	957
958	0:57:38	HORNIGOLD, Chris	Jaeger	Vet Men 50-59	0:56:42	1464	958
959	0:57:40	SKERRITT, Tim		Vet Men 40-49	0:56:47	686	959
960	0:57:40	BENNETT, Emily-Jane	Lynnsport Ladybirds	Senior Ladies	0:56:34	235	960
961	0:57:40	SMALL, Andrew		Senior Men	0:57:04	1431	961
962	0:57:41	FRANCE, Derek		Vet Men 60-69	0:56:47	1166	962
963	0:57:42	WITLEY, Peter		Vet Men 60-69	0:56:45	709	963
964	0:57:46	PAGE-CROFT, Sarah		Senior Ladies	0:57:18	1582	964
965	0:57:47	NORWELL, Peter		Vet Men 50-59	0:56:43	983	965
966	0:57:48	DO, Tien		Senior Men	0:57:20	1537	966
967	0:57:49	GUNNS, Clare		Senior Ladies	0:56:24	662	967
968	0:57:50	HOWELL, Richard		Senior Men	0:57:00	1256	968
969	0:57:54	SMITH, Brian		Vet Men 40-49	0:56:23	501	969
970	0:57:56	FREARY, Maria	Lynnsport Ladybirds	Vet Ladies 40-49	0:56:50	237	970
971	0:58:03	LOVELL, Andrew	Fenton Insurance Solutions Ltd	Vet Men 40-49	0:56:57	1133	971
972	0:58:04	PARNELL, Len		Vet Men 50-59	0:57:21	1426	972
973	0:58:04	LOVELESS, John	Lynnsport Joggers	Vet Men 60-69	0:56:22	454	973
974	0:58:06	ASH, Kevin		Senior Men	0:56:20	201	974
975	0:58:06	JAMES, Donna		Senior Ladies	0:57:02	547	975
976	0:58:06	HOBSON, Richard	Palm Paper	Vet Men 40-49	0:57:11	457	976
977	0:58:06	BRENNAN, Thomas		Senior Men	0:56:03	195	977
978	0:58:07	CARROLL, Hayley		Senior Ladies	0:57:10	258	978
979	0:58:11	SMITH, Brian		Vet Men 40-49	0:56:40	1648	979
980	0:58:11	HERBERT, Sophie		Senior Ladies	0:56:35	961	980
981	0:58:14	SMITH, Sue	Ryston Runners AC	Vet Ladies 40-49	0:57:06	286	981
982	0:58:18	FREEBURN, David		Vet Men 50-59	0:57:00	283	982

**Provisional Results for All Competitors in finish order.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Chip Time</i>	<i>Race No</i>	<i>Race Place</i>
983	0:58:21	FARROW, Colin	Union Jack F.c	Senior Men	0:56:54	1131	983
984	0:58:23	YATES, Tyler		Junior Men	0:57:03	1207	984
985	0:58:24	HILL, Chris		Senior Men	0:57:17	1615	985
986	0:58:25	HURLEY, Martha		Senior Ladies	0:57:28	1649	986
987	0:58:28	WARD, Joanna	Bespak	Senior Ladies	0:57:41	1372	987
988	0:58:34	ALLEN, Georgina	Ryston Runners AC	Vet Ladies 50-59	0:57:26	378	988
989	0:58:34	SUITER, Mandy		Senior Ladies	0:57:30	310	989
990	0:58:36	RAPLEY, Helen		Senior Ladies	0:57:24	119	990
991	0:58:37	BARTLETT, Charlene		Senior Ladies	0:57:45	756	991
992	0:58:39	BATEMAN, Robert		Senior Men	0:57:28	771	992
993	0:58:39	TURNER, Diane		Vet Ladies 40-49	0:58:12	95	993
994	0:58:40	O'REGAN, Ruth		Senior Ladies	0:57:33	175	994
995	0:58:43	LOGAN, Alison		Vet Ladies 40-49	0:57:39	321	995
996	0:58:43	GALLAGHER, Heather		Senior Ladies	0:57:39	556	996
997	0:58:44	BOOTH, Alex		Senior Ladies	0:56:49	164	997
998	0:58:44	LITTLE, Justine		Senior Ladies	0:56:48	1637	998
999	0:58:46	FYSH, Martin John		Senior Men	0:57:01	204	999
1000	0:58:47	HOWLETT, David		Senior Men	0:56:55	1173	1000
1001	0:58:49	HARRIS, Annabel		Vet Ladies 40-49	0:58:00	515	1001
1002	0:58:50	MANZE, Marilyn	Edmonton RC	Vet Ladies 50-59	0:57:39	1231	1002
1003	0:58:51	MARRAY-WOODS, Linus		Vet Men 40-49	0:58:00	344	1003
1004	0:59:01	VAN DORT, Riny		Senior Ladies	0:58:00	1331	1004
1005	0:59:02	HARRISON, Sarah		Senior Ladies	0:58:05	1046	1005
1006	0:59:04	BROWNE, Darren	D G Scales Plant Hire Ltd	Senior Men	0:58:15	717	1006
1007	0:59:04	GAYLARD, Richard	Bespak		0:57:40	1356	1007
1008	0:59:05	SEWELL, Helen	Ryston Runners AC	Vet Ladies 60-69	0:57:59	363	1008
1009	0:59:05	HANSELL, Naomi	Harpley School	Senior Ladies	0:58:41	1286	1009
1010	0:59:06	DAY, Alan		Senior Men	0:57:21	418	1010
1011	0:59:07	SCALES, Benjamin	D G Scales Plant Hire Ltd	Senior Men	0:58:18	715	1011
1012	0:59:07	DEFTY, Trevor	Mars	Vet Men 50-59		421	1012
1013	0:59:08	COLLINS, Mark		Senior Men	0:57:40	73	1013
1014	0:59:08	BARNES, Stephen		Vet Men 40-49	0:57:32	116	1014
1015	0:59:08	SANNAKKI, Reshma		Senior Ladies	0:58:55	624	1015
1016	0:59:08	BUNTING, Helen	Terrington Tigers Football Club	Vet Ladies 40-49	0:57:09	180	1016
1017	0:59:11	NOCKOLDS, Elizabeth	Bcklwn	Vet Ladies 50-59	0:58:07	1497	1017
1018	0:59:12	HARDING, Brian		Vet Men 40-49	0:57:14	988	1018
1019	0:59:14	WALKER, John		Vet Men 50-59	0:57:46	1527	1019
1020	0:59:17	TAYLOR, Daniel		Junior Men	0:58:29	252	1020
1021	0:59:18	WILSON, Phylly	Wreake Runners	Vet Ladies 60-69	0:59:05	1773	1021
1022	0:59:19	PRITCHARD, George		Junior Men	0:57:56	822	1022
1023	0:59:19	PRITCHARD, Rob		Vet Men 40-49	0:57:56	821	1023
1024	0:59:19	PARSONS, Sue	Bespak	Vet Ladies 40-49	0:58:32	1371	1024
1025	0:59:20	HARE, Chris	Dyspraxia Foundation West Norfolk	Senior Men	0:57:53	1081	1025
1026	0:59:26	ROSE, Aileen		Senior Ladies	0:58:40	874	1026
1027	0:59:26	NEE, Sam		Vet Ladies 40-49	0:58:39	875	1027
1028	0:59:27	ASHBY, Jane		Vet Ladies 60-69	0:58:38	786	1028
1029	0:59:32	ALLEN, Sarah		Vet Ladies 50-59	0:58:32	150	1029
1030	0:59:32	ALLEN, Tom		Senior Men	0:58:31	1694	1030
1031	0:59:32	ESPINER, Oliver		Senior Men	0:57:35	741	1031
1032	0:59:34	SHAH, Jeeten		Senior Men	0:58:33	1586	1032
1033	0:59:38	SADDLETON, Martin		Vet Men 40-49	0:57:59	1188	1033
1034	0:59:38	HILL, Gary		Vet Men 40-49	0:57:59	1189	1034
1035	0:59:40	DONKIN, Lisa	March Athletics Club	Vet Ladies 40-49	0:58:47	1753	1035
1036	0:59:41	FAWKES, George		Senior Men	0:59:09	905	1036
1037	0:59:41	FISHER, Chris	Bespak	Junior Men	0:58:59	1378	1037
1038	0:59:42	BRAY, Curney	Dereham Runners AC	Vet Ladies 50-59	0:59:23	635	1038
1039	0:59:45	COOK, Jennifer		Senior Ladies	0:58:50	1313	1039
1040	0:59:45	CCOK, Simon		Senior Men	0:58:49	1314	1040
1041	0:59:46	FLETCHER, John	Queen Elizabeth Hospital Special Care Baby Appeal	Vet Men 40-49	0:58:25	337	1041
1042	0:59:46	HEMETER, Heidi		Vet Ladies 40-49	0:58:09	490	1042
1043	0:59:46	LAWTON, Pamela	KLFM	Senior Ladies	0:58:08	968	1043

**Provisional Results for All Competitors in finish order.**

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1044	0:59:46	MORTON, David	Bcklwn	Senior Men	0:58:08	1300	1044
1045	0:59:47	LAMBERT, Maria	Ryston Runners AC	Senior Ladies	0:58:10	1076	1045
1046	0:59:48	FAULKNER, Julian		Senior Men	0:58:37	135	1046
1047	0:59:49	TYRRELL, Chris		Senior Men	0:57:50	977	1047
1048	0:59:49	FISHER, Wendy	Mars	Vet Ladies 40-49	0:58:49	259	1048
1049	0:59:49	ARNOLD, Ian		Senior Men	0:58:55	832	1049
1050	0:59:51	GURNEY, Claire	Lynnsport Ladybirds	Senior Ladies	0:58:56	578	1050
1051	0:59:51	STEVENSON, Nigel		Senior Men	0:58:10	1643	1051
1052	0:59:51	SLEIGHT, Shaun		Senior Men	0:58:10	1163	1052
1053	0:59:53	BLOMFIELD, Charlotte		Senior Ladies	0:58:26	1262	1053
1054	0:59:53	HOUGHTON, John		Senior Men	0:58:57	1632	1054
1055	0:59:55	DREW, Peter		Vet Men 50-59	0:58:44	1288	1055
1056	0:59:58	BOYLE, Helen		Senior Ladies	0:58:27	1153	1056
1057	0:59:58	CLEAVER, Simon		Vet Men 40-49	0:58:15	1763	1057
1058	0:59:59	WRIGHT, Hayley		Senior Ladies	0:58:52	225	1058
1059	1:00:01	CLEMENTS, Marian		Vet Ladies 50-59	0:59:01	526	1059
1060	1:00:03	RUTTY, Maria		Senior Ladies	0:59:33	1030	1060
1061	1:00:03	RICHARDS, Robert		Senior Men	0:58:21	1556	1061
1062	1:00:03	WHITEHEAD, Isabelle	Boston & District AC	Junior Ladies	0:58:21	1559	1062
1063	1:00:05	NORTH, Andrew		Senior Men	0:58:54	136	1063
1064	1:00:09	BYATT, Sarah	Lynnsport Ladybirds	Vet Ladies 40-49	0:59:14	48	1064
1065	1:00:10	WOOD, John		Junior Men	0:59:50	1410	1065
1066	1:00:10	ANDREW, Dahl		Vet Men 40-49	0:59:09	1407	1066
1067	1:00:10	FYSH, Tobie		Senior Men	0:58:39	729	1067
1068	1:00:11	JOHNSON, Fiona	Harpley School	Senior Ladies	0:58:45	753	1068
1069	1:00:12	LEET, James		Senior Men	0:58:57	881	1069
1070	1:00:13	JOHANNES, Ahrenfelt		Senior Men	0:58:21	394	1070
1071	1:00:13	KOOREMAN, Caroline		Senior Ladies	0:59:17	584	1071
1072	1:00:13	STEVENS, Jacqueline		Vet Ladies 40-49	0:59:18	527	1072
1073	1:00:14	HARE, Peter		Vet Men 50-59	0:59:53	607	1073
1074	1:00:15	BRASTED, Samuel		Senior Men	0:59:56	1397	1074
1075	1:00:16	HIBBERD, Sarah		Senior Ladies	0:59:38	894	1075
1076	1:00:18	CROSS, Emma		Senior Ladies	0:58:46	1417	1076
1077	1:00:18	JESSOP, Nichola		Senior Ladies	0:58:46	1576	1077
1078	1:00:20	CARRINGTON SMITH, Sarah		Senior Ladies	0:58:44	706	1078
1079	1:00:21	PRICE, Dave		Senior Men	0:59:15	12	1079
1080	1:00:25	JAMES, Paula	Mars	Vet Ladies 40-49	0:59:25	1458	1080
1081	1:00:25	PHANG, Sarah	Mars	Senior Ladies	0:59:24	1108	1081
1082	1:00:28	TAMcKEN, Steven		Vet Men 50-59	0:59:14	1462	1082
1083	1:00:32	WOODHOUSE, Pete		Senior Men	0:59:42	1718	1083
1084	1:00:33	SEAMARK, Julie		Vet Ladies 40-49	0:59:54	1490	1084
1085	1:00:33	JAY, James	Bespak	Senior Men	0:59:09	1358	1085
1086	1:00:34	CUTHILL, Stewart		Senior Men	0:58:53	1512	1086
1087	1:00:35	CASSIDY, Darren		Vet Men 40-49	0:58:54	1574	1087
1088	1:00:36	HARDY, Rebecca		Senior Ladies	0:59:57	592	1088
1089	1:00:36	MAY, Kevin		Senior Men	0:59:16	572	1089
1090	1:00:38	BICKFORD, Rachel	Norfolk United Netball Club	Senior Ladies	0:59:05	96	1090
1091	1:00:38	HALES, Diane	Norfolk Hospice Tapping House	Vet Ladies 40-49	0:59:59	1208	1091
1092	1:00:39	TAYLOR, James		Senior Men	0:58:42	1423	1092
1093	1:00:40	FOX, Amanda		Senior Ladies	0:58:43	1059	1093
1094	1:00:42	HOBSON, Jennifer	Palm Paper	Vet Ladies 50-59	0:59:47	456	1094
1095	1:00:42	COLE, Christopher	Catalina Software	Senior Men	1:00:08	858	1095
1096	1:00:44	HEADING, Katie	Barton & District AC	Senior Ladies	0:59:26	574	1096
1097	1:00:45	WILLSON, Paul		Senior Men	1:00:04	1728	1097
1098	1:00:46	JACKMAN, Gena	March Athletics Club	Vet Ladies 70+	0:59:43	163	1098
1099	1:00:47	HIBBERD, Helen		Senior Ladies	1:00:08	1325	1099
1100	1:00:47	PALMER, Andrew		Vet Men 40-49	0:59:37	761	1100
1101	1:00:49	GLAZEBROOK, Roger		Vet Men 60-69	0:59:18	504	1101
1102	1:00:50	KAYE, Natalie		Senior Ladies	1:00:09	1335	1102
1103	1:00:51	CURTIS, Anne		Senior Ladies	0:59:35	552	1103
1104	1:00:51	SISLEY, Andy		Vet Men 40-49	0:59:41	1032	1104
1105	1:00:52	BARKER, Lindsay		Vet Ladies 40-49	0:59:42	1740	1105

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1106	1:00:52	TURNER, Suzanne	Bespak	Vet Ladies 40-49	0:59:14	1380	1106
1107	1:00:56	VAN LEERSUM, Claire		Vet Ladies 40-49	0:59:55	1221	1107
1108	1:00:56	MARGERESON, Jo		Senior Ladies	0:59:18	145	1108
1109	1:00:58	KAYE, Patricia		Vet Ladies 50-59	1:00:17	1336	1109
1110	1:00:59	BENDING, Alex		Junior Men	1:00:14	1001	1110
1111	1:00:59	DENHAM, Jo	Lynnsport Ladybirds	Senior Ladies	0:59:23	1588	1111
1112	1:01:06	TILLS, Louise		Vet Ladies 40-49	0:59:55	1760	1112
1113	1:01:06	ROGERS, Rosie	Norfolk Gazelles AC	Vet Ladies 40-49	1:00:23	1419	1113
1114	1:01:09	RINGER, Antony		Vet Men 40-49	0:59:41	542	1114
1115	1:01:09	RINGER, Vicki		Vet Ladies 40-49	0:59:43	541	1115
1116	1:01:11	HAILSTONE, Nigel		Senior Men	0:59:37	426	1116
1117	1:01:14	JACKSON, Joanne	Campaign Care 94	Senior Ladies	1:01:07	1010	1117
1118	1:01:14	JACKSON, Paul	Campaign Care 94	Senior Men	1:01:07	1011	1118
1119	1:01:14	HAMPTON, Mark	Bespak	Vet Men 40-49	0:59:55	1377	1119
1120	1:01:18	HAMMOND, Jo	Bespak	Senior Ladies	0:59:29	1363	1120
1121	1:01:18	STEPHENSON, Daniel		Junior Men	0:59:29	1531	1121
1122	1:01:18	HLLAND, Martin	Ryston Runners AC	Vet Men 60-69	1:00:21	802	1122
1123	1:01:18	SCAIFF, Camilla		Senior Ladies	0:59:48	118	1123
1124	1:01:21	BENSTEAD, Robert		Vet Men 70+	1:00:19	239	1124
1125	1:01:26	ANDERSSON, Penny		Vet Ladies 40-49	1:00:21	1500	1125
1126	1:01:29	MILES, Tony		Senior Men	0:59:38	31	1126
1127	1:01:29	RONEY, Elinor		Senior Ladies	1:00:34	1045	1127
1128	1:01:30	PHILLIPPS, Andrew		Vet Men 40-49	1:00:31	513	1128
1129	1:01:31	FENECH, Charles		Vet Men 60-69	1:00:22	1228	1129
1130	1:01:31	HOPKINS, Andrea		Senior Ladies	1:00:32	512	1130
1131	1:01:32	HALL, Richard		Vet Men 40-49	0:59:39	1762	1131
1132	1:01:32	HARMER, Jenny		Vet Ladies 40-49	1:00:07	1470	1132
1133	1:01:33	DUFFIELD, Louise		Vet Ladies 40-49	1:00:28	1103	1133
1134	1:01:34	GRUBER, Stephan	Palm Paper	Senior Men	1:00:39	1146	1134
1135	1:01:35	WELLS, Bridget		Vet Ladies 50-59	1:00:24	636	1135
1136	1:01:40	HAMMOND, Richard		Vet Men 50-59	1:00:07	305	1136
1137	1:01:40	SIMS, Susan		Vet Ladies 40-49	1:00:07	296	1137
1138	1:01:43	ONURLU, Julie		Vet Ladies 40-49	1:00:48	682	1138
1139	1:01:49	CHAPMAN, Chris	City of Norwich Athletic Club	Senior Men	1:00:23	308	1139
1140	1:01:49	ROBB, Kathryn		Vet Ladies 40-49	1:00:26	273	1140
1141	1:01:50	WRIGHT, Caron		Vet Ladies 40-49	1:01:08	1421	1141
1142	1:01:52	SMITH, Jan	Lynnsport Ladybirds	Vet Ladies 40-49	1:00:16	389	1142
1143	1:01:54	BANNISTER, Simon	Century Logistics	Senior Men	1:00:20	698	1143
1144	1:01:56	HOUGHTON-WOOD, Jules		Senior Ladies	1:00:16	665	1144
1145	1:01:56	LUCAS, Stephanie	BRJ Running Club	Vet Ladies 40-49	1:00:16	553	1145
1146	1:01:56	HOUGHTON-WOOD, Peter		Vet Men 40-49	1:00:16	666	1146
1147	1:01:58	GOULT, Jon		Senior Men	1:01:12	364	1147
1148	1:01:59	PRIOR, Samantha	Ramsey Road Runners	Senior Ladies	1:00:30	1651	1148
1149	1:02:00	RIMELL, Michael		Vet Men 40-49	1:00:47	160	1149
1150	1:02:03	DEVEAU, Daniel		Junior Men	1:01:30	1480	1150
1151	1:02:06	KENYON, Philip		Vet Men 50-59	1:01:27	1489	1151
1152	1:02:06	BATEMAN, Rachael		Senior Ladies	1:00:55	772	1152
1153	1:02:07	GILBERT, Jay		Senior Ladies	1:00:51	1483	1153
1154	1:02:10	RIDSDILL, Grahame		Vet Men 40-49	1:00:07	1720	1154
1155	1:02:11	BAKER, Gregg		Senior Men	1:01:50	47	1155
1156	1:02:11	FINDLAY, Kathy		Senior Ladies	1:01:49	72	1156
1157	1:02:11	EVERITT, Robert		Vet Men 40-49	1:01:15	1323	1157
1158	1:02:13	GREEN, Andrew	Bespak	Vet Men 40-49	1:01:57	1360	1158
1159	1:02:13	INNS, Tara		Senior Ladies	1:01:17	1322	1159
1160	1:02:15	HAWKINS, Chris		Senior Men	1:00:47	244	1160
1161	1:02:16	O'NEILL, Stuart	Haverhill Running Club	Senior Men	1:01:46	1526	1161
1162	1:02:16	PAGE, Andy	Terrington Tigers Football Club	Vet Men 40-49	1:01:04	852	1162
1163	1:02:18	SCHMITT, Anne		Senior Ladies	1:00:26	392	1163
1164	1:02:19	WATERSON, Ian		Senior Men	1:00:24	486	1164
1165	1:02:20	TICKLE, Anna		Senior Ladies	1:00:23	266	1165
1166	1:02:23	McMINN, Hayley		Senior Ladies	1:00:25	1061	1166
1167	1:02:26	CROOKES, Celia		Senior Ladies	1:00:24	190	1167

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
1168	1:02:26	STEPHEN, Price	Vodafone Voyagers	Senior Men	1:00:24	1179	1168
1169	1:02:26	TAYLOR, Jennifer	Newcastle Staffs AC	Senior Ladies	1:01:25	1503	1169
1170	1:02:27	ASHURST, Debra		Vet Ladies 40-49	1:00:57	443	1170
1171	1:02:28	OLDFIELD, Kate	Terrington Tigers Football Club	Senior Ladies	1:01:49	535	1171
1172	1:02:32	HOGAN, Caroline		Vet Ladies 40-49	1:00:42	1177	1172
1173	1:02:35	BAILEY, Myra Jean		Vet Ladies 60-69	1:01:22	226	1173
1174	1:02:37	SMITH, Jude		Vet Ladies 50-59	1:01:18	1540	1174
1175	1:02:40	ASHTON, Claire	BRJ Running Club	Senior Ladies	1:00:03	604	1175
1176	1:02:40	MASSEN, Kerry		Senior Ladies	1:02:01	103	1176
1177	1:02:40	WILBURN, Rebecca		Senior Ladies	1:00:03	870	1177
1178	1:02:42	JOANNE, Page		Senior Ladies	1:01:29	886	1178
1179	1:02:42	MO, Davey		Vet Men 40-49	1:00:39	1090	1179
1180	1:02:43	SNOW, Rachel		Vet Ladies 40-49	1:01:17	144	1180
1181	1:02:44	HOLMAN, Naomi	Lynnsport Ladybirds	Senior Ladies	1:01:41	1617	1181
1182	1:02:48	ANDY, Furnell		Vet Men 40-49	1:01:45	1092	1182
1183	1:02:50	LAWRENCE, Helen		Senior Ladies	1:02:08	1748	1183
1184	1:02:53	HUNT-PAIN, Debbie		Vet Ladies 40-49	1:01:21	689	1184
1185	1:02:54	McSHANE, Mandy		Vet Ladies 40-49	1:01:18	1714	1185
1186	1:02:55	NORTON, Sarah		Senior Ladies	1:01:44	458	1186
1187	1:02:57	CARTER, Richard	D G Scales Plant Hire Ltd	Senior Men	1:02:07	718	1187
1188	1:02:57	SPENCER, Natasha		Senior Ladies	1:02:20	731	1188
1189	1:02:57	GUNN, Anna		Vet Ladies 40-49	1:01:51	711	1189
1190	1:02:58	MATHUNJWA, Katie	Rosedale	Senior Ladies	1:02:21	755	1190
1191	1:02:58	NORMAN, Blayne	Nandos	Junior Men	1:01:59	1437	1191
1192	1:03:01	BROWN, Denise		Vet Ladies 40-49	1:01:30	703	1192
1193	1:03:01	MATT, Gilbert		Senior Men	1:01:45	1254	1193
1194	1:03:01	BUMFREY, Stephen		Vet Men 40-49	1:02:23	1005	1194
1195	1:03:02	CURTIS, Michael		Vet Men 50-59	1:01:01	500	1195
1196	1:03:04	FENDLEY, Jonathan		Senior Men	1:01:33	423	1196
1197	1:03:05	CHEN, Joyce I-hui		Senior Ladies	1:02:13	906	1197
1198	1:03:05	CORLEY, Nigel		Vet Men 50-59	1:01:16	149	1198
1199	1:03:06	NICHOLSON, Patrick		Vet Men 40-49	1:01:47	1040	1199
1200	1:03:07	OVERSON, Shannon		Junior Ladies	1:02:26	883	1200
1201	1:03:15	BARBER, Ruth		Senior Ladies	1:01:44	492	1201
1202	1:03:16	COOPER, Dawn		Senior Ladies	1:02:00	1176	1202
1203	1:03:21	HANSELL, Lee		Senior Men	1:02:35	63	1203
1204	1:03:25	HARROD, Trevor	Bespak	Vet Men 40-49	1:01:29	1367	1204
1205	1:03:26	DRINNAN, Alan		Vet Men 60-69	1:02:53	887	1205
1206	1:03:26	HIBBERD, Sue		Vet Ladies 40-49	1:02:44	231	1206
1207	1:03:28	RUDING, Frank		Vet Men 50-59	1:02:42	942	1207
1208	1:03:32	DRIVER, Len		Vet Men 50-59	1:02:17	1241	1208
1209	1:03:35	GREEN, Tanya		Vet Ladies 40-49	1:02:26	730	1209
1210	1:03:35	BOSELEY, Keith	Sleaford Town Runners	Vet Men 50-59	1:02:26	992	1210
1211	1:03:35	STAPLETON, Julie	Sleaford Town Runners	Vet Ladies 50-59	1:02:26	993	1211
1212	1:03:36	GARROD, Lee		Senior Men	1:02:30	1606	1212
1213	1:03:36	CLARKSON, Gail	West Winch Junior FC	Vet Ladies 40-49	1:01:57	461	1213
1214	1:03:37	CLARKSON, Chris	West Winch Junior FC	Vet Men 40-49	1:01:58	462	1214
1215	1:03:37	ROWLING, Richard	West Winch Junior FC	Vet Men 40-49	1:01:57	445	1215
1216	1:03:37	SEELEY, Chadwick	West Norfolk Rugby Club U15's	Junior Men	1:01:48	345	1216
1217	1:03:37	REEVES, Niki		Senior Ladies	1:02:51	918	1217
1218	1:03:38	WARE, Ollie	West Norfolk Rugby Club U15's	Junior Men	1:01:49	353	1218
1219	1:03:39	COAFIELD, Shaun		Vet Men 40-49	1:03:26	1631	1219
1220	1:03:40	DELVES, Ben	West Norfolk AC	Vet Men 60-69	1:02:34	485	1220
1221	1:03:40	HALLIDAY, Catherine		Senior Ladies	1:02:13	1329	1221
1222	1:03:43	OXBY, Sonia		Senior Ladies	1:02:39	387	1222
1223	1:03:43	WANT, John		Vet Men 50-59	1:02:38	1154	1223
1224	1:03:43	CHARLESWORTH, Samantha		Senior Ladies	1:02:10	1048	1224
1225	1:03:44	ASHMORE, Paulette		Vet Ladies 50-59	1:02:39	1155	1225
1226	1:03:44	RAYNER, Kelly		Senior Ladies	1:02:17	1625	1226
1227	1:03:45	JAYNE, Mathew		Senior Men	1:02:18	1626	1227
1228	1:03:47	CULLEN, Kathy		Vet Ladies 50-59	1:02:13	514	1228
1229	1:03:49	BARRINGTON, Nicola		Senior Ladies	1:02:57	544	1229

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
1230	1:03:50	VERGETTE, Paul		Vet Men 60-69	1:02:41	601	1230
1231	1:03:50	GUYTON, Teresa		Vet Ladies 50-59	1:02:41	602	1231
1232	1:03:55	WALPOLE, Helen	Lynnsport Ladybirds	Vet Ladies 40-49	1:02:52	403	1232
1233	1:03:55	MOFFAT, Alex		Vet Ladies 40-49	1:02:34	573	1233
1234	1:03:57	LOWE, Debbie		Vet Ladies 40-49	1:01:59	484	1234
1235	1:04:01	LOVELL, Julie		Vet Ladies 40-49	1:02:56	1134	1235
1236	1:04:05	TARRANT, Tony		Vet Men 50-59	1:02:12	585	1236
1237	1:04:08	PEPPER, Hayley		Senior Ladies	1:02:56	125	1237
1238	1:04:10	CONDUIT-SMITH, Joanne		Senior Ladies	1:02:40	130	1238
1239	1:04:10	McCABE, Jamie		Junior Men	1:02:17	1619	1239
1240	1:04:11	TWAITE, Andrew		Vet Men 40-49	1:03:24	922	1240
1241	1:04:13	HODGSON, Sharon		Vet Ladies 40-49	1:02:58	508	1241
1242	1:04:17	BUTTERS, Valerie	Lynnsport Ladybirds	Vet Ladies 50-59	1:02:45	744	1242
1243	1:04:18	BAMBER, Jessica	Norfolk Hospice Tapping House	Senior Ladies	1:03:38	600	1243
1244	1:04:20	SEWELL, Shona		Senior Ladies	1:02:49	1094	1244
1245	1:04:20	HOPKISSON, Jodie		Senior Ladies	1:02:49	1215	1245
1246	1:04:23	GRAY, Elaine	Huntingdonshire AC	Vet Ladies 50-59	1:03:24	151	1246
1247	1:04:24	BAILEY, Derrick		Vet Men 60-69	1:03:11	227	1247
1248	1:04:26	HARROD, Andy	Lynnsport Joggers	Vet Men 40-49	1:03:15	614	1248
1249	1:04:26	HILDESLEY, Caroline		Senior Ladies	1:02:29	246	1249
1250	1:04:27	WATSON, Charlotte		Senior Ladies	1:03:06	137	1250
1251	1:04:28	CLARKE, Nicola		Vet Ladies 40-49		365	1251
1252	1:04:29	BATESON, Marcus		Senior Men	1:03:15	1039	1252
1253	1:04:31	FRADLEY, Helen		Vet Ladies 40-49	1:02:35	165	1253
1254	1:04:34	SMITH, Beccy		Senior Ladies	1:03:17	348	1254
1255	1:04:36	LITTLER, Andy		Vet Men 40-49	1:03:32	213	1255
1256	1:04:37	HAGGARTY, Elaine	Great Yarmouth & District AC	Vet Ladies 50-59	1:04:10	1185	1256
1257	1:04:38	SHINN, Joanna		Senior Ladies	1:02:56	734	1257
1258	1:04:41	DAYKIN, Stephen		Vet Men 50-59	1:03:15	589	1258
1259	1:04:41	WITTING, Sarah	Terrington Tigers Football Club	Senior Ladies	1:03:33	538	1259
1260	1:04:41	DAYKIN, Mary		Vet Ladies 50-59	1:03:15	586	1260
1261	1:04:45	SHEILS, Debbie		Vet Ladies 40-49	1:03:11	414	1261
1262	1:04:46	HEWETT, Anne	Downham Dollies Ladies Running Club	Vet Ladies 40-49	1:04:02	333	1262
1263	1:04:52	HARVEY, Clare	Terrington Tigers Football Club	Senior Ladies	1:03:44	539	1263
1264	1:04:54	STROUD, Andrew		Senior Men	1:03:35	630	1264
1265	1:04:57	BORRMAN, Virginia		Vet Ladies 40-49	1:03:13	1387	1265
1266	1:04:58	REEVES, Carly		Senior Ladies	1:04:11	917	1266
1267	1:04:58	BENDING, Karen		Vet Ladies 50-59	1:04:13	1000	1267
1268	1:04:58	MIDDLEDITCH, Stephanie		Senior Ladies	1:03:36	51	1268
1269	1:04:58	COLMAN, Christine		Senior Ladies	1:03:36	185	1269
1270	1:04:59	NICHOLL, Darren		Senior Men	1:03:34	1025	1270
1271	1:05:02	YATES, Steven		Senior Men	1:03:42	1209	1271
1272	1:05:08	VANHINSBERGH, Alice		Junior Ladies	1:03:31	826	1272
1273	1:05:08	CORNWALL, Victoria		Senior Ladies	1:03:54	1183	1273
1274	1:05:10	GRATTONI, Lucy		Senior Ladies	1:03:45	596	1274
1275	1:05:10	CLARK, Christopher		Senior Men	1:03:45	595	1275
1276	1:05:11	BOWEN, Donnie	Lynn Heart Support Group	Vet Men 50-59	1:03:37	356	1276
1277	1:05:11	HUNT, Tony	Lynn Heart Support Group	Vet Men 40-49	1:03:37	420	1277
1278	1:05:14	HEWETSON, Hannah	Harpley School	Senior Ladies	1:03:29	1020	1278
1279	1:05:19	ASH, Rebecca	Lynnsport Ladybirds	Senior Ladies	1:04:39	928	1279
1280	1:05:25	SARGENT, Greg	Queen Elizabeth Hospital Special Care Baby Appeal	Vet Men 50-59	1:03:46	629	1280
1281	1:05:26	BATHE, Kirsty		Senior Ladies	1:04:38	597	1281
1282	1:05:28	DUNN, John		Vet Men 50-59	1:04:45	483	1282
1283	1:05:31	THOMPSON, Peter		Vet Men 40-49	1:04:17	1730	1283
1284	1:05:40	WHITEHORN, Anne		Senior Ladies	1:04:33	537	1284
1285	1:05:40	PAUL, Whitehorn		Senior Men	1:04:33	536	1285
1286	1:05:42	PAGE, Theresa	Terrington Tigers Football Club	Vet Ladies 40-49	1:04:30	569	1286
1287	1:05:46	SMITH, Jacqueline		Vet Ladies 40-49	1:03:54	382	1287
1288	1:05:47	HOLMES, Simon	Fenland Running & AC	Senior Men	1:04:35	14	1288
1289	1:05:49	HOLLOWAY, Richard		Senior Men	1:04:05	398	1289

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
1290	1:05:50	BARNES, Fiona		Senior Ladies	1:05:23	104	1290
1291	1:05:50	EVANS, Jean	Downham Dollies Ladies Running Club	Vet Ladies 50-59	1:04:02	335	1291
1292	1:05:51	DAW, Julie	Mars	Vet Ladies 40-49	1:04:50	1456	1292
1293	1:05:51	REDCAR, Jo	Downham Dollies Ladies Running Club	Vet Ladies 40-49	1:04:03	329	1293
1294	1:05:51	WARREN, Mandy	Downham Dollies Ladies Running Club	Senior Ladies	1:04:02	328	1294
1295	1:05:55	CARTER, Lynn	Downham Dollies Ladies Running Club	Senior Ladies	1:04:06	1644	1295
1296	1:05:58	BALLS, Glenis		Vet Ladies 50-59	1:04:44	1487	1296
1297	1:06:02	LYDEN, Georgie		Senior Ladies	1:05:32	194	1297
1298	1:06:03	ENGLAND, Maureen	Great Yarmouth & District AC	Vet Ladies 60-69	1:04:23	1742	1298
1299	1:06:11	POULTNEY, Chris		Senior Men	1:04:10	70	1299
1300	1:06:13	RYAN, Clementine		Junior Ladies	1:05:32	884	1300
1301	1:06:15	GLOVER GUNN, May		Senior Ladies	1:04:14	71	1301
1302	1:06:17	SMITH, Barry		Vet Men 40-49	1:05:22	1113	1302
1303	1:06:20	GARDINER, Neil		Senior Men	1:04:44	971	1303
1304	1:06:23	NICHOLS, David		Vet Men 50-59	1:04:56	1107	1304
1305	1:06:23	HAYNES, Craig		Senior Men	1:06:04	169	1305
1306	1:06:24	EVANS, Carol	Lynnsport Ladybirds	Vet Ladies 60-69	1:05:18	804	1306
1307	1:06:28	MOORE, Tracey		Vet Ladies 40-49	1:05:19	1413	1307
1308	1:06:28	MOORE, Lorraine		Senior Ladies	1:05:19	747	1308
1309	1:06:30	STONEHILL, Virginia		Senior Ladies	1:04:54	316	1309
1310	1:06:31	HARRIS, Rebecca		Senior Ladies	1:04:54	315	1310
1311	1:06:32	HILL-JONES, Tiffany		Senior Ladies	1:04:55	377	1311
1312	1:06:34	WILSON, Amy		Senior Ladies	1:05:43	841	1312
1313	1:06:34	VIVASH, Gemma		Senior Ladies	1:04:57	317	1313
1314	1:06:37	ELVIDGE, David		Vet Men 60-69	1:04:58	36	1314
1315	1:06:51	SINNOTT, Paula		Senior Ladies	1:05:43	1449	1315
1316	1:06:59	SMITH, Michael		Vet Men 40-49	1:05:41	762	1316
1317	1:07:01	LOVELESS, Pam	Lynnsport Joggers	Vet Ladies 60-69	1:05:49	455	1317
1318	1:07:03	WHISLER, Andrew		Senior Men	1:05:36	26	1318
1319	1:07:10	MALLECK-AMODE, Omar	Vodafone Voyagers	Senior Men	1:05:08	34	1319
1320	1:07:11	MANGAN, Heather		Vet Ladies 50-59	1:05:43	639	1320
1321	1:07:12	CASE, Elizabeth	Harpley School	Senior Ladies	1:05:21	522	1321
1322	1:07:13	ASKE, Tim		Vet Men 40-49	1:05:16	368	1322
1323	1:07:19	WATSON, Trevor	Different Strokes	Vet Men 50-59	1:05:56	974	1323
1324	1:07:21	CALLABY, Katie		Senior Ladies	1:06:29	769	1324
1325	1:07:21	CALLABY, Andrew		Senior Men	1:06:29	770	1325
1326	1:07:22	YOUNG, Jason		Junior Men	1:05:58	384	1326
1327	1:07:22	REEVE, Sally		Vet Ladies 40-49	1:05:38	46	1327
1328	1:07:24	HAMPTON, Kari Maria		Senior Ladies	1:05:48	691	1328
1329	1:07:24	HARLOCK, Peter		Vet Men 60-69	1:05:48	647	1329
1330	1:07:26	PLOWRIGHT, Bridget		Vet Ladies 50-59	1:05:57	805	1330
1331	1:07:27	KERRISON, Darrell		Senior Men	1:06:33	139	1331
1332	1:07:29	CHASE, Stephen		Vet Men 50-59	1:06:31	440	1332
1333	1:07:29	FISHER, Linda		Vet Ladies 40-49	1:06:31	473	1333
1334	1:07:32	LE SERVE, Kathryn		Vet Ladies 40-49		1082	1334
1335	1:07:33	LE SERVE, Paul		Vet Men 40-49		1083	1335
1336	1:07:34	RACHEL, Taylor		Senior Ladies	1:05:36	247	1336
1337	1:07:38	STOKES, Ben	Catalina Software	Senior Men	1:06:28	878	1337
1338	1:07:39	SHARP, Lorraine		Senior Ladies	1:06:45	476	1338
1339	1:07:39	SHARP, David		Vet Men 40-49	1:06:45	1710	1339
1340	1:07:40	SHINGFIELD, Julie		Vet Ladies 40-49	1:06:22	915	1340
1341	1:07:43	MARTIN, Suzy		Vet Ladies 40-49	1:06:43	290	1341
1342	1:07:43	LANGLEY, Johanna		Senior Ladies	1:06:01	590	1342
1343	1:07:44	LIPPONEN-GEORGE, Anne		Senior Ladies	1:06:02	587	1343
1344	1:07:45	DWYER, Margaret	Raf Marham Ac	Senior Ladies	1:06:19	1735	1344
1345	1:07:52	NEWTON, Christine		Vet Ladies 50-59	1:06:24	638	1345
1346	1:07:53	MERREY, Claire		Senior Ladies	1:06:28	105	1346
1347	1:07:54	ELLIOTT, Kathleen		Senior Ladies	1:06:46	780	1347

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
1348	1:07:55	BRESSANI, Natalie		Senior Ladies	1:06:47	778	1348
1349	1:08:02	WOOD, Jenny		Senior Ladies	1:06:36	582	1349
1350	1:08:12	BANKS, Kate		Senior Ladies	1:06:28	754	1350
1351	1:08:12	McKEAN, Carol		Senior Ladies	1:06:28	459	1351
1352	1:08:14	BRUCE, Barbara		Vet Ladies 40-49	1:07:17	319	1352
1353	1:08:14	PLUMB, Suzanne		Vet Ladies 40-49	1:07:17	294	1353
1354	1:08:19	KIDDELL, Gavin		Vet Men 40-49	1:07:05	30	1354
1355	1:08:19	KIDDELL, Debbie		Vet Ladies 40-49	1:07:05	29	1355
1356	1:08:20	BLUNDELL, Victoria		Senior Ladies	1:06:38	920	1356
1357	1:08:27	MURPHY, Derrick		Vet Men 50-59	1:06:52	966	1357
1358	1:08:28	GEDNEY, Harriet		Junior Ladies	1:07:46	931	1358
1359	1:08:29	WATSON, Hayley		Senior Ladies	1:07:47	930	1359
1360	1:08:31	LEE, Amanda		Vet Ladies 40-49	1:06:50	1164	1360
1361	1:08:31	HOUGHTON, Chaz	Bespak	Vet Men 50-59	1:06:32	1353	1361
1362	1:08:32	DOVE, Matthew		Senior Men	1:06:36	40	1362
1363	1:08:35	KEIDAN, Jane		Vet Ladies 50-59	1:07:01	810	1363
1364	1:08:35	BAVINGTON, Christopher		Senior Men	1:07:20	35	1364
1365	1:08:37	PAPE, Rachael		Senior Ladies	1:06:41	487	1365
1366	1:08:38	BUTLER, Alison	Downham Dollies Ladies Running Club	Senior Ladies	1:07:54	334	1366
1367	1:08:38	EDDY, Gill	Lynnsport Ladybirds	Vet Ladies 50-59	1:06:48	640	1367
1368	1:08:39	COPPINGER, Catherine		Vet Ladies 50-59	1:06:49	663	1368
1369	1:08:39	WOOD, Rosemary		Vet Ladies 50-59	1:06:49	671	1369
1370	1:08:39	HUCKLE, Isobel		Vet Ladies 60-69	1:07:10	117	1370
1371	1:08:42	FISHER, Roger	Bespak	Vet Men 40-49	1:07:04	1355	1371
1372	1:08:46	BOTHA, Inez		Senior Ladies	1:07:24	465	1372
1373	1:08:49	MANN, Lionel	Belgrave Harriers	Vet Men 60-69	1:07:09	1499	1373
1374	1:08:53	MUTTON, Jo		Vet Ladies 40-49	1:07:09	1757	1374
1375	1:08:55	NORTH, Janet	Rosedale	Senior Ladies	1:08:18	733	1375
1376	1:08:59	GARNER, Julie		Vet Ladies 40-49	1:08:15	835	1376
1377	1:09:05	ADDISON, Jane		Vet Ladies 50-59	1:07:50	1240	1377
1378	1:09:07	WALKER, Kirsty		Junior Ladies	1:08:16	897	1378
1379	1:09:07	WALKER, Sheena		Vet Ladies 40-49	1:08:16	896	1379
1380	1:09:08	MORRIS, Paula	Harpley School	Vet Ladies 40-49	1:07:23	1017	1380
1381	1:09:17	BROWN, Lucy	Harpley School	Vet Ladies 40-49	1:07:32	1087	1381
1382	1:09:19	MELCHOR, Gema	Women's Running Network	Senior Ladies	1:07:27	1105	1382
1383	1:09:21	WOOD, Christina		Vet Ladies 50-59	1:07:53	1494	1383
1384	1:09:23	BANTOFT, Al		Senior Men	1:08:04	648	1384
1385	1:09:26	BOYD, Bobbie-jo		Senior Ladies	1:07:51	1599	1385
1386	1:09:26	FOSSITT, Paul	Palm Paper	Vet Men 40-49	1:08:37	713	1386
1387	1:09:27	FREEBURN, Rodney	Wymondham AC	Vet Men 70+		1074	1387
1388	1:09:30	SEPAS, Manizha		Senior Ladies	1:07:32	1775	1388
1389	1:09:35	WALNE, Elizabeth		Senior Ladies	1:08:10	676	1389
1390	1:09:45	WARDALE, Carolyn		Senior Ladies	1:07:50	952	1390
1391	1:09:45	ALLAN, Rebecca		Senior Ladies	1:07:49	951	1391
1392	1:09:53	KIDD, Debra	Bespak	Vet Ladies 40-49	1:09:04	1383	1392
1393	1:09:54	LE FEVRE, Marie		Senior Ladies	1:08:21	554	1393
1394	1:09:54	FOREMAN, Joanne		Senior Ladies	1:08:21	411	1394
1395	1:10:01	RAKE, Toni		Vet Ladies 40-49	1:08:55	58	1395
1396	1:10:13	BULLOCK, Jessica		Senior Ladies	1:08:50	1018	1396
1397	1:10:14	HUGHES, Timothy		Vet Men 40-49	1:08:21	944	1397
1398	1:10:14	PRESTON, Nikki		Senior Ladies	1:08:51	625	1398
1399	1:10:15	CHAPMAN, Josephine		Vet Ladies 60-69	1:09:02	21	1399
1400	1:10:20	WHICKER, Katy		Senior Ladies	1:09:16	68	1400
1401	1:10:23	LAWRENCE, Kerry-ann		Senior Ladies	1:09:01	1311	1401
1402	1:10:24	HEWITT, Patricia	The Qeh Special Care Baby Appeal Team	Senior Ladies	1:09:02	274	1402
1403	1:10:25	WEARNE, Harry		Senior Men	1:09:10	737	1403
1404	1:10:30	DAVEY, Martin		Senior Men	1:09:57	1601	1404
1405	1:10:31	BARNES, Alison	Bespak	Vet Ladies 40-49	1:09:42	1384	1405
1406	1:10:37	NURSE, Bridget		Vet Ladies 40-49	1:10:13	1333	1406
1407	1:10:48	COLMAN, Natasha		Senior Ladies	1:09:13	1415	1407

**Provisional Results for All Competitors in finish order.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Chip Time</i>	<i>Race No</i>	<i>Race Place</i>
1408	1:10:48	BALLS, Katie		Senior Ladies	1:09:34	738	1408
1409	1:11:03	THOMSON, Liz	Lynnsport Ladybirds	Vet Ladies 50-59	1:09:43	427	1409
1410	1:11:03	SCOTTMONCRIEFF, Kate	Norfolk Hospice Tapping House	Vet Ladies 50-59	1:09:20	1746	1410
1411	1:11:04	MOORE, Marie	Lynnsport Ladybirds	Senior Ladies	1:09:44	412	1411
1412	1:11:05	CAWKWELL, Tina	Downham Dollies Ladies Running Club	Vet Ladies 40-49	1:09:43	330	1412
1413	1:11:05	McGLONE, Ruth	Downham Dollies Ladies Running Club	Vet Ladies 40-49	1:09:43	331	1413
1414	1:11:06	LIVESEY, Maureen	Downham Dollies Ladies Running Club	Vet Ladies 60-69	1:09:44	332	1414
1415	1:11:16	LYNN, Pamela	Lynnsport Ladybirds	Vet Ladies 50-59	1:10:28	1726	1415
1416	1:11:17	LEMON, Peter			1:10:15	1455	1416
1417	1:11:18	KATHERINE, Lemon		Vet Ladies 40-49	1:10:16	1459	1417
1418	1:11:30	PRATLEY, Donna	2620 Sqn Raf Regiment Reserves	Vet Ladies 40-49	1:10:33	1674	1418
1419	1:11:30	CAVANAGH, Steven	2620 Sqn Raf Regiment Reserves	Senior Men	1:10:33	1667	1419
1420	1:11:30	STONE, Matthew	2620 Sqn Raf Regiment Reserves	Junior Men	1:10:33	1690	1420
1421	1:11:30	READ, Katherine	2620 Sqn Raf Regiment Reserves	Senior Ladies	1:10:32	1676	1421
1422	1:11:30	JONES, Jane	2620 Sqn Raf Regiment Reserves	Vet Ladies 50-59	1:10:33	1672	1422
1423	1:11:31	WRIGHT, Martin	2620 Sqn Raf Regiment Reserves	Vet Men 40-49	1:10:33	1665	1423
1424	1:11:31	HORTON, Alan	2620 Sqn Raf Regiment Reserves	Vet Men 40-49	1:10:33	1661	1424
1425	1:11:31	BRUNDLE, Sean	2620 Sqn Raf Regiment Reserves	Senior Men	1:10:32	1678	1425
1426	1:11:31	PLANE, Brenden	2620 Sqn Raf Regiment Reserves	Senior Men	1:10:33	1668	1426
1427	1:11:32	SAIT, Alexander	2620 Sqn Raf Regiment Reserves	Junior Men	1:10:33	1681	1427
1428	1:11:32	GILL, Michael	2620 Sqn Raf Regiment Reserves	Junior Men	1:10:34	1680	1428
1429	1:11:32	WHITE, Jonathan	2620 Sqn Raf Regiment Reserves	Vet Men 40-49	1:10:33	1654	1429
1430	1:11:32	TAYLOR, Philip	2620 Sqn Raf Regiment Reserves	Vet Men 40-49	1:10:33	1660	1430
1431	1:11:32	PITT-CHEETHAM, Robert	2620 Sqn Raf Regiment Reserves	Senior Men	1:10:32	1659	1431
1432	1:11:33	WATLING, Michael	2620 Sqn Raf Regiment Reserves	Vet Men 40-49	1:10:33	1664	1432
1433	1:11:33	SLINN, James	2620 Sqn Raf Regiment Reserves	Senior Men	1:10:33	1688	1433
1434	1:11:33	LIGHTFOOT, Ian	2620 Sqn Raf Regiment Reserves	Senior Men	1:10:32	1673	1434
1435	1:11:33	SNOWLING, Spencer	2620 Sqn Raf Regiment Reserves	Junior Men	1:10:33	1689	1435
1436	1:11:34	REEVE, Andrew	2620 Sqn Raf Regiment Reserves	Senior Men	1:10:33	1677	1436
1437	1:11:34	STEPHENSON, Andrew	2620 Sqn Raf Regiment Reserves	Senior Men	1:10:32	1675	1437
1438	1:11:34	CHURCH, Colin	2620 Sqn Raf Regiment Reserves	Vet Men 50-59	1:10:33	1670	1438
1439	1:11:34	REIBER, Garry	2620 Sqn Raf Regiment Reserves	Senior Men	1:10:33	1669	1439
1440	1:11:35	HOLLIDAY, Timothy	2620 Sqn Raf Regiment Reserves	Vet Men 40-49	1:10:34	1686	1440
1441	1:11:35	SCOTT, Matthew	2620 Sqn Raf Regiment Reserves	Senior Men	1:10:33	1663	1441
1442	1:11:35	EVANS, James	2620 Sqn Raf Regiment Reserves	Junior Men	1:10:32	1671	1442
1443	1:11:35	REED, Dale	2620 Sqn Raf Regiment Reserves	Senior Men	1:10:33	1662	1443
1444	1:11:38	TOWNSHEND, Susan	Lynnsport Joggers	Vet Ladies 40-49	1:09:59	374	1444
1445	1:11:40	BLATCHER, David		Vet Men 60-69	1:10:19	605	1445
1446	1:11:46	ACRES, Sarah		Senior Ladies	1:09:59	404	1446
1447	1:11:49	BOCKING, Zoe		Senior Ladies	1:10:12	565	1447
1448	1:11:56	GRUNDY, David		Vet Men 40-49	1:10:01	1761	1448
1449	1:12:06	DOWNING, Amy	Bcklwn - Computer Says No	Senior Ladies	1:10:35	355	1449
1450	1:12:06	WHITTLE, Adam	Bcklwn - Computer Says No	Senior Men	1:10:35	685	1450
1451	1:12:11	TEMPLEMAN, Stefan		Junior Men	1:11:36	18	1451
1452	1:12:11	BLACKWELL, Mandy		Vet Ladies 40-49	1:11:36	16	1452
1453	1:12:12	SMITH, Nicola		Senior Ladies	1:11:19	129	1453
1454	1:12:12	ABBS, Chris		Senior Men	1:11:19	147	1454
1455	1:12:13	CROSS, Nicole	Lynnsport Ladybirds	Senior Ladies		291	1455
1456	1:12:13	BUTLER, Laura Jayne	Lynnsport Ladybirds	Senior Ladies	1:11:11	245	1456
1457	1:12:21	NICHOLL, Rosemary		Vet Ladies 50-59	1:10:56	1024	1457
1458	1:12:42	SMITH, Graham		Vet Men 40-49	1:11:08	1062	1458
1459	1:12:44	SMITH, Andrea		Vet Ladies 50-59	1:10:44	56	1459
1460	1:12:46	BROOKS, Jo		Senior Ladies	1:10:46	1060	1460
1461	1:12:57	LAMMAS, Scott	Dartford Road Runners	Senior Men	1:10:56	1398	1461
1462	1:13:18	BROWN, Jade	Norfolk Hospice Tapping House	Junior Ladies	1:11:48	1751	1462
1463	1:13:20	COULTEN, Eleri	Harpley School	Senior Ladies	1:11:29	1265	1463
1464	1:13:22	CRISFORD, Clair-marie		Senior Ladies	1:12:18	1003	1464
1465	1:13:28	WHITE, Caitlin		Junior Ladies	1:12:04	385	1465
1466	1:13:30	CHURCH, Colin		Vet Men 50-59	1:12:30	964	1466

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Chip Time	Race No	Race Place
1467	1:13:43	CLAY, Hannah		Senior Ladies	1:12:45	1440	1467
1468	1:13:43	PALFREY, Hannah	Team Mcdonald's	Senior Ladies	1:12:11	1469	1468
1469	1:13:51	SEWELL, Sharon	Team Mcdonald's	Vet Ladies 40-49	1:12:19	1471	1469
1470	1:13:56	CLAY, Steve		Vet Men 60-69		510	1470
1471	1:14:04	DIXON, Caroline		Vet Ladies 40-49	1:12:10	654	1471
1472	1:14:24	BLAND, Sue		Vet Ladies 50-59	1:12:39	1178	1472
1473	1:14:29	AHRENFELT, Joanne		Senior Ladies	1:12:37	393	1473
1474	1:14:36	WOOD, Elaine	Women's Running Network	Vet Ladies 50-59	1:12:43	380	1474
1475	1:14:37	TILSON, Michala	Nandos	Senior Ladies	1:13:38	1438	1475
1476	1:14:39	SMITH, Lindsay		Senior Ladies	1:13:22	347	1476
1477	1:14:39	HOWES, Caroline		Senior Ladies	1:13:30	401	1477
1478	1:14:41	EARTHROWL, Brian		Vet Men 60-69	1:13:00	564	1478
1479	1:14:43	STERECKA, Ewa		Senior Ladies	1:12:53	646	1479
1480	1:14:50	McCONNELL, Katherine		Senior Ladies	1:13:55	577	1480
1481	1:14:53	NIXON, Lynn		Vet Ladies 40-49	1:13:11	1193	1481
1482	1:14:54	SARFIELD, Julie		Vet Ladies 40-49	1:13:12	1638	1482
1483	1:14:54	CARTIN, Sarah		Senior Ladies	1:13:09	1029	1483
1484	1:14:57	SMITH, Ann	Lynnsport Ladybirds	Senior Ladies	1:13:21	131	1484
1485	1:14:58	BARNES, Amanda-Jayne	Lynnsport Ladybirds	Vet Ladies 40-49	1:13:22	115	1485
1486	1:15:11	FOSTERVOLD, Amanda		Vet Ladies 50-59	1:13:40	405	1486
1487	1:15:14	BEEHARRY, Isabel		Vet Ladies 50-59	1:13:36	1035	1487
1488	1:15:32	ROYCROFT, Helen		Vet Ladies 40-49	1:14:50	1034	1488
1489	1:15:34	MITCHELL, Elaine	Castle Point Joggers	Vet Ladies 60-69	1:14:15	1114	1489
1490	1:15:35	NEWTON, Dean		Senior Men	1:14:17	1294	1490
1491	1:15:36	ASH, Jason		Senior Men	1:14:18	1616	1491
1492	1:15:37	THOMPSON, Terry		Senior Men	1:13:44	1708	1492
1493	1:16:06	BOCOCK, Alan		Vet Men 70+	1:14:26	20	1493
1494	1:16:11	HORN, Emily		Senior Men	1:15:30	1137	1494
1495	1:16:11	MALCOLM, Horn		Vet Men 50-59	1:15:30	1138	1495
1496	1:16:27	ASHFORD, Cheryl		Vet Ladies 40-49	1:15:50	973	1496
1497	1:16:38	BOYLE, Sallyanne		Senior Ladies	1:14:42	824	1497
1498	1:16:43	WOODS, Rosina		Vet Ladies 40-49	1:15:13	1575	1498
1499	1:16:58	FRANKLIN, Lisa		Vet Ladies 40-49	1:15:28	1429	1499
1500	1:17:02	RIDSDILL, Jacob		Junior Men	1:14:59	1721	1500
1501	1:17:31	SHREEVE, Sandra		Vet Ladies 50-59	1:16:14	862	1501
1502	1:17:31	THOMPSON, Peter		Vet Men 40-49	1:16:14	861	1502
1503	1:17:39	LIPSCOMBE, Nicola		Senior Ladies	1:15:44	1365	1503
1504	1:17:42	GODFREY, Claire		Senior Ladies	1:15:58	309	1504
1505	1:17:43	HALL, Kia	Nandos	Junior Ladies	1:16:43	1441	1505
1506	1:18:14	BJERREGAARD, Julie		Vet Ladies 50-59	1:16:15	1211	1506
1507	1:18:16	CUMMING, Tracy		Senior Ladies	1:16:47	1629	1507
1508	1:18:43	BRIGHTMAN, Pat	Great Yarmouth & District AC	Vet Ladies 50-59	1:18:16	1287	1508
1509	1:18:44	MOSS, Amanda	Downham Dollies Ladies Running Club	Vet Ladies 40-49	1:16:49	326	1509
1510	1:18:48	DI-BELLA, Sarah	Lynnsport Ladybirds	Senior Ladies	1:17:27	529	1510
1511	1:18:53	ALLEN, Samantha		Senior Ladies	1:17:18	1595	1511
1512	1:18:58	MARTIN, David		Vet Men 40-49	1:18:20	1596	1512
1513	1:18:58	MARTIN, Andrew		Vet Men 40-49	1:18:20	254	1513
1514	1:19:11	ELSEGOOD, Martin		Vet Men 40-49	1:18:02	53	1514
1515	1:19:13	NANSON, Ann	Lynnsport Ladybirds	Vet Ladies 50-59	1:17:13	132	1515
1516	1:19:13	BARBER, Beryl	Lynnsport Ladybirds	Vet Ladies 50-59	1:17:13	1544	1516
1517	1:19:15	GOOLD, Gillian	Lynnsport Ladybirds	Vet Ladies 60-69	1:17:16	133	1517
1518	1:19:45	TALL, Hannah	Downham Dollies Ladies Running Club	Senior Ladies	1:17:50	1057	1518
1519	1:19:48	GRAVES, Maria	Downham Dollies Ladies Running Club	Vet Ladies 40-49	1:17:53	336	1519
1520	1:20:01	MALIK, Usamah	Nandos	Junior Men	1:19:02	1435	1520
1521	1:20:06	SIMMONS, Marc		Senior Men	1:18:55	688	1521
1522	1:20:35	DAVEY, William		Vet Men 70+	1:19:06	652	1522
1523	1:20:41	ROLLER, Susan	Lynnsport Ladybirds	Vet Ladies 50-59	1:18:40	242	1523
1524	1:20:44	ROPER, Mary	Lynnsport Ladybirds	Vet Ladies 50-59	1:18:44	482	1524
1525	1:20:51	PELLIZZARO, Michael		Vet Men 50-59	1:18:57	505	1525

**Provisional Results for All Competitors in finish order.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Chip Time</i>	<i>Race No</i>	<i>Race Place</i>
1526	1:21:41	EVANS, Aimee		Junior Ladies	1:20:53	271	1526
1527	1:21:55	GYTON, Jessica		Senior Ladies	1:21:18	732	1527
1528	1:22:05	EVE, Natasha	Terrington Tigers Football Club	Senior Ladies	1:20:41	853	1528
1529	1:22:18	CARTER, Barrie		Senior Men	1:20:24	1022	1529
1530	1:22:18	RUST, Simon		Senior Men	1:20:24	1776	1530
1531	1:22:58	EMERSON, Cassie	Nandos	Junior Ladies	1:21:57	1436	1531
1532	1:22:59	KIM, Bunn	Nandos	Junior Ladies	1:22:00	1434	1532
1533	1:23:08	BIGGADIKE, Kerry Ann	Downham Dollies Ladies Running Club	Senior Ladies	1:21:13	338	1533
1534	1:23:08	FRETWELL, Sally		Vet Ladies 40-49	1:21:09	1152	1534
1535	1:24:54	WHITE, Lauren		Junior Ladies	1:23:30	207	1535
1536	1:25:51	HORNBY, Ann	Lynnsport Ladybirds	Vet Ladies 60-69	1:24:30	187	1536
1537	1:26:18	BARRETT, Amy	Norfolk Hospice Tapping House	Senior Ladies	1:25:19	1432	1537
1538	1:26:19	RAMOS, Nayenne	Nandos	Junior Ladies	1:25:19	1444	1538
1539	1:26:41	WILLGRESS, Elaine		Senior Ladies	1:25:01	660	1539
1540	1:26:41	MURDOCH, Denise		Vet Ladies 40-49	1:25:20	257	1540
1541	1:28:21	DEE, Cynthia	Henfield Joggers	Vet Ladies 60-69	1:26:51	796	1541
1542	1:28:54	FRENCH, Phil		Vet Men 40-49	1:26:52	1033	1542
1543	1:29:08	COLLIS, David		Vet Men 60-69	1:27:12	1744	1543
1544	1:29:08	WALKER, Maggie	Norfolk Hospice Tapping House	Vet Ladies 50-59	1:27:51	850	1544
1545	1:32:03	SHARMAN, Elizabeth		Senior Ladies	1:30:58	495	1545
1546	1:35:30	ALLEN, Christopher		Senior Men		727	1546
1547	1:35:30	ALLEN, Amy		Senior Ladies		728	1547
1548	1:47:27	DIGGINS, Sally	Shed Steppers	Vet Ladies 40-49	1:45:27	371	1548
1549	1:48:56	HORNER, Jade	Norfolk Hospice Tapping House	Junior Ladies	1:47:40	759	1549
1550	1:48:57	LEET, Jacqueline		Vet Ladies 50-59	1:47:40	889	1550

There were 1550 finishers in the All Competitors category.