

Provisional Results for All Competitors in age grading order.

Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
1	0:34:51	DA SILVA, Fernando		Vet Men 50-59	87.60%	1405	14
2	0:35:11	GOLDING, Peter	St Edmund Pacers	Vet Men 50-59	87.50%	909	17
3	0:31:34	HENNESSY, Andrew	Wells City Harriers	Senior Men	85.45%	1	1
4	0:38:09	VICKERY, Juliet		Vet Ladies 40-49	85.30%	1080	48
5	0:37:20	TAYLOR, Philippa	Stamford Striders	Vet Ladies 40-49	84.28%	1271	39
6	0:52:58	MARTIN, Anne	Wymondham AC	Vet Ladies 70+	84.07%	1143	671
7	0:32:17	ANDREW, Inskip	Bedford & County Athletic Club	Senior Men	83.55%	750	2
8	0:35:13	RIDLEY, Colin	St Edmund Pacers	Vet Men 40-49	83.32%	1553	18
9	0:36:03	WALWYN, Olivia	City of Norwich Athletic Club	Senior Ladies	82.99%	2	27
10	0:32:31	ROBINSON, James	West Norfolk AC	Junior Men	82.95%	1191	3
11	0:39:39	CURL, Tracey	Norwich Road Runners	Vet Ladies 40-49	82.79%	1539	72
12	0:35:52	WATSON, Robert		Vet Men 40-49	82.45%	1159	24
13	0:34:48	HOLMES, Stuart	Cambridge Triathlon Club	Vet Men 40-49	82.44%	911	13
14	0:36:30	JORDAN, Tamara	Stowmarket Striders Running Club	Senior Ladies	81.96%	6	30
15	0:36:40	GLOVER, Daisy	Ely Runners	Junior Ladies	81.59%	927	31
16	0:35:47	AUNGER, Ian	Nene Valley Harriers	Vet Men 40-49	81.38%	945	22
17	0:34:41	BENVENUTO, Baldelli	Cambridge & Coleridge AC	Vet Men 40-49	80.93%	1520	11
18	0:34:58	NEILL, Steven	Norfolk Hospice Tapping House	Vet Men 40-49	80.85%	867	16
19	0:33:46	SALT, Michael	Cambridge & Coleridge AC	Senior Men	80.82%	1016	6
20	0:42:17	MILBURN, Ian	Fenland Running & AC	Vet Men 60-69	80.61%	808	139
21	0:33:40	RIDLEY, Andrew	St Edmund Pacers	Junior Men	80.10%	1554	4
22	0:33:46	ROBINSON, Steven	St Edmund Pacers	Senior Men	79.88%	846	5
23	0:33:47	CARROLL, Noel	Cambridge & Coleridge AC	Senior Men	79.84%	949	7
24	0:33:49	UTTING, Wayne	Norwich Road Runners	Senior Men	79.76%	908	8
25	0:40:08	TRINDER, Kay	Woking Athletic Club	Vet Ladies 40-49	79.72%	580	83
26	0:37:34	RANSON, Tracey	Springfield Striders RC	Senior Ladies	79.63%	985	44
27	0:41:38	WILKINSON, Louise	City of Norwich Athletic Club	Vet Ladies 40-49	79.56%	1222	120
28	0:33:54	WELLER, Geoff	Cambridge & Coleridge AC	Senior Men	79.55%	128	9
29	0:49:55	BALL, Malcolm	North Norfolk Beach Runners	Vet Men 70+	79.08%	1304	482
30	0:37:55	RUDD, Emma		Senior Ladies	78.89%	8	47
31	0:37:23	ROPER, Goy	Norwich Road Runners	Vet Men 40-49	78.48%	1538	40
32	0:39:22	JAMES, Molly	West Norfolk AC	Senior Ladies	78.01%	1171	64
33	0:42:24	EDGE, Trevor		Vet Men 60-69	78.00%	1217	142
34	0:34:35	KINGSNORTH, Tom	St Edmund Pacers	Senior Men	78.00%	555	10
35	0:41:46	ADCOCK, Trevor	Norfolk Gazelles AC	Vet Men 50-59	77.70%	1004	123
36	0:39:00	CLARKE, Russell	Wymondham AC	Vet Men 50-59	77.64%	1711	58
37	0:34:47	HIGHAM, Paul	Norfolk Gazelles AC	Senior Men	77.54%	608	12
38	0:43:08	BONE, John	Great Yarmouth Road Runners	Vet Men 60-69	77.44%	1343	163
39	0:34:54	PRESTIDGE, Caspar		Senior Men	77.28%	1647	15
40	0:43:18	COMBIE, John	Newark AC	Vet Men 60-69	77.14%	785	172
41	0:38:39	BOOTH, Nigel	Mablethorpe Running Club	Vet Men 40-49	77.11%	1306	53
42	0:41:49	STEPHEN, Graham		Vet Men 50-59	76.90%	45	125
43	0:41:36	DADY, Stephen		Vet Men 50-59	76.61%	1227	118
44	0:35:19	OLIVER, Milk	Wymondham AC	Senior Men	76.36%	651	19
45	0:35:29	SCARD, Philip	St Rade Gund Radc	Senior Men	76.02%	1491	20
46	0:38:23	CASTLETON, John		Vet Men 40-49	75.86%	1299	51
47	0:35:34	BEAMISH, Michael	City of Norwich Athletic Club	Senior Men	75.84%	1310	21
48	0:39:34	FRENCH, Marie	Bespak	Senior Ladies	75.61%	1379	71
49	0:39:46	NICHOLAS, Alun	Raf Marham Ac	Vet Men 50-59	75.52%	1506	74
50	0:37:26	TOLL, Alex	Barrow Runners	Vet Men 40-49	75.51%	60	41
51	0:35:49	KETT, Robert	North Norfolk Beach Runners	Senior Men	75.31%	1511	23
52	0:39:50	COUSINS, Rebecca	Fenland Running & AC	Junior Ladies	75.09%	1041	76
53	0:35:57	ATTERWILL, Sean	City of Norwich Athletic Club	Junior Men	75.03%	509	25
54	0:36:01	BUTTERWORTH, Jake		Junior Men	74.89%	991	26
55	0:39:11	SAVAGE, Tony	Ryston Runners AC	Vet Men 40-49	74.89%	1181	62
56	0:39:58	KURANDA, Gosia	St Rade Gund Radc	Senior Ladies	74.85%	1496	80
57	0:40:00	DONOVAN, Clare	North Norfolk Beach Runners	Senior Ladies	74.79%	1303	81
58	0:38:56	LIMBERT, Russell		Vet Men 40-49	74.79%	1272	57

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Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
59	0:36:20	CHAPPELL, Wayne		Senior Men	74.24%	820	28
60	0:40:33	PYCROFT, Christopher	Thorney RC	Vet Men 50-59	74.07%	1603	86
61	0:36:27	HENEY, Kenneth	London Heathside Runners AC	Senior Men	74.00%	102	29
62	0:39:24	HOWLING, Simon		Vet Men 40-49	73.91%	1239	67
63	0:49:57	HILL, Ron	Clayton-Le-Moors Harriers	Vet Men 70+	73.88%	701	484
64	0:40:22	THOMAS, Ian	Uknetrunner.co.uk	Vet Men 40-49	73.84%	143	84
65	0:44:52	BYE, Barry	Ryston Runners AC	Vet Men 60-69	73.71%	1019	240
66	0:36:41	PASHLEY, Rhodri	Cambridge Triathlon Club	Senior Men	73.53%	1453	32
67	0:45:02	STAINES, Mick	Pitsea RC	Vet Men 60-69	73.43%	1115	253
68	0:37:08	MEAD, Simon	Ramsey Road Runners	Senior Men	72.98%	109	35
69	0:39:04	GREENLAND, Edward	Wymondham AC	Vet Men 40-49	72.90%	1738	59
70	0:37:00	HORLOCK, Martin	Norwich Road Runners	Senior Men	72.89%	1119	33
71	0:37:13	BLOWES, Ben	Newmarket Joggers	Senior Men	72.82%	1412	36
72	0:37:05	BALMER, Chris	Ryston Runners AC	Senior Men	72.74%	670	34
73	0:44:29	CARVER, Dawn	Norwich Road Runners	Vet Ladies 40-49	72.54%	1158	216
74	0:50:53	CREASOR, Mike	Road Runners Club	Vet Men 70+	72.53%	714	537
75	0:44:30	LOUGHLIN, Gillian	West Norfolk AC	Vet Ladies 40-49	72.51%	369	218
76	0:41:17	ALFORD, Nicky	City of Norwich Athletic Club	Senior Ladies	72.46%	10	101
77	0:39:54	ANGELL, Tim		Vet Men 40-49	72.44%	1604	78
78	0:39:20	HART, David	City of Norwich Athletic Club	Vet Men 40-49	72.41%	1492	63
79	0:43:15	HARDING, Raymond	Bcklwn	Vet Men 50-59	72.39%	1293	170
80	0:37:18	DOLINSKI, Przemyslaw		Senior Men	72.31%	1488	37
81	0:40:54	DAUGHERTY, Duane		Vet Men 40-49	72.29%	475	94
82	0:37:20	WATSON, Chris		Senior Men	72.24%	1136	38
83	0:40:38	BRADY, Jonathan	Fenland Running & AC	Vet Men 40-49	72.22%	925	87
84	0:37:30	HOWARD, David	West Norfolk AC	Junior Men	71.93%	339	42
85	0:43:32	FETTES, Richard		Vet Men 50-59	71.90%	1278	179
86	0:37:33	LOUGHLIN, Henry	West Norfolk AC	Junior Men	71.83%	370	43
87	0:51:18	SPARROW, Pauline	Bespak	Vet Ladies 50-59	71.77%	1385	559
88	0:41:42	DAINES, Rebecca	West Norfolk AC	Junior Ladies	71.73%	1295	122
89	0:37:36	DAVID, Johnson	Cambridge Uni Hare & Hounds	Senior Men	71.72%	214	45
90	0:42:33	MANN, Elies	Norwich Road Runners	Senior Ladies	71.61%	819	147
91	0:45:14	IRLAM, Maire	Fenland Running & AC	Vet Ladies 40-49	71.33%	834	259
92	0:41:58	BELLARS, Alison	West Norfolk AC	Senior Ladies	71.29%	726	130
93	0:37:55	JOHNSON, Tom	Cambridge & Coleridge AC	Senior Men	71.14%	1713	46
94	0:41:15	MARSH, Andrew	West Norfolk AC	Vet Men 40-49	71.13%	767	100
95	1:00:46	JACKMAN, Gena	March Athletics Club	Vet Ladies 70+	71.10%	163	1098
96	0:43:45	WILKINSON, Phil		Vet Men 50-59	70.95%	997	189
97	0:42:11	FERRIN, Karine	Cambridge & Coleridge AC	Senior Ladies	70.92%	1564	135
98	0:42:14	TOWNSHEND, Victoria		Senior Ladies	70.82%	865	136
99	0:43:47	HARRIS, Tricia		Senior Ladies	70.71%	172	190
100	0:42:19	BULL, Rachel		Senior Ladies	70.70%	1337	140
101	0:38:10	BATTRICK, Lynton	North Norfolk Beach Runners	Senior Men	70.67%	1705	49
102	0:38:10	LEVY, Simon	Ryston Runners AC	Senior Men	70.67%	950	50
103	0:45:17	BUCKBERRY, Alan	Sleaford Striders AC	Vet Men 50-59	70.38%	1268	260
104	0:39:23	BENSLEY, Nicholas		Senior Men	70.26%	255	66
105	0:45:50	BARNES, Graham	Coltishall Running Club	Vet Men 50-59	70.15%	1305	275
106	0:38:38	HALSEY, Jack		Junior Men	69.82%	1769	52
107	0:40:48	GREENHALGH, John	West Norfolk AC	Vet Men 40-49	69.80%	1250	91
108	0:40:32	LANGTON, Chris		Vet Men 40-49	69.75%	1347	85
109	0:38:41	MARTIN, Paul		Senior Men	69.72%	351	54
110	0:53:37	CROME, Anthony		Vet Men 70+	69.72%	11	716
111	0:38:45	WILSON, Liam		Senior Men	69.60%	1519	55
112	0:44:38	SILVER, Ian	Cambridge University Press RC	Vet Men 50-59	69.54%	710	228
113	0:47:09	HOLLIS, Mel	Scunthorpe & District A C	Vet Men 60-69	69.46%	1169	342
114	0:38:52	HUGHES, Dominic		Senior Men	69.40%	516	56
115	0:44:15	DAY, Dianna		Senior Ladies	69.39%	121	207
116	0:39:05	SOKOLOVSKIS, Edgars	Boston & District AC	Senior Men	69.34%	1280	60
117	0:41:26	RICHERS, Mark		Vet Men 40-49	69.24%	138	110
118	0:39:05	HUE, Thomas		Junior Men	69.01%	1709	61
119	0:48:52	GEORGE, Sue	Fenland Running & AC	Vet Ladies 40-49	69.00%	612	421
120	0:59:18	WILSON, Phylly	Wreake Runners	Vet Ladies 60-69	68.97%	1773	1021

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121	0:44:57	POTTER-CAMPBELL, Emma	Dereham Runners AC	Senior Ladies	68.88%	1590	248
122	0:49:29	LLOYD, Trevor		Vet Men 60-69	68.87%	933	453
123	0:42:57	RAYNER, Paul	Huntingdonshire AC	Vet Men 40-49	68.84%	668	154
124	0:39:41	ROACH, Christopher		Senior Men	68.76%	179	73
125	0:46:37	THORPE, Emma		Vet Ladies 40-49	68.64%	1349	311
126	0:42:10	OSBORNE-SMITH, Andrew	Fenland Running & AC	Vet Men 40-49	68.54%	1270	133
127	0:39:22	ENGLAND, Simon	Sleaford Town Runners	Senior Men	68.52%	444	65
128	0:52:43	HART, Gill	Ryston Runners AC	Vet Ladies 50-59	68.40%	1219	642
129	0:41:03	DUFFIELD, Marcus		Vet Men 40-49	68.38%	1104	96
130	0:45:17	DREWERY, Pauline		Senior Ladies	68.36%	1545	261
131	0:39:28	CAISEY, Ben		Senior Men	68.34%	1344	68
132	0:47:14	TAYLOR, Sarah	Ryston Runners AC	Vet Ladies 40-49	68.31%	958	343
133	0:39:31	AINSLIE, Craig		Senior Men	68.26%	1741	69
134	0:49:27	CARPENTER, Nicholas		Vet Men 60-69	68.23%	1079	449
135	0:39:32	COLLISON, Benjamin	West Norfolk AC	Senior Men	68.23%	306	70
136	0:49:28	SMITH, Michael	Wymondham AC	Vet Men 60-69	68.20%	1319	451
137	0:41:29	ADDIS, Kenneth	Jaeger	Vet Men 40-49	68.15%	69	113
138	0:41:19	NIBLETT, Stephen		Vet Men 40-49	67.93%	664	103
139	0:46:07	McDONNELL, Mike	Bespak	Vet Men 50-59	67.89%	1352	284
140	0:44:36	MILNES, Chris	Ryston Runners AC	Vet Men 50-59	67.89%	1050	224
141	0:39:48	THOMPSON, Mark		Senior Men	67.76%	1525	75
142	0:45:05	GILBERT, Steve	Dereham Runners AC	Vet Men 50-59	67.73%	790	257
143	0:51:42	TAYLOR, Jane		Vet Ladies 50-59	67.72%	1175	595
144	0:44:13	DAVIES, Kate	West Norfolk AC	Senior Ladies	67.66%	1234	203
145	0:52:46	BATCHELOR, Audrey	Norfolk Gazelles AC	Vet Ladies 50-59	67.65%	1212	651
146	0:43:03	HARVEY, Roy	Wymondham AC	Vet Men 40-49	67.65%	1493	159
147	0:39:53	BRINDLEY, Isaac		Junior Men	67.62%	127	77
148	0:49:00	COOKE, Sue	City of Norwich Athletic Club	Vet Ladies 40-49	67.60%	491	430
149	0:40:06	MERRETT, Andrew	Ryston Runners AC	Senior Men	67.57%	1557	82
150	0:39:57	GRANGE, Simoon		Senior Men	67.52%	1700	79
151	0:44:30	HERNE, Andrew	Cambridge & Coleridge AC	Vet Men 50-59	67.50%	1573	217
152	0:43:09	BANNISTER, Neil		Vet Men 40-49	67.49%	1508	165
153	0:47:27	JAY, Sarah	Coltishall Running Club	Vet Ladies 40-49	67.44%	1560	352
154	0:43:34	MARSHALL, Raymond		Vet Men 40-49	67.36%	502	182
155	0:45:44	COOPER, Bryan		Vet Men 50-59	67.31%	809	272
156	0:53:05	WILKINSON, Jacky		Vet Ladies 50-59	67.24%	996	686
157	0:44:43	GOLDSMITH, Steven	Bespak	Vet Men 50-59	67.17%	1366	230
158	0:46:13	HEWES, Colin	Uknetrunner.co.uk	Vet Men 50-59	67.16%	1416	290
159	0:57:14	SAWARD, Keith	March Athletics Club	Vet Men 70+	67.05%	219	932
160	0:45:27	WASTENEY, Nicola	Norfolk Hospice Tapping House	Senior Ladies	67.04%	868	265
161	0:42:15	DAW, Wayne	West Winch Junior FC	Vet Men 40-49	66.92%	1452	137
162	0:42:16	GRAVER, Stuart	Uknetrunner.co.uk	Vet Men 40-49	66.89%	1266	138
163	0:43:36	GLOVER, John	Ely Runners	Vet Men 40-49	66.80%	929	184
164	0:48:20	MARSHALL, Linda	Ryston Runners AC	Vet Ladies 40-49	66.76%	1174	392
165	0:41:29	HARRIS, Stephen		Senior Men	66.71%	1257	111
166	0:48:22	TOLL, Lorraine	Barrow Runners	Vet Ladies 40-49	66.71%	61	394
167	0:44:52	PRIOR, Michelle	Ramsey Road Runners	Senior Ladies	66.67%	217	243
168	0:52:51	WALWYN, Peter		Vet Men 60-69	66.61%	1530	661
169	0:49:18	CARMICHAEL, Linda	Cambourne Womens Running Network	Vet Ladies 40-49	66.60%	1724	442
170	0:41:54	BARRETT, Eddie	Ramsey Road Runners	Vet Men 40-49	66.51%	1102	128
171	0:48:56	BRAMHAM, Kim		Vet Ladies 40-49	66.51%	155	428
172	0:42:31	BIRD, Steve	City of Norwich Athletic Club	Vet Men 40-49	66.49%	679	146
173	0:44:08	BRAMMER, David	March Athletics Club	Vet Men 40-49	66.48%	823	200
174	0:54:11	WALKER, Alan	Road Runners Club	Vet Men 60-69	66.47%	1403	747
175	0:47:08	PLOWRIGHT, John		Vet Men 50-59	66.42%	806	340
176	0:41:06	KENNEDY, Antony		Senior Men	66.39%	1056	97
177	0:40:38	GUY, Steven	City of Norwich Athletic Club	Senior Men	66.38%	1064	88
178	0:40:52	TUNMORE, Lee	West Norfolk AC	Senior Men	66.31%	1151	93
179	0:43:59	GOODMAN, Alan	Biggleswade AC	Vet Men 40-49	66.21%	837	198
180	0:41:30	MANNING, Stephen	Norfolk Hospice Tapping House	Senior Men	66.21%	1116	114
181	0:40:46	FRARY, Matthew	Norwich Road Runners	Senior Men	66.17%	1157	89

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182	0:40:48	CHRIS, Clark		Senior Men	66.11%	1013	90
183	0:43:05	HOWLING, Chris	Terrington Tigers Football Club	Vet Men 40-49	66.10%	178	162
184	0:41:52	MONEY, Tony	North Norfolk Tri Club	Senior Men	66.10%	844	126
185	0:40:51	TAYLOR, Andy	Sleaford Town Runners	Senior Men	66.03%	1536	92
186	0:43:50	TODD, Ian	West Norfolk AC	Vet Men 40-49	65.94%	674	191
187	0:55:16	DEE, Michael	Henfield Joggers	Vet Men 70+	65.93%	795	821
188	0:59:05	SEWELL, Helen	Ryston Runners AC	Vet Ladies 60-69	65.88%	363	1008
189	0:43:52	ASHURST, Stephen	Ramsey Road Runners	Vet Men 40-49	65.88%	442	193
190	0:43:34	CRUTCHLEY, Ian	Wymondham AC	Vet Men 40-49	65.84%	1317	183
191	0:41:00	KING, Brian	Nandos	Junior Men	65.79%	1439	95
192	0:44:16	ROWE, Greg		Vet Men 40-49	65.78%	677	208
193	0:49:50	BALDOCK, Alan	Cambridge & Coleridge AC	Vet Men 60-69	65.72%	1121	476
194	0:42:09	HEARFIELD, Gary		Senior Men	65.65%	622	132
195	0:46:31	BEWICK, Roland		Vet Men 50-59	65.64%	1388	305
196	0:42:29	LOOSE, Alan	Jolly Sailors Brancaster Staithe	Vet Men 40-49	65.59%	1156	145
197	0:41:55	ABLE, Simon		Senior Men	65.55%	1542	129
198	0:53:43	KIRBY, David	Gosport Road Runners	Vet Men 60-69	65.54%	410	723
199	0:41:10	VASSALLO, Darren		Senior Men	65.52%	318	98
200	0:43:09	MILLARD, Kaya	Huntingdonshire AC	Vet Men 40-49	65.51%	1308	166
201	0:54:59	FINCHAM, John		Vet Men 60-69	65.50%	1635	799
202	0:51:00	GAMBLE, Terence	West Norfolk AC	Vet Men 60-69	65.50%	406	543
203	0:44:48	JAMES, Carwyn	West Norfolk AC	Vet Men 40-49	65.50%	1172	234
204	0:43:32	SALT, Andrew		Vet Men 40-49	65.41%	1614	178
205	0:41:14	SMITH, Matthew	Bespak	Senior Men	65.41%	1359	99
206	0:53:33	GREENWOOD, Jane	Fenland Running & AC	Vet Ladies 50-59	65.38%	471	711
207	0:41:18	RYAN, Callaby	North Norfolk Beach Runners	Senior Men	65.30%	1427	102
208	0:41:20	HOWARD, Adam		Senior Men	65.27%	1260	105
209	0:41:19	HOWLETT, Michael	Ryston Runners AC	Senior Men	65.27%	1655	104
210	0:41:20	CLEMENT, Leon		Senior Men	65.26%	518	106
211	0:45:52	JORDAN, Rebecca	Stowmarket Striders Running Club	Senior Ladies	65.23%	969	276
212	0:41:21	CONNELL, Owen		Junior Men	65.23%	1739	107
213	0:45:53	PATON, Abigail	Stowmarket Striders Running Club	Senior Ladies	65.20%	173	278
214	0:41:22	EBBS, Cameron		Junior Men	65.20%	644	108
215	0:41:23	ATKINSON, Alexis		Senior Men	65.18%	284	109
216	0:45:45	STOKES, Adrian	Ely Runners	Vet Men 40-49	65.14%	435	273
217	0:41:36	STIMSON, Wayne	March Athletics Club	Senior Men	65.13%	659	119
218	0:52:44	CARTER, Anna		Vet Ladies 50-59	65.13%	307	644
219	0:42:29	FRANKLIN, Robert		Senior Men	65.13%	314	144
220	0:43:45	BURTON, Eddie	Wymondham AC	Vet Men 40-49	65.10%	1591	188
221	0:43:08	PLAYFORD, Chris	West Norfolk AC	Vet Men 40-49	65.07%	354	164
222	0:44:26	DOLMAN, Richard	Thetford AC	Vet Men 40-49	65.05%	1482	213
223	0:41:29	PRATT, Daniel	West Winch Football Club	Senior Men	65.02%	1204	112
224	0:46:35	WOODS, Ian	Norfolk Gazelles AC	Vet Men 50-59	65.01%	460	309
225	0:41:30	GAYTON, Wayne	West Winch Football Club	Senior Men	64.99%	1196	115
226	0:44:49	COLMAN, David	West Norfolk AC	Vet Men 40-49	64.97%	775	237
227	0:42:54	ARTHUR, Bob	Royal Air Force Marham Athletics Club	Vet Men 40-49	64.95%	914	152
228	0:46:04	HOLMES, Jane	Fenland Running & AC	Senior Ladies	64.93%	15	283
229	0:41:34	SMITH, Wayne		Senior Men	64.88%	1717	116
230	0:41:35	EVANS, Jarrod		Junior Men	64.86%	904	117
231	0:46:10	TOWNSHEND, Jenny		Senior Ladies	64.79%	838	287
232	0:41:38	DARREN, Smith	Ryston Runners AC	Junior Men	64.78%	285	121
233	0:43:21	REEVE, Simon		Vet Men 40-49	64.75%	1326	173
234	0:42:11	BUSHELL, Alan	Coltishall Running Club	Senior Men	64.69%	1273	134
235	0:46:22	SMITH, Serena	Ryston Runners AC	Junior Ladies	64.52%	1611	294
236	0:48:58	REBANE, Michael		Vet Men 50-59	64.50%	1567	429
237	0:41:49	PEART, Liam	D G Scales Plant Hire Ltd	Senior Men	64.50%	724	124
238	0:41:53	PLATER, Sam		Junior Men	64.40%	798	127
239	0:44:34	PORTER, Malcolm		Vet Men 40-49	64.37%	112	220
240	0:52:52	WOLFE, Maureen		Vet Ladies 50-59	64.36%	523	662
241	0:44:36	EDMUNDS, Martin	West Winch Football Club	Vet Men 40-49	64.32%	24	223
242	0:46:43	JONES, Andrew		Vet Men 50-59	64.30%	836	317

Provisional Results for All Competitors in age grading order.

Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
243	0:43:58	GROAT, Jason	Denver Golf Club Team	Vet Men 40-49	64.30%	64	197
244	0:42:27	MOAT, Darren	March Athletics Club	Senior Men	64.29%	976	143
245	0:44:57	LAKE, Todd	Dereham Runners AC	Vet Men 40-49	64.29%	1302	249
246	0:44:38	WARD, David		Vet Men 40-49	64.28%	653	227
247	0:52:35	GRAY, Mick	Huntingdonshire AC	Vet Men 60-69	64.16%	152	631
248	0:47:30	BONEHAM, Sarah		Senior Ladies	64.15%	618	356
249	0:45:27	EBBS, Adrian		Vet Men 40-49	64.07%	643	266
250	0:48:52	SIMPSON, Colin	Fenland Running & AC	Vet Men 50-59	64.06%	611	422
251	0:48:44	BUCKLEY, Nikola	Dereham Runners AC	Vet Ladies 40-49	64.05%	615	415
252	0:42:08	FRANCE, James		Junior Men	64.02%	1167	131
253	0:46:51	CUTTING, Rachel		Senior Ladies	64.02%	431	328
254	0:59:27	ASHBY, Jane		Vet Ladies 60-69	63.99%	786	1028
255	0:44:53	WAGG, Keith	Fenland Running & AC	Vet Men 40-49	63.92%	1002	245
256	0:45:13	ROSE, Mark	Campaign Care 94	Vet Men 40-49	63.91%	571	258
257	0:47:42	WASTENEY, Katrina		Senior Ladies	63.88%	1205	365
258	0:43:01	SEWELL, Stuart	Fenland Running & AC	Senior Men	63.88%	1093	157
259	0:48:18	NICHOLL, Arthur		Vet Men 50-59	63.74%	1023	391
260	0:46:57	ROWLEY, Rebecca	Lincoln Warrington AC	Senior Ladies	63.72%	1759	332
261	1:02:35	BAILEY, Myra Jean		Vet Ladies 60-69	63.69%	226	1173
262	0:47:34	ROLLER, John		Vet Men 50-59	63.67%	241	361
263	0:47:52	SCOTT, Sarah		Senior Ladies	63.66%	864	371
264	0:42:23	BRAGGER, Timothy		Senior Men	63.64%	1028	141
265	0:44:49	HARRINGTON, Stephen	Jaeger	Vet Men 40-49	63.54%	1122	236
266	0:46:54	KIMMINS, Simon		Vet Men 40-49	63.54%	430	331
267	0:43:53	SPILLER, Simon		Vet Men 40-49	63.49%	153	194
268	0:51:18	McQUAID, Teresa		Vet Ladies 40-49	63.44%	263	560
269	0:42:33	CANDLER, Neil		Senior Men	63.38%	441	148
270	0:52:45	BALLARD, David		Vet Men 60-69	63.32%	1390	649
271	0:52:48	LAKE, Jacqueline		Vet Ladies 40-49	63.29%	325	655
272	0:55:42	MARSHALL, Mike	North Norfolk Beach Runners	Vet Men 60-69	63.20%	1307	854
273	0:46:49	TILLOTT, Robert	Ramsey Road Runners	Vet Men 40-49	63.17%	1330	326
274	0:42:42	SVENSSON, Mark		Senior Men	63.17%	1237	149
275	0:42:55	HAMMOND, Richard	Fenland Running & AC	Senior Men	63.14%	1562	153
276	0:42:43	MIDDLETON-JONES, Stuart		Senior Men	63.14%	396	150
277	0:46:52	HAMILTON, Peter		Vet Men 40-49	63.10%	113	329
278	0:46:53	COYTE-McKENZIE, Andrew	Norfolk Gazelles AC	Vet Men 40-49	63.08%	1620	330
279	0:42:47	PORTER, Oliver		Junior Men	63.05%	111	151
280	0:52:32	ENGLISH, Rosalind		Vet Ladies 40-49	63.05%	469	626
281	0:50:33	NEWTON, Philip		Vet Men 50-59	63.04%	637	521
282	0:47:29	NORMAN, Eve		Senior Ladies	63.00%	1318	355
283	0:44:55	STOCK, Graham	Saffron Striders RC	Vet Men 40-49	62.93%	261	247
284	0:47:05	BROWN, Trevor	Sleaford Town Runners	Vet Men 40-49	62.80%	940	337
285	0:49:42	RAYNER, Frances		Vet Ladies 40-49	62.79%	1267	467
286	0:43:00	MANNING, Christian		Senior Men	62.73%	1259	155
287	0:49:55	FUTTER, Michael		Vet Men 50-59	62.71%	1433	481
288	0:46:48	BREEZE, Keith	Raf Marham Ac	Vet Men 40-49	62.70%	215	325
289	0:43:01	HOWARD, Daniel		Junior Men	62.70%	1091	156
290	0:50:23	JOHN, Smith		Vet Men 50-59	62.68%	1541	507
291	0:44:09	JAY, Adrian	Coltishall Running Club	Senior Men	62.67%	1584	202
292	0:44:28	FOX, Colin		Vet Men 40-49	62.67%	1400	215
293	0:47:52	ASKER, Nikki		Senior Ladies	62.66%	863	372
294	0:43:03	McGUFFOG, Oily		Senior Men	62.66%	956	158
295	0:43:03	MORRIS, Nick	City of Norwich Athletic Club	Senior Men	62.65%	1518	160
296	0:43:04	BOBBINS, Thomas		Senior Men	62.63%	1187	161
297	0:51:31	JONES, Anna		Vet Ladies 40-49	62.63%	497	582
298	0:51:32	JORDAN, Geraldine		Vet Ladies 40-49	62.62%	517	584
299	0:46:31	HEATH, John		Vet Men 40-49	62.61%	493	304
300	0:52:49	WILLIAMS, Roger	Fenland Running & AC	Vet Men 60-69	62.61%	890	657
301	0:51:34	EDWARDS, Sallyanne	West Norfolk AC	Vet Ladies 40-49	62.57%	882	587
302	0:48:48	RACEY, Dean	Fenland Running & AC	Vet Men 50-59	62.56%	1249	417
303	0:47:16	DARLEY, Graham		Vet Men 40-49	62.56%	979	345
304	0:47:51	CHELCHOWSKA, Agata		Senior Ladies	62.52%	1232	369

Provisional Results for All Competitors in age grading order.

Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
305	0:53:59	LEEDER, Victor		Vet Men 60-69	62.50%	1399	737
306	0:43:12	SHEPHARD, Lee		Junior Men	62.44%	1702	167
307	0:43:12	HAYWARD, James	Tri-anglia	Senior Men	62.43%	97	168
308	0:52:59	JOHNSON, Paul		Vet Men 60-69	62.42%	1507	676
309	0:47:56	CORNISH, Suzanne		Senior Ladies	62.41%	1752	374
310	0:43:14	TILBROOK, Andrew		Junior Men	62.38%	1622	169
311	0:55:36	GURNEY, Catherine	Lynnsport Ladybirds	Vet Ladies 50-59	62.36%	579	847
312	0:53:08	MILNES, Alison	Ryston Runners AC	Vet Ladies 40-49	62.34%	1051	688
313	0:44:24	CHURCH, Steven		Senior Men	62.33%	946	209
314	0:43:17	LANGLEY, Dean		Senior Men	62.32%	672	171
315	0:51:08	BANKS, Kenneth		Vet Men 50-59	62.32%	742	550
316	0:45:03	ROBINS, Stewart		Vet Men 40-49	62.29%	148	256
317	0:44:46	MANN, Robert	Belgrave Harriers	Vet Men 40-49	62.25%	1498	232
318	0:59:11	NOCKOLDS, Elizabeth	Bcklwn	Vet Ladies 50-59	62.21%	1497	1017
319	0:43:21	COUSINS, Shane	College Of West Anglia	Junior Men	62.21%	1719	174
320	0:51:29	DREW, Catherine		Vet Ladies 40-49	62.15%	1505	578
321	0:46:10	KING, Martin	March Athletics Club	Vet Men 40-49	62.14%	1704	286
322	0:46:31	DIX, Richard	Fenland Running & AC	Vet Men 40-49	62.13%	1043	303
323	0:43:26	DACK, Oliver		Senior Men	62.10%	1555	175
324	0:43:39	NICHOLS, Andrew		Senior Men	62.08%	620	185
325	0:43:27	CLARKE, John		Senior Men	62.08%	1770	176
326	0:44:55	LANE, Gavin	West Norfolk AC	Vet Men 40-49	62.04%	1168	246
327	0:50:28	STEPNIAK, Tim		Vet Men 50-59	62.02%	1577	512
328	0:46:36	ALFORD, Colin		Vet Men 40-49	62.02%	429	310
329	0:43:42	EARTHROWL, Mark		Senior Men	62.01%	563	187
330	0:43:30	TAYLOR, Phil		Senior Men	62.01%	1162	177
331	0:51:25	TIDD, Ken	Jolly Sailors Brancaster Staithe	Vet Men 50-59	61.98%	839	573
332	0:43:33	BROWN, Zac		Junior Men	61.94%	655	180
333	0:43:33	FORDHAM, Mark	College Of West Anglia	Junior Men	61.93%	1650	181
334	0:48:56	BINDON, Kevin		Vet Men 50-59	61.89%	697	427
335	0:44:25	NAUGHTON, Darren		Senior Men	61.86%	269	210
336	0:47:05	MORRISH, Richard		Vet Men 40-49	61.85%	712	336
337	0:51:22	LAIN, Vivienne		Vet Ladies 40-49	61.77%	1348	570
338	0:43:40	PYATT, Matthew		Senior Men	61.77%	631	186
339	0:46:27	PARKIN, David		Vet Men 40-49	61.76%	1460	300
340	0:44:52	SMITH, Wayne		Senior Men	61.68%	92	241
341	0:48:33	JERMEY, Lisa	Fenland Running & AC	Senior Ladies	61.62%	1037	405
342	0:45:53	PAWSEY, Christian		Vet Men 40-49	61.62%	174	277
343	0:46:14	LAWSON, Stephen	Ramsey Road Runners	Vet Men 40-49	61.60%	343	291
344	1:06:24	EVANS, Carol	Lynnsport Ladybirds	Vet Ladies 60-69	61.60%	804	1306
345	0:51:18	SCARFE, Robert	Wymondham AC	Vet Men 50-59	61.56%	1279	561
346	0:43:50	GRAY, Matthew	Palm Paper	Senior Men	61.54%	438	192
347	0:49:55	OAKES, Alex		Senior Ladies	61.52%	280	480
348	0:44:41	SISSONS, Robin		Senior Men	61.48%	1099	229
349	0:43:54	WILSON, Ryan		Junior Men	61.44%	1396	195
350	0:46:01	WAGG, Nigel	Ryston Runners AC	Vet Men 40-49	61.44%	695	281
351	0:53:19	NEAVE, Philip	Bungay Black Dog	Vet Men 60-69	61.42%	1321	696
352	0:43:56	BOWEN, James		Senior Men	61.40%	817	196
353	0:49:40	ROBINS, Lesley		Senior Ladies	61.35%	764	464
354	0:53:54	GAISFORD, John		Vet Men 60-69	61.35%	28	731
355	0:46:46	DAVID, Green	Jolly Sailors Brancaster Staithe	Vet Men 40-49	61.34%	1244	323
356	0:58:04	LOVELESS, John	Lynnsport Joggers	Vet Men 60-69	61.32%	454	973
357	0:48:56	CLARK, Justine		Senior Ladies	61.30%	192	426
358	0:45:28	BADCOCK, Fraser	Ely Runners	Vet Men 40-49	61.29%	39	267
359	0:44:14	DAVIES, Matthew		Senior Men	61.27%	1106	204
360	0:52:40	WOODHOUSE, Libby	Norfolk Hospice Tapping House	Vet Ladies 40-49	61.26%	800	637
361	0:54:32	BURGESS, Ken		Vet Men 60-69	61.25%	735	773
362	0:44:35	MUDDIMAN, Wayne		Senior Men	61.21%	1339	222
363	0:44:04	HEWITT, Lee		Senior Men	61.20%	432	199
364	0:47:58	GILHAM, Richard	Norfolk Gazelles AC	Vet Men 40-49	61.18%	1229	377
365	0:49:02	JOANNE, Chapman		Senior Ladies	61.17%	1109	433

Provisional Results for All Competitors in age grading order.

Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
366	0:52:45	WOOD, Karen	Queen Elizabeth Hospital Special Care Baby Appeal	Vet Ladies 40-49	61.17%	424	647
367	0:45:35	HARDY, Andrew		Vet Men 40-49	61.14%	1627	269
368	0:44:09	CATCHPOLE, Adam		Junior Men	61.09%	1598	201
369	0:54:44	LAWS, Lynda	Lynnsport Ladybirds	Vet Ladies 40-49	61.05%	557	782
370	0:49:39	PEAK, Philip	Harpley School	Vet Men 50-59	60.99%	1340	463
371	0:44:15	HAMMOND, Shaun	West Winch Football Club	Senior Men	60.95%	1201	206
372	0:44:15	SHEEN, Ashley		Junior Men	60.95%	1563	205
373	0:44:47	ROBINSON, David	Downham Youth Football Club Under 10's	Senior Men	60.94%	980	233
374	0:46:45	BOWERMAN, Steven		Vet Men 40-49	60.91%	177	321
375	0:46:46	ASHFORD, Ian		Vet Men 40-49	60.90%	1296	322
376	0:46:26	DAW, Gary	West Winch Junior FC	Vet Men 40-49	60.89%	1454	298
377	0:51:25	GURNEY, Robert	Jaeger	Vet Men 50-59	60.88%	581	575
378	0:52:34	CAMERON, Karen	Huntingdonshire AC	Vet Ladies 40-49	60.88%	1774	629
379	0:44:52	PITCHER, John		Senior Men	60.82%	803	239
380	0:55:58	FETTES, Sharon	Lynnsport Ladybirds	Vet Ladies 50-59	60.79%	1274	867
381	0:50:56	WILLIAMS, Samantha		Senior Ladies	60.79%	498	539
382	0:50:39	LAW, Alan	Ryston Runners AC	Vet Men 50-59	60.78%	1088	526
383	0:46:11	RIDER, Simon		Vet Men 40-49	60.78%	122	288
384	0:46:32	JARVIS, Ian	North Norfolk Beach Runners	Vet Men 40-49	60.76%	1312	306
385	0:46:12	THWAITES, James		Vet Men 40-49	60.74%	794	289
386	0:44:25	CHAPMAN, Will		Junior Men	60.72%	1716	211
387	0:44:26	BIRDSALL, Shaun		Senior Men	60.71%	1729	212
388	1:00:01	CLEMENTS, Marian		Vet Ladies 50-59	60.71%	526	1059
389	0:44:26	CUTHILL, Shaun		Junior Men	60.70%	673	214
390	0:57:08	MACRAE, Vivien	March Athletics Club	Vet Ladies 50-59	60.69%	1053	929
391	0:58:50	MANZE, Marilyn	Edmonton RC	Vet Ladies 50-59	60.67%	1231	1002
392	0:54:36	BEZANT, Jane		Vet Ladies 40-49	60.67%	1338	775
393	0:52:04	BOYLAN, Michael		Vet Men 50-59	60.66%	295	607
394	0:44:30	TURNER, James		Senior Men	60.60%	1766	219
395	0:54:12	JARDINE, Sandie		Vet Ladies 40-49	60.58%	1737	748
396	0:55:10	HARDY, Carol	Norfolk Gazelles AC	Vet Ladies 40-49	60.57%	1283	816
397	0:47:25	THROWER, Stephen		Vet Men 40-49	60.50%	1402	351
398	0:44:35	SMALL, Michael	Team Mcdonald's	Senior Men	60.50%	1472	221
399	0:46:44	CLARKE, Andrew		Vet Men 40-49	60.49%	1600	319
400	0:44:36	DYER, Jordan		Junior Men	60.47%	1389	225
401	0:44:37	SENNETT, Richard	www.andrewsennetracing.co.uk	Senior Men	60.46%	248	226
402	0:44:52	WHEATLEY, Jonathon		Senior Men	60.40%	408	242
403	0:50:33	WEBB, David		Vet Men 50-59	60.39%	725	522
404	1:06:03	ENGLAND, Maureen	Great Yarmouth & District AC	Vet Ladies 60-69	60.35%	1742	1298
405	0:50:11	ATKIN, James	March Athletics Club	Vet Men 50-59	60.35%	519	498
406	0:53:56	ALFORD, Karen		Vet Ladies 40-49	60.35%	428	735
407	0:56:28	PRATT, Barry		Vet Men 60-69	60.35%	1450	893
408	0:54:25	DE WINTON, Sophie		Vet Ladies 40-49	60.33%	292	768
409	0:49:47	MURFITT, Colin		Vet Men 50-59	60.33%	892	472
410	0:49:24	BROWN, Jeremy	Harpley School	Vet Men 40-49	60.33%	1086	447
411	0:44:43	WITTRED, Nicholas		Senior Men	60.31%	561	231
412	0:44:49	BLUNT, Andrew		Senior Men	60.19%	1558	235
413	0:55:34	DE WAAL, Carolynn		Vet Ladies 40-49	60.14%	425	842
414	0:44:51	BRETT, Andrew	Ramsey Road Runners	Senior Men	60.14%	210	238
415	0:48:48	COLEMAN, Graham	Wymondham AC	Vet Men 40-49	60.13%	1707	416
416	0:55:01	ENGLAND, John	Great Yarmouth & District AC	Vet Men 60-69	60.11%	1743	801
417	0:44:52	GURNEY, Glenn		Senior Men	60.11%	436	244
418	0:47:03	MORGAN, Robert		Vet Men 40-49	60.09%	860	335
419	0:45:44	JENNINGS, Martin		Senior Men	60.08%	700	271
420	0:46:04	MORLEY, Paul		Senior Men	60.06%	1630	282
421	0:46:44	MUMMERY, David	Fenton Insurance Solutions Ltd	Vet Men 40-49	60.05%	1054	320
422	0:55:10	TOWNING, Susannah		Vet Ladies 40-49	60.04%	301	812
423	0:55:10	REID, Suzanne		Vet Ladies 40-49	60.04%	302	815
424	0:55:07	HAINES, David		Vet Men 60-69	60.00%	66	807
425	0:50:25	SYMONDS, Sam		Senior Ladies	59.96%	1509	509

Provisional Results for All Competitors in age grading order.

Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
426	0:44:59	KELLETT, Anthony	Team Mcdonald's	Senior Men	59.96%	1473	250
427	0:47:51	JOHNSTON, Iain		Vet Men 40-49	59.95%	1565	370
428	0:48:13	COLLIN, David		Vet Men 40-49	59.94%	669	388
429	0:53:10	CRISP, Basil	Norfolk Gazelles AC	Vet Men 50-59	59.94%	503	689
430	0:45:00	SOUTHGATE, Harry		Junior Men	59.94%	1633	251
431	0:49:55	HEGARTY, Tamlin	Lynnsport Ladybirds	Senior Ladies	59.93%	632	479
432	0:45:02	PLOWRIGHT, James	West Winch Football Club	Senior Men	59.90%	1203	252
433	0:47:34	HAMMOND, Martin	Ryston Runners AC	Vet Men 40-49	59.87%	1218	360
434	0:45:03	DUNNETT, Peter		Senior Men	59.87%	1706	254
435	0:45:03	KENT, Samuel		Junior Men	59.87%	1395	255
436	0:53:30	WILSON, Jacqueline		Vet Ladies 40-49	59.81%	299	707
437	0:54:26	BANKS, Paula		Vet Ladies 40-49	59.79%	323	769
438	0:59:42	BRAY, Curney	Dereham Runners AC	Vet Ladies 50-59	59.79%	635	1038
439	0:58:34	ALLEN, Georgina	Ryston Runners AC	Vet Ladies 50-59	59.78%	378	988
440	0:50:42	JOHNSON, Paul		Vet Men 50-59	59.73%	1269	528
441	0:55:24	SANDS, Michael		Vet Men 60-69	59.69%	943	832
442	0:46:23	HALL, David		Senior Men	59.66%	1097	295
443	0:50:41	BERRY, Judith		Senior Ladies	59.65%	38	527
444	0:50:22	DAVIES, Steven	Thorney RC	Vet Men 50-59	59.64%	349	505
445	0:55:04	GRAHAM HAGG, Iona		Vet Ladies 40-49	59.62%	866	806
446	0:52:48	RUSHWORTH, Belinda		Vet Ladies 40-49	59.60%	154	656
447	0:46:27	OSBORNE, Graham	Fenton Insurance Solutions Ltd	Senior Men	59.58%	216	301
448	0:45:18	HOLMES, Matthew	Ely Runners	Senior Men	59.54%	350	262
449	0:50:15	GERRARD, Lizzie		Senior Ladies	59.54%	885	501
450	0:45:19	LYE, Steven		Senior Men	59.52%	1247	263
451	1:07:01	LOVELESS, Pam	Lynnsport Joggers	Vet Ladies 60-69	59.48%	455	1317
452	0:52:29	ORR, Lisa		Vet Ladies 40-49	59.47%	1428	623
453	0:45:22	WALKER, Ian	Ripon Runners	Senior Men	59.46%	1484	264
454	0:46:15	ALLEN, Adrian		Senior Men	59.40%	1578	292
455	1:01:21	BENSTEAD, Robert		Vet Men 70+	59.39%	239	1124
456	0:56:15	COLDMAN, Peter		Vet Men 60-69	59.38%	134	883
457	0:45:29	SPARROW, Jamie	Bespak	Senior Men	59.29%	1362	268
458	0:47:02	HOWARTH, Darren	Raf Marham Ac	Vet Men 40-49	59.25%	1316	334
459	0:46:23	BLACKWELL, Jason		Senior Men	59.24%	17	296
460	0:50:31	COOMBS, Gemma	Bcklwn	Senior Ladies	59.22%	962	517
461	0:46:26	THOMPSON, Sean	Ramsey Road Runners	Senior Men	59.18%	524	299
462	0:51:54	HEALD, Claire		Senior Ladies	59.17%	1639	598
463	0:48:51	McSHANE, Andrew		Vet Men 40-49	59.16%	1571	418
464	0:53:39	LIM, Alicija		Vet Ladies 40-49	59.15%	413	720
465	0:46:49	MUNRO, Michael	BRJ Running Club	Senior Men	59.11%	990	327
466	0:53:26	TAYLOR, Stephen	Garden City Joggers	Vet Men 50-59	59.11%	694	701
467	0:48:11	HARDING, Jim		Vet Men 40-49	59.10%	1328	386
468	0:57:06	SHELLEY, Allan		Vet Men 60-69	59.08%	1504	927
469	0:57:42	WITLEY, Peter		Vet Men 60-69	59.07%	709	963
470	0:45:40	CUDE, Anthony		Senior Men	59.06%	799	270
471	0:48:15	BROAD, Stephen		Vet Men 40-49	59.03%	926	390
472	0:54:45	WHITBY, Sally	Ryston Runners AC	Vet Ladies 40-49	58.94%	1290	784
473	0:45:47	THODAY, Corin		Senior Men	58.92%	1251	274
474	0:51:44	BARTON, Julie		Senior Ladies	58.89%	789	596
475	0:50:50	BUTTRISS, Nicola	Fenland Running & AC	Senior Ladies	58.85%	1230	533
476	0:46:42	BLACK, Jason	Norfolk Gazelles AC	Senior Men	58.83%	470	316
477	1:02:37	SMITH, Jude		Vet Ladies 50-59	58.80%	1540	1174
478	0:46:25	FRIDD, Richard		Senior Men	58.79%	107	297
479	0:55:51	HUNTER, Sally		Vet Ladies 40-49	58.78%	467	862
480	1:01:18	HLLAND, Martin	Ryston Runners AC	Vet Men 60-69	58.75%	802	1122
481	0:45:55	SUMMERS, Richard	Jolly Sailors Brancaster Staithe	Senior Men	58.74%	843	279
482	0:52:52	HOLDEN, John		Vet Men 50-59	58.72%	1479	663
483	0:46:48	McMECHAN, Martin		Senior Men	58.71%	598	324
484	0:50:01	STANFORD, Mark	West Norfolk MIND	Vet Men 40-49	58.67%	549	489
485	0:46:01	MUTTON, Sam		Junior Men	58.62%	1736	280
486	0:51:35	COCHRANE, Laurie		Senior Ladies	58.61%	937	588
487	0:53:27	CLEMENT, Frazer		Vet Men 50-59	58.57%	766	702

Provisional Results for All Competitors in age grading order.

Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
488	0:50:09	CHARLES, Michael		Vet Men 40-49	58.51%	1055	497
489	0:51:08	CLARKE, Charlotte	KES	Junior Ladies	58.51%	1409	549
490	0:46:19	BURBIDGE, Ian	Bcklwn	Senior Men	58.50%	998	293
491	0:53:22	GREEN, Jo	Jolly Sailors Brancaster Staithe	Vet Ladies 40-49	58.48%	1243	699
492	0:49:27	HUMPHREYS, Tim	Bcklwn	Vet Men 40-49	58.44%	1561	450
493	0:46:10	FARRALL, Jack		Junior Men	58.43%	1425	285
494	0:46:44	BELL, Martin		Senior Men	58.40%	1123	318
495	0:52:17	SAINTY, Robin		Vet Men 50-59	58.40%	386	615
496	0:51:17	LOVEDAY, Samantha		Senior Ladies	58.33%	609	558
497	0:47:08	CHEVLI, Robert		Senior Men	58.29%	1528	341
498	0:49:59	WOODHOUSE, Paul	Norfolk Hospice Tapping House	Vet Men 40-49	58.27%	801	487
499	0:51:21	BOORMAN, Claire		Senior Ladies	58.26%	55	564
500	0:56:52	RUSKIN, Gill		Vet Ladies 40-49	58.25%	447	919
501	0:51:22	DAVIES, Cathy	Sleaford Town Runners	Senior Ladies	58.24%	1535	565
502	1:00:42	HOBSON, Jennifer	Palm Paper	Vet Ladies 50-59	58.24%	456	1094
503	0:51:12	DENERI, Oguzhan	Fenland Running & AC	Vet Men 40-49	58.20%	1132	552
504	0:47:33	CHESTNUTT, Kevin		Senior Men	58.20%	466	359
505	0:47:53	CUVIELLO, Steve	Wymondham AC	Vet Men 40-49	58.19%	1393	373
506	0:49:24	ANDERSON, Jon		Vet Men 40-49	58.07%	1420	446
507	0:53:55	MALLOTT, Barry	Sutton Road Runners Iftnb	Vet Men 50-59	58.06%	855	732
508	0:51:31	TRETT, Ann		Senior Ladies	58.06%	1475	583
509	0:48:21	CALABY, Gary	Norfolk Hospice Tapping House	Vet Men 40-49	58.05%	1142	393
510	0:46:28	PARKER, Aaron		Senior Men	58.05%	197	302
511	0:49:04	SANDOVER, Timothy		Vet Men 40-49	58.04%	1101	434
512	0:47:21	HIGH, Richard	Norwich Road Runners	Senior Men	58.03%	1543	349
513	0:48:24	SPURRIER, Karl	Denver Golf Club Team	Vet Men 40-49	57.99%	196	396
514	0:46:32	WOLVERSON, Mark	Norfolk Hospice Tapping House	Junior Men	57.97%	1139	307
515	0:48:28	CHAPMAN, John	Fenland Running & AC	Vet Men 40-49	57.91%	379	402
516	0:46:35	WHITE, Kevin		Senior Men	57.90%	1653	308
517	0:57:41	FRANCE, Derek		Vet Men 60-69	57.90%	1166	962
518	0:54:05	MEACHEM, Neil		Vet Men 50-59	57.89%	1258	741
519	0:49:56	WRIGHT, Paul		Vet Men 40-49	57.87%	1534	483
520	0:49:13	TURNER, John		Vet Men 40-49	57.86%	94	439
521	0:51:55	JONES, Eurwyn	Norfolk Gazelles AC	Vet Men 50-59	57.85%	446	600
522	0:46:38	DIBOLL, Steven	Raf Marham Ac	Senior Men	57.84%	840	312
523	0:46:39	FREEZER, Matthew		Junior Men	57.82%	880	313
524	0:56:08	POWELL, Alfred		Vet Men 50-59	57.81%	203	877
525	0:51:47	BARRETT, Charlotte		Junior Ladies	57.77%	198	597
526	0:46:41	TAUTZ, Chris		Senior Men	57.77%	1754	314
527	0:46:42	VAUGHAN, Tim	Bespak	Senior Men	57.76%	1382	315
528	0:54:14	LIDA, Joshua		Vet Men 50-59	57.73%	594	753
529	0:52:54	BATCHELOR, Clive		Vet Men 50-59	57.72%	1624	666
530	0:49:46	FRANKLIN, John		Vet Men 40-49	57.65%	313	469
531	0:50:11	MARK, Crack		Vet Men 40-49	57.59%	1220	499
532	0:48:24	WILLIAMS, Martin	Bespak	Vet Men 40-49	57.58%	1354	397
533	0:48:04	MOORE, Tony		Senior Men	57.56%	748	380
534	0:48:26	ELVIDGE, Nigel		Vet Men 40-49	57.54%	37	400
535	0:56:06	FELMINGHAM, Sarah		Vet Ladies 40-49	57.51%	1468	874
536	0:52:01	LEWIS, Rebecca		Senior Ladies	57.51%	599	601
537	0:49:10	ANDREW, Naylor		Vet Men 40-49	57.50%	530	438
538	0:52:41	CORBOULD, Stephen	Norfolk Gazelles AC	Vet Men 50-59	57.48%	603	638
539	0:52:03	LAWLER, Angela		Senior Ladies	57.48%	1071	604
540	0:47:49	FLINT, Mark		Senior Men	57.47%	253	367
541	0:53:27	CASE, Pippa	Harpley School	Senior Ladies	57.45%	543	703
542	0:49:35	PAPST, Thomas		Vet Men 40-49	57.44%	1733	458
543	0:46:58	GARROD, Matthew		Senior Men	57.43%	511	333
544	0:48:11	MARCEL, Braat	Lowestoft Road Runners	Senior Men	57.43%	934	385
545	0:52:06	BURR, Natasha		Senior Ladies	57.41%	1477	610
546	1:01:35	WELLS, Bridget		Vet Ladies 50-59	57.40%	636	1135
547	0:49:17	WRIGHT, Gary		Vet Men 40-49	57.37%	994	440
548	0:52:10	LEMON, Charlotte		Junior Ladies	57.35%	1457	612
549	0:53:34	McPARTLIN, Denise		Senior Ladies	57.33%	739	714

Provisional Results for All Competitors in age grading order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Age Grading</i>	<i>Race No</i>	<i>Race Place</i>
550	0:47:38	WARD, Mark		Senior Men	57.29%	610	363
551	0:52:13	NETTO, Lisa	Norfolk Gazelles AC	Senior Ladies	57.29%	1765	613
552	0:47:05	RYAN, Andrew		Senior Men	57.28%	1078	338
553	0:51:38	BRONSON, Hugh		Vet Men 40-49	57.28%	1640	590
554	0:47:06	McSHANE, Jack		Junior Men	57.26%	1572	339
555	0:53:49	TARIQ, Syed		Vet Men 50-59	57.20%	1100	730
556	0:54:35	ATTER, Sue		Vet Ladies 40-49	57.18%	1224	774
557	0:59:32	ALLEN, Sarah		Vet Ladies 50-59	57.16%	150	1029
558	0:51:21	RICHERS, Nick		Vet Men 40-49	57.15%	1514	563
559	0:57:22	BRADSHAW, Brian		Vet Men 60-69	57.09%	658	945
560	0:47:16	MARSHALL-GRINT, Jack	KES	Junior Men	57.06%	1111	344
561	0:47:18	JAMES, Fred	Jaeger	Junior Men	57.03%	1015	346
562	0:52:28	BARWOOD, Yvette		Senior Ladies	57.02%	1756	622
563	0:52:28	LASZECKA, Paulina		Senior Ladies	57.02%	1486	621
564	0:47:20	ROBERTS, Oliver		Senior Men	56.99%	1634	348
565	0:47:20	KING, Neil		Senior Men	56.99%	1148	347
566	0:51:31	FARRALL, David		Vet Men 40-49	56.96%	1424	581
567	0:50:00	HALL, Chris	Bespak	Vet Men 40-49	56.95%	1351	488
568	0:47:22	SEEKINGS, Ben	Norfolk Hospice Tapping House	Junior Men	56.94%	1140	350
569	0:54:51	SWANSON, Alison	North Norfolk Beach Runners	Vet Ladies 40-49	56.90%	776	790
570	0:55:46	CULSHAW, Angela		Vet Ladies 40-49	56.90%	76	857
571	0:55:20	ALLEN, Hilary Elizabeth		Vet Ladies 40-49	56.88%	833	828
572	0:49:00	O'REGAN, Ken		Vet Men 40-49	56.87%	176	431
573	0:55:49	KING, Sue		Vet Ladies 40-49	56.85%	1768	860
574	0:52:38	GILBERT, Michelle	Fenland Running & AC	Senior Ladies	56.84%	1253	634
575	0:47:27	MOORE, Jonathan		Senior Men	56.84%	1501	353
576	0:47:28	HODSON, Edd	Ryston Runners AC	Junior Men	56.82%	340	354
577	0:52:42	PASHLEY, Julie	Cambridge & Coleridge AC	Senior Ladies	56.77%	1723	639
578	0:47:31	TOLL, Tomasz	Im 2010	Senior Men	56.76%	1732	357
579	0:47:32	POMFRET, Andy		Senior Men	56.74%	1697	358
580	0:48:07	ORD-HUME, Josh		Senior Men	56.72%	1345	382
581	0:49:53	WRIGHT, Walter		Vet Men 40-49	56.67%	1027	477
582	0:49:54	KING, Richard		Vet Men 40-49	56.66%	1180	478
583	0:47:37	HOWARD, Richard	Bespak	Senior Men	56.65%	1386	362
584	0:47:39	STEVEN, Clare	System Three Business Solutions Ltd	Senior Men	56.61%	1297	364
585	0:56:34	ALLEN, Marisa		Vet Ladies 40-49	56.57%	876	898
586	0:54:44	WHING, Dawn		Senior Ladies	56.56%	1461	781
587	0:50:45	JONES, David		Vet Men 40-49	56.53%	1594	529
588	0:56:37	FULLER, Michelle		Vet Ladies 40-49	56.52%	480	901
589	0:52:56	CZAJKA, Maria		Senior Ladies	56.51%	948	668
590	0:48:39	THOMPSON, Charlie		Senior Men	56.48%	19	412
591	0:47:45	HOWES, Gary		Senior Men	56.48%	1401	366
592	0:53:38	WHITE, Nigel	Bespak	Vet Men 50-59	56.46%	1374	719
593	0:53:00	ASHBY, Victoria		Junior Ladies	56.45%	787	677
594	0:54:06	SMITH, Bernie	Smith Building Services Ltd	Vet Men 50-59	56.44%	1014	742
595	0:47:49	JONES, Chris		Senior Men	56.41%	791	368
596	1:05:58	BALLS, Glenis		Vet Ladies 50-59	56.41%	1487	1296
597	0:51:15	BARRY, Joe	Bespak	Vet Men 40-49	56.39%	1369	555
598	0:51:40	BURTON, Duncan		Vet Men 40-49	56.37%	687	592
599	0:50:54	TAYLOR, Paul		Vet Men 40-49	56.35%	830	538
600	0:59:19	PARSONS, Sue	Bespak	Vet Ladies 40-49	56.34%	1371	1024
601	0:54:31	HURST, Joanne		Senior Ladies	56.33%	1414	770
602	0:52:55	WHYATT, Paul		Vet Men 40-49	56.32%	935	667
603	0:54:13	HIBBERD, Bob		Vet Men 50-59	56.31%	234	752
604	0:47:56	HAMMOND, Robert		Senior Men	56.27%	304	375
605	0:47:57	BENNETT, Stuart		Senior Men	56.25%	42	376
606	0:57:56	FREARY, Maria	Lynnsport Ladybirds	Vet Ladies 40-49	56.18%	237	970
607	0:48:02	GOOCH, Danny	Norfolk Hospice Tapping House	Senior Men	56.15%	1120	378
608	0:53:30	HUCKER, Ian		Vet Men 50-59	56.14%	1289	706
609	0:51:29	HUBBLE, Mark		Vet Men 40-49	56.13%	32	579
610	0:48:04	RIX, Steven		Senior Men	56.11%	1110	379
611	0:48:06	HAMILTON, Andrew		Junior Men	56.08%	114	381

Provisional Results for All Competitors in age grading order.

Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
612	0:57:33	POLLARD, Fabia	Lynnsport Ladybirds	Vet Ladies 40-49	56.07%	65	955
613	0:48:07	BRASON, Ben		Junior Men	56.06%	449	383
614	1:08:39	HUCKLE, Isobel		Vet Ladies 60-69	56.05%	117	1370
615	0:50:05	KIDMAN, Ian		Vet Men 40-49	56.04%	617	494
616	0:48:09	MORTON, Paul		Senior Men	56.02%	900	384
617	0:48:11	COOK, Richard		Senior Men	55.97%	1585	387
618	0:49:50	PRESCOTT, Nigel		Vet Men 40-49	55.92%	1089	475
619	0:48:14	CLEMENTS, Thomas		Junior Men	55.92%	525	389
620	0:52:32	TILBROOK, Timothy		Vet Men 40-49	55.85%	1621	627
621	0:51:24	LANE, David	Ryston Runners AC	Vet Men 40-49	55.81%	1747	571
622	1:00:58	KAYE, Patricia		Vet Ladies 50-59	55.81%	1336	1109
623	0:53:38	GOULT, Catherine	OWLS AC	Senior Ladies	55.78%	1255	718
624	0:48:23	TILBROOK, Mark		Junior Men	55.75%	1623	395
625	0:54:22	SANDERSON, Paul		Vet Men 50-59	55.70%	757	761
626	1:00:33	SEAMARK, Julie		Vet Ladies 40-49	55.69%	1490	1084
627	0:48:26	FUSSELL, Richard	Bespak	Senior Men	55.69%	1361	398
628	0:48:26	COOPER, Jamie		Junior Men	55.69%	168	399
629	0:52:42	SPAUL, Martin		Vet Men 40-49	55.68%	1758	640
630	0:53:44	EDGE, Simone	Terrington Tigers Football Club	Senior Ladies	55.67%	566	725
631	0:53:44	BUTTERS, Kirsty	Terrington Tigers Football Club	Senior Ladies	55.67%	303	726
632	0:55:37	SPIBEY, Carole	Ramsey Road Runners	Senior Ladies	55.66%	1012	848
633	0:48:28	BARKER, Darren		Senior Men	55.65%	167	401
634	0:56:06	SAUNDERS, Marianne	Norfolk Gazelles AC	Vet Ladies 40-49	55.64%	1276	873
635	0:52:45	DOLINSKI, Stanislaw		Vet Men 40-49	55.63%	1485	648
636	0:48:30	WOOD, Chris		Senior Men	55.62%	641	403
637	0:50:51	BUTLER, Nick		Vet Men 40-49	55.60%	1238	534
638	0:48:33	ROWLINSON, David		Junior Men	55.56%	1658	404
639	0:49:49	NICOL, Andy	Palm Paper	Senior Men	55.55%	439	473
640	0:54:58	LONGMUIR, Ian		Vet Men 50-59	55.55%	1206	797
641	0:48:35	KIRKPATRICK, Matthew		Senior Men	55.52%	1764	406
642	0:48:36	POUCHER, Andrew		Senior Men	55.50%	649	407
643	0:48:37	PALMER, Elliott		Junior Men	55.48%	499	408
644	0:48:37	BOAK, Justin		Senior Men	55.48%	1515	409
645	0:53:56	BUTTERS, Kirsty	Lynnsport Ladybirds	Senior Ladies	55.47%	743	734
646	0:48:52	LATCHFORD, Dax	Bcklwn - Computer Says No	Senior Men	55.46%	1067	419
647	0:48:38	SMITH, Simon		Senior Men	55.46%	361	410
648	0:48:38	TAIT, Daniel	West Norfolk AC	Junior Men	55.46%	1551	411
649	0:48:39	ROWE, Henry		Junior Men	55.43%	678	413
650	0:55:51	HALL, Tracy		Senior Ladies	55.43%	1609	861
651	0:48:40	ROWE, George		Junior Men	55.42%	680	414
652	0:58:14	SMITH, Sue	Ryston Runners AC	Vet Ladies 40-49	55.41%	286	981
653	0:59:46	HEMETER, Heidi		Vet Ladies 40-49	55.41%	490	1042
654	0:54:02	KURUPPU, Lashini		Senior Ladies	55.37%	1552	739
655	0:54:03	LAWRENCE, Joanna	March Athletics Club	Senior Ladies	55.35%	288	740
656	1:04:24	BAILEY, Derrick		Vet Men 60-69	55.29%	227	1247
657	0:54:07	ELSDON, Sharon		Senior Ladies	55.28%	390	744
658	0:57:24	PRESCOTT, Jill		Vet Ladies 40-49	55.28%	1263	947
659	0:55:15	FLANAGAN, Christopher		Vet Men 50-59	55.26%	193	820
660	0:56:11	VINCENT, Richard	West Norfolk AC	Vet Men 50-59	55.25%	277	879
661	0:51:33	VAUGHAN, Kevin		Vet Men 40-49	55.24%	1474	586
662	0:56:30	INGRAM, Rachel		Vet Ladies 40-49	55.24%	49	894
663	0:54:10	BOWLES, Rosalyn	Norfolk Hospice Tapping House	Senior Ladies	55.23%	1225	745
664	0:48:52	WHITMORE, Ben	Bcklwn - Computer Says No	Senior Men	55.20%	342	420
665	0:54:13	SAYELL, Trudy	Fenland Running & AC	Senior Ladies	55.18%	142	751
666	1:01:06	ROGERS, Rosie	Norfolk Gazelles AC	Vet Ladies 40-49	55.18%	1419	1113
667	0:48:54	CORNWELL, Hugh		Junior Men	55.16%	779	423
668	0:58:18	FREEBURN, David		Vet Men 50-59	55.16%	283	982
669	0:57:31	SHARP, Tracey		Vet Ladies 40-49	55.16%	1341	952
670	0:50:32	GETLEY, Edward	Harpley School	Vet Men 40-49	55.15%	1522	518
671	0:49:29	BUSHELL, Paul	West Norfolk AC	Senior Men	55.15%	628	452
672	0:57:16	HARMAN, Derek	Palm Paper	Vet Men 50-59	55.15%	416	937
673	0:48:54	WILCOX, Jonathan		Senior Men	55.15%	90	424

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Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
674	0:48:55	DURBAN, Paul		Senior Men	55.14%	1478	425
675	0:51:17	SHAW, Michael		Vet Men 40-49	55.13%	223	557
676	0:51:41	YOUNG, Peter		Vet Men 40-49	55.10%	1324	594
677	0:54:20	STRATTON, Emma		Senior Ladies	55.06%	23	758
678	0:54:55	ALDIN, Cindy		Senior Ladies	55.05%	1357	795
679	0:54:21	WEBBER-WALTON, Kirsty		Senior Ladies	55.04%	1516	759
680	0:49:00	GUNNS, Lee		Senior Men	55.04%	661	432
681	0:50:18	RANSOME, Jeremy		Senior Men	55.01%	719	502
682	0:54:12	TARRATT, Nigel		Vet Men 40-49	54.98%	813	749
683	0:53:23	EDWARDS, Chris		Vet Men 40-49	54.97%	545	700
684	0:49:05	SMITH, Kris		Senior Men	54.95%	278	435
685	0:55:34	ENGLAND, James		Vet Men 50-59	54.94%	1277	844
686	0:49:20	BRAILEY, David		Senior Men	54.93%	1569	444
687	1:00:49	GLAZEBROOK, Roger		Vet Men 60-69	54.92%	504	1101
688	0:49:08	SHEARING, Mark		Senior Men	54.90%	1327	436
689	0:49:08	HOWARD, Andy		Senior Men	54.90%	300	437
690	0:50:25	ANDERTON, Lee		Senior Men	54.89%	140	508
691	0:57:03	WARD, Garry		Vet Men 50-59	54.88%	1612	924
692	0:58:49	HARRIS, Annabel		Vet Ladies 40-49	54.86%	515	1001
693	1:01:31	FENECH, Charles		Vet Men 60-69	54.84%	1228	1129
694	1:00:56	VAN LEERSUM, Claire		Vet Ladies 40-49	54.84%	1221	1107
695	0:53:57	BROWN, Peter	Ryston Runners AC	Vet Men 40-49	54.81%	1248	736
696	0:59:14	WALKER, John		Vet Men 50-59	54.79%	1527	1019
697	1:10:15	CHAPMAN, Josephine		Vet Ladies 60-69	54.78%	21	1399
698	0:49:30	BASSETT, Stephen		Senior Men	54.75%	763	454
699	0:53:13	SHORT, Stephen		Vet Men 40-49	54.73%	1589	692
700	0:49:17	BENEFER, Gary		Senior Men	54.73%	222	441
701	0:52:49	BARNES, David		Vet Men 40-49	54.71%	250	658
702	0:49:19	RUSMAN, Dominic		Junior Men	54.69%	986	443
703	0:52:51	BAKER, Graham		Vet Men 40-49	54.69%	1727	660
704	0:54:42	LEWIN, Nikki		Senior Ladies	54.69%	1712	780
705	0:55:19	SPERRING, Kirsty		Senior Ladies	54.65%	939	825
706	1:04:41	DAYKIN, Mary		Vet Ladies 50-59	54.65%	586	1260
707	0:49:21	SMITH, Shaun		Senior Men	54.65%	749	445
708	0:49:38	WATSON, Neil	Jaeger	Senior Men	54.60%	1411	461
709	0:54:48	JAYAWARDANE, Sammi		Senior Ladies	54.59%	1476	785
710	0:49:25	FREEBOROUGH, James		Senior Men	54.58%	781	448
711	0:54:49	WILKINSON, Claire		Senior Ladies	54.57%	1006	787
712	0:59:08	BUNTING, Helen	Terrington Tigers Football Club	Vet Ladies 40-49	54.56%	180	1016
713	0:58:39	TURNER, Diane		Vet Ladies 40-49	54.55%	95	993
714	0:54:52	SMITH, Helen		Senior Ladies	54.53%	279	791
715	0:50:04	PEPPER, Richard		Senior Men	54.51%	126	492
716	0:51:31	HOWE, Gary		Vet Men 40-49	54.48%	1725	580
717	0:49:31	MONEY, Kyle	North Norfolk Tri Club	Junior Men	54.47%	845	455
718	0:56:23	SEWARD, Michelle	March Athletics Club	Senior Ladies	54.47%	1445	888
719	0:49:33	NICHOLL, Daniel		Senior Men	54.44%	1026	456
720	0:53:30	WILSON, Steven		Vet Men 40-49	54.43%	298	708
721	0:49:34	CHAMBERLAIN, Robert		Senior Men	54.42%	79	457
722	1:00:52	BARKER, Lindsay		Vet Ladies 40-49	54.42%	1740	1105
723	0:51:36	COOK, Paul		Vet Men 40-49	54.40%	1404	589
724	0:58:04	PARNELL, Len		Vet Men 50-59	54.39%	1426	972
725	0:49:36	ABBS, Darren		Senior Men	54.38%	202	460
726	0:49:36	TIBBS, Lewis		Junior Men	54.38%	1550	459
727	1:04:23	GRAY, Elaine	Huntingdonshire AC	Vet Ladies 50-59	54.38%	151	1246
728	0:57:26	SMITH, Karen	Ryston Runners AC	Vet Ladies 40-49	54.34%	1236	948
729	0:49:38	JAY, Lee	West Winch Football Club	Senior Men	54.34%	1195	462
730	0:52:03	EDGE, Jonathan		Vet Men 40-49	54.32%	1072	605
731	0:52:04	EVANS, Mark		Vet Men 40-49	54.30%	1292	606
732	0:49:42	GRIMES, Dean	Team Mcdonald's	Junior Men	54.27%	1467	465
733	0:49:42	KING, Chris		Junior Men	54.27%	1125	466
734	0:51:22	RALSTON, David		Vet Men 40-49	54.25%	888	569
735	0:55:09	DADY, Sylvia		Senior Ladies	54.24%	1226	810

Provisional Results for All Competitors in age grading order.

Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
736	0:55:10	WALKER, Emily	Ripon Runners	Senior Ladies	54.23%	496	813
737	0:49:45	MEDLOCK, Jack	Bespak	Junior Men	54.22%	1373	468
738	1:05:50	EVANS, Jean	Downham Dollies Ladies Running Club	Vet Ladies 50-59	54.22%	335	1291
739	0:56:38	PEACH, Anna		Senior Ladies	54.22%	593	903
740	0:49:47	TATT, Benjamin		Senior Men	54.18%	1047	471
741	1:04:37	HAGGARTY, Elaine	Great Yarmouth & District AC	Vet Ladies 50-59	54.18%	1185	1256
742	0:49:47	YOUNG, Richard		Senior Men	54.18%	1275	470
743	0:53:47	HOWARD, Peter		Vet Men 40-49	54.15%	619	728
744	0:49:49	MARTYN, Graham	Palm Paper	Senior Men	54.14%	1301	474
745	0:55:16	DELANEY, Laura	Lynnsport Ladybirds	Senior Ladies	54.13%	275	822
746	1:03:40	DELVES, Ben	West Norfolk AC	Vet Men 60-69	54.08%	485	1220
747	1:01:49	ROBB, Kathryn		Vet Ladies 40-49	54.06%	273	1140
748	1:03:35	STAPLETON, Julie	Sleaford Town Runners	Vet Ladies 50-59	54.02%	993	1211
749	0:55:23	HUNT, Kay	Palm Paper	Senior Ladies	54.01%	419	830
750	1:01:52	SMITH, Jan	Lynnsport Ladybirds	Vet Ladies 40-49	54.01%	389	1142
751	0:49:57	CARVELL, Benjamin		Senior Men	54.00%	1767	485
752	0:50:32	ASHFORD, Lee		Senior Men	54.00%	972	519
753	0:57:20	BELL, Georgina		Senior Ladies	53.99%	83	943
754	0:52:46	MARK, Mitchell		Vet Men 40-49	53.97%	1233	652
755	0:49:59	CUSDIN, Stephen		Junior Men	53.96%	249	486
756	1:01:56	LUCAS, Stephanie	BRJ Running Club	Vet Ladies 40-49	53.96%	553	1145
757	0:59:49	FISHER, Wendy	Mars	Vet Ladies 40-49	53.94%	259	1048
758	1:04:17	BUTTERS, Valerie	Lynnsport Ladybirds	Vet Ladies 50-59	53.94%	744	1242
759	0:50:01	GARROD, Samuel		Senior Men	53.93%	91	490
760	0:50:02	SMITH, Christian		Senior Men	53.91%	1703	491
761	0:55:18	BOYALL, Keith		Vet Men 40-49	53.89%	1391	824
762	0:50:04	MELVILLE, Gordon		Senior Men	53.87%	783	493
763	1:03:47	CULLEN, Kathy		Vet Ladies 50-59	53.85%	514	1228
764	0:59:26	NEE, Sam		Vet Ladies 40-49	53.84%	875	1027
765	0:50:07	EDDY, Matthew		Senior Men	53.82%	645	495
766	0:50:08	GAYTON, Neil	West Winch Football Club	Senior Men	53.80%	1194	496
767	0:51:06	KERR, Glenn		Senior Men	53.77%	1517	547
768	0:55:47	MACLEOD, Fiona		Senior Ladies	53.77%	1695	859
769	0:55:38	BIRD, Lindsay		Junior Ladies	53.77%	221	849
770	0:57:15	BALDOCK, Mike		Vet Men 50-59	53.77%	281	933
771	0:55:02	SUP, Martin	Hylton Gott Ltd	Vet Men 40-49	53.74%	1521	803
772	0:56:49	OLIVER, Rick	Edmonton RC	Vet Men 50-59	53.73%	1334	916
773	0:55:41	HOWLING, Leanne	Bespak	Senior Ladies	53.73%	1376	852
774	0:55:28	BARBER, William		Vet Men 40-49	53.72%	156	837
775	0:50:48	CLARKE, Stephen		Senior Men	53.72%	27	532
776	0:50:13	PEASE, Jason	D G Scales Plant Hire Ltd	Senior Men	53.71%	716	500
777	1:07:52	NEWTON, Christine		Vet Ladies 50-59	53.69%	638	1345
778	1:00:38	HALES, Diane	Norfolk Hospice Tapping House	Vet Ladies 40-49	53.67%	1208	1091
779	1:00:09	BYATT, Sarah	Lynnsport Ladybirds	Vet Ladies 40-49	53.64%	48	1064
780	1:08:39	WOOD, Rosemary		Vet Ladies 50-59	53.63%	671	1369
781	0:50:18	CHILD, Corin		Senior Men	53.62%	1124	503
782	0:58:43	LOGAN, Alison		Vet Ladies 40-49	53.60%	321	995
783	1:00:13	STEVENS, Jacqueline		Vet Ladies 40-49	53.58%	527	1072
784	0:55:13	BROOKS, Stephen		Vet Men 40-49	53.56%	1036	817
785	0:50:22	LEGG, Peter		Senior Men	53.55%	205	506
786	0:50:22	HAMMERSLEY, Matthew		Senior Men	53.55%	1502	504
787	0:54:23	SIGURDSSON, Baldur		Vet Men 40-49	53.55%	606	762
788	0:50:58	SURENDRAN, Anoop		Senior Men	53.54%	391	542
789	0:55:53	TUNLEY, Kate		Senior Ladies	53.53%	1645	863
790	0:51:20	ROWLAND, Phil		Senior Men	53.53%	1691	562
791	1:11:06	LIVESEY, Maureen	Downham Dollies Ladies Running Club	Vet Ladies 60-69	53.51%	332	1414
792	0:57:32	WARD, Glenn		Vet Men 50-59	53.51%	1613	954
793	0:50:27	BREEZE, Carl	Team Mcdonald's	Senior Men	53.47%	1466	510
794	1:00:52	TURNER, Suzanne	Bespak	Vet Ladies 40-49	53.47%	1380	1106
795	0:55:20	GARNER, Peter		Vet Men 40-49	53.45%	1587	827

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796	0:52:09	BAILEY, Stephen		Vet Men 40-49	53.44%	1772	611
797	0:50:28	OAKES, Matthew		Senior Men	53.44%	50	511
798	0:50:29	ANKE, Jeff	Raf Marham Ac	Senior Men	53.43%	1734	513
799	0:59:07	DEFTY, Trevor	Mars	Vet Men 50-59	53.43%	421	1012
800	0:53:19	SHINGFIELD, Andrew		Vet Men 40-49	53.42%	916	695
801	0:50:30	ONODY, Ryan		Senior Men	53.41%	106	515
802	0:50:30	ROGERS, Ben	Rosedale	Senior Men	53.41%	752	514
803	0:56:00	BAILEY, Donna		Senior Ladies	53.41%	1618	869
804	1:03:44	ASHMORE, Paulette		Vet Ladies 50-59	53.39%	1155	1225
805	0:50:31	CUMMING, Rob		Senior Men	53.39%	1628	516
806	0:50:32	HANIQUE, Fabien		Senior Men	53.38%	941	520
807	1:04:58	BENDING, Karen		Vet Ladies 50-59	53.37%	1000	1267
808	0:52:59	WALDRON, Mike		Vet Men 40-49	53.36%	1524	675
809	0:53:02	SINNOTT, Rodney		Vet Men 40-49	53.31%	1451	682
810	1:03:50	GUYTON, Teresa		Vet Ladies 50-59	53.31%	602	1231
811	0:56:07	MEEK, Juliette		Senior Ladies	53.31%	1084	876
812	0:55:29	STEVE, Small		Vet Men 40-49	53.30%	1641	839
813	0:50:37	PRATT, Benjamin	West Winch Football Club	Senior Men	53.29%	1197	523
814	0:56:44	RAWORTH, Samantha		Senior Ladies	53.29%	108	909
815	0:50:38	STOCKS, David		Senior Men	53.27%	1546	524
816	0:50:39	TINDALL, James		Senior Men	53.25%	1580	525
817	0:57:20	THOMPSON, Simon		Vet Men 50-59	53.25%	82	942
818	0:56:12	VAUGHAN, Wendy	Bespak	Senior Ladies	53.23%	1381	880
819	0:55:10	REDDYHOFF, Nick	Harpley School	Vet Men 40-49	53.19%	812	814
820	0:59:40	DONKIN, Lisa	March Athletics Club	Vet Ladies 40-49	53.18%	1753	1035
821	0:56:16	KASYANOVA, Olga		Senior Ladies	53.17%	947	884
822	1:03:26	HIBBERD, Sue		Vet Ladies 40-49	53.15%	231	1206
823	1:02:53	HUNT-PAIN, Debbie		Vet Ladies 40-49	53.14%	689	1184
824	1:09:27	FREEBURN, Rodney	Wymondham AC	Vet Men 70+	53.13%	1074	1387
825	0:57:22	SPOONER, Rachael		Senior Ladies	53.12%	170	944
826	0:56:07	KEELEY, Graham		Vet Men 40-49	53.11%	1749	875
827	0:50:47	MAKIN, Seth		Senior Men	53.11%	847	530
828	0:50:48	COUSINS, Andrew		Senior Men	53.10%	224	531
829	1:08:38	EDDY, Gill	Lynnsport Ladybirds	Vet Ladies 50-59	53.09%	640	1367
830	0:51:27	McEWEN, Tristan	Harpley School	Senior Men	53.04%	633	577
831	0:50:52	HALL, Adrian		Senior Men	53.03%	1065	535
832	0:50:52	WHITEHOUSE, Jacob	Palm Paper	Senior Men	53.02%	777	536
833	0:56:26	LANCUCKA, Anna		Senior Ladies	53.01%	1605	890
834	1:01:26	ANDERSSON, Penny		Vet Ladies 40-49	52.98%	1500	1125
835	0:56:28	EWINS, Kelly		Senior Ladies	52.98%	912	891
836	0:50:57	TWAITE-SMITH, Shane		Senior Men	52.94%	627	540
837	0:50:57	MELIA, Phil		Senior Men	52.94%	562	541
838	0:52:17	HAZELL, Colin	West Winch Junior FC	Senior Men	52.93%	1264	614
839	0:51:00	BOCKING, George	Jolly Sailors Brancaster Staithe	Senior Men	52.89%	1038	544
840	0:51:02	EDWARDS, Craig		Junior Men	52.85%	546	545
841	0:57:47	NORWELL, Peter		Vet Men 50-59	52.84%	983	965
842	0:58:07	CARROLL, Hayley		Senior Ladies	52.84%	258	978
843	0:56:37	BATTERHAM, Joshua		Junior Ladies	52.84%	827	900
844	0:52:24	BATHE, Richard	Northants Police	Senior Men	52.81%	206	619
845	0:51:05	DUNKLEY, Edward		Senior Men	52.80%	707	546
846	0:56:40	DAYKIN, Harriet		Senior Ladies	52.79%	1529	905
847	0:56:40	DAYKIN, Christopher		Junior Ladies	52.79%	588	904
848	0:51:06	DEXTER, Stuart		Junior Men	52.78%	383	548
849	0:56:42	THOMPSON, Camilla		Senior Ladies	52.76%	626	907
850	0:54:00	DODES, Tim		Vet Men 40-49	52.74%	1568	738
851	0:51:09	SHIPP, Gary	West Winch Junior FC	Senior Men	52.73%	209	551
852	0:52:31	GRAEME, Whiting	Catalina Software	Senior Men	52.69%	871	625
853	1:02:54	McSHANE, Mandy		Vet Ladies 40-49	52.66%	1714	1185
854	0:56:50	SMITH, Helen	Downham Dollies Ladies Running Club	Senior Ladies	52.64%	327	918
855	0:51:15	DICK, Matthew		Senior Men	52.63%	987	553
856	0:54:07	MORRIS, Stuart	Norfolk Hospice Tapping House	Vet Men 40-49	52.63%	1117	743

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857	0:51:15	OLIVER, Barnes		Junior Men	52.63%	251	554
858	1:07:11	MANGAN, Heather		Vet Ladies 50-59	52.62%	639	1320
859	0:51:16	BUNKO, Max		Senior Men	52.61%	899	556
860	0:56:54	RALPH, Mary		Senior Ladies	52.58%	829	920
861	0:56:56	DICKSON, Annabelle		Senior Ladies	52.54%	623	921
862	0:57:38	HORNIGOLD, Chris	Jaeger	Vet Men 50-59	52.54%	1464	958
863	0:51:22	BARNARD, James		Senior Men	52.51%	272	568
864	0:51:22	LILLEY, Christopher		Senior Men	52.51%	437	566
865	0:54:38	FREEMAN, Duncan		Vet Men 40-49	52.51%	158	776
866	0:51:22	MAY, Jon		Senior Men	52.51%	1210	567
867	0:56:46	YOUNGS, Christopher		Vet Men 40-49	52.50%	1465	910
868	0:56:20	MILLS, Chris		Vet Men 40-49	52.50%	93	886
869	0:52:44	ELLIS, Jason		Senior Men	52.47%	1130	645
870	0:51:24	WALKER, Shane		Senior Men	52.47%	898	572
871	0:51:25	PRUDEN, Dean		Senior Men	52.46%	507	574
872	0:58:34	SUITER, Mandy		Senior Ladies	52.43%	310	989
873	0:56:24	NORRIS, Paul		Vet Men 40-49	52.43%	1463	889
874	0:57:04	ADDISON, Emma		Senior Ladies	52.42%	1570	925
875	0:52:47	STURGESS, Stephen		Senior Men	52.42%	851	654
876	0:57:20	HEAD, David		Vet Men 50-59	52.39%	1007	941
877	0:53:12	SINNOTT, Steven		Vet Men 40-49	52.38%	1448	691
878	1:03:50	VERGETTE, Paul		Vet Men 60-69	52.33%	601	1230
879	0:51:33	LARKIN, Charles		Senior Men	52.32%	642	585
880	1:01:40	SIMS, Susan		Vet Ladies 40-49	52.32%	296	1137
881	0:57:23	ALLEN, Samantha		Senior Ladies	52.26%	171	946
882	1:06:37	ELVIDGE, David		Vet Men 60-69	52.26%	36	1314
883	0:57:16	SEAMAN, Anna		Senior Ladies	52.24%	98	934
884	0:54:32	COPEMAN, Robert		Vet Men 40-49	52.22%	1098	772
885	0:51:39	CALTON, Asa		Junior Men	52.22%	1597	591
886	0:57:17	MELVILLE, Helen	Ryston Runners AC	Senior Ladies	52.22%	616	938
887	1:09:05	ADDISON, Jane		Vet Ladies 50-59	52.20%	1240	1377
888	0:51:40	BROOKS, Chris		Senior Men	52.20%	696	593
889	1:01:50	WRIGHT, Caron		Vet Ladies 40-49	52.18%	1421	1141
890	0:55:27	MILLAR, Jim		Vet Men 40-49	52.12%	1285	833
891	1:00:25	JAMES, Paula	Mars	Vet Ladies 40-49	52.09%	1458	1080
892	0:52:03	BICKERS, Andrew		Senior Men	52.07%	1309	602
893	0:53:31	BLY, Andrew	Terrington Tigers Football Club	Vet Men 40-49	52.07%	532	709
894	1:08:35	KEIDAN, Jane		Vet Ladies 50-59	52.05%	810	1363
895	0:57:29	HOWARD, Elise	Downham Dollies Ladies Running Club	Senior Ladies	52.04%	352	950
896	0:57:31	JONES, Stephanie		Senior Ladies	52.01%	1646	951
897	1:01:32	HARMER, Jenny		Vet Ladies 40-49	52.00%	1470	1132
898	0:57:32	CANEY, Kelly		Senior Ladies	52.00%	1392	953
899	1:01:33	DUFFIELD, Louise		Vet Ladies 40-49	51.99%	1103	1133
900	0:54:23	BIGGADIKE, Lindsay		Vet Men 40-49	51.99%	472	763
901	0:51:55	BUNTING, Harry		Senior Men	51.96%	1696	599
902	0:57:40	BENNETT, Emily-Jane	Lynnsport Ladybirds	Senior Ladies	51.88%	235	960
903	1:01:43	ONURLU, Julie		Vet Ladies 40-49	51.84%	682	1138
904	0:57:04	BROUGHAM, Michael		Vet Men 40-49	51.82%	657	926
905	0:52:40	ELLIS, Simon		Senior Men	51.82%	1031	636
906	0:59:55	DREW, Peter		Vet Men 50-59	51.81%	1288	1055
907	0:52:05	DOUGHTY, Mark		Senior Men	51.79%	120	608
908	0:57:46	PAGE-CROFT, Sarah		Senior Ladies	51.79%	1582	964
909	0:52:06	WALKER, Kevin		Senior Men	51.77%	793	609
910	0:54:15	FELLOWS, Steven		Vet Men 40-49	51.74%	276	754
911	1:08:49	MANN, Lionel	Belgrave Harriers	Vet Men 60-69	51.74%	1499	1373
912	0:57:49	GUNNS, Clare		Senior Ladies	51.74%	662	967
913	0:52:45	POTTER, Adam		Senior Men	51.73%	494	650
914	0:58:28	WARD, Joanna	Bespak	Senior Ladies	51.71%	1372	987
915	1:02:57	GUNN, Anna		Vet Ladies 40-49	51.70%	711	1189
916	0:53:32	CREED, Graham		Senior Men	51.69%	921	710
917	1:02:27	ASHURST, Debra		Vet Ladies 40-49	51.66%	443	1170

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918	1:03:26	DRINNAN, Alan		Vet Men 60-69	51.63%	887	1205
919	1:04:45	SHEILS, Debbie		Vet Ladies 40-49	51.61%	414	1261
920	0:59:05	HANSELL, Naomi	Harpley School	Senior Ladies	51.57%	1286	1009
921	0:52:20	GOMES, Rui		Senior Men	51.54%	1406	617
922	0:52:20	CALLABY, James	D G Scales Plant Hire Ltd	Senior Men	51.54%	723	616
923	0:52:57	GREEN, Nigel		Senior Men	51.54%	807	669
924	0:58:06	JAMES, Donna		Senior Ladies	51.49%	547	975
925	0:52:23	BARLOW, Graham		Senior Men	51.48%	1223	618
926	0:54:56	ALDIN, Martin		Vet Men 40-49	51.47%	1350	796
927	1:00:11	JOHNSON, Fiona	Harpley School	Senior Ladies	51.44%	753	1068
928	0:52:26	BEALE, James		Senior Men	51.44%	78	620
929	0:54:58	BUTLER, Piers		Vet Men 40-49	51.43%	1547	798
930	1:07:26	PLOWRIGHT, Bridget		Vet Ladies 50-59	51.41%	805	1330
931	0:52:43	BAYES, Christopher		Senior Men	51.41%	1656	641
932	0:58:11	HERBERT, Sophie		Senior Ladies	51.41%	961	980
933	0:52:29	PARKINSON, Gavin		Senior Men	51.39%	814	624
934	0:52:44	BATHE, Jonathan	Hartlepool Burn Road Harriers	Senior Men	51.39%	124	643
935	1:04:31	FRADLEY, Helen		Vet Ladies 40-49	51.34%	165	1253
936	0:55:29	JONATHAN, Barber		Vet Men 40-49	51.33%	110	838
937	1:02:06	KENYON, Philip		Vet Men 50-59	51.32%	1489	1151
938	1:20:35	DAVEY, William		Vet Men 70+	51.32%	652	1522
939	0:52:34	MILBURN, Ian		Senior Men	51.31%	311	628
940	0:52:35	SEATON, Andrew		Junior Men	51.30%	1126	630
941	0:52:36	WOODHOUSE, Matthew		Senior Men	51.28%	1213	632
942	0:52:38	BLATCHER, Chris		Senior Men	51.25%	901	633
943	0:52:38	JOHNSON, Rick		Senior Men	51.24%	1583	635
944	0:58:11	SMITH, Brian		Vet Men 40-49	51.22%	1648	979
945	0:58:25	HURLEY, Martha		Senior Ladies	51.21%	1649	986
946	1:03:01	BROWN, Denise		Vet Ladies 40-49	51.21%	703	1192
947	0:53:43	JACKSON, Wayne	Terrington Tigers Football Club	Senior Men	51.15%	534	722
948	1:00:03	RUTTY, Maria		Senior Ladies	51.14%	1030	1060
949	0:52:44	THORPE, James	Norfolk Hospice Tapping House	Senior Men	51.14%	1141	646
950	0:52:47	JOE, Johnson	Norfolk Hospice Tapping House	Junior Men	51.10%	995	653
951	0:56:34	NURSE, Mark		Vet Men 40-49	51.09%	1332	899
952	1:01:06	TILLS, Louise		Vet Ladies 40-49	51.08%	1760	1112
953	0:58:43	GALLAGHER, Heather		Senior Ladies	51.08%	556	996
954	0:52:50	EARNSHAW, Daniel	West Winch Football Club	Senior Men	51.05%	1200	659
955	0:56:37	DONKIN, Shaun	March Athletics Club	Vet Men 40-49	51.05%	1442	902
956	0:58:36	RAPLEY, Helen		Senior Ladies	51.05%	119	990
957	0:58:37	BARTLETT, Charlene		Senior Ladies	51.04%	756	991
958	1:01:09	RINGER, Vicki		Vet Ladies 40-49	51.04%	541	1115
959	0:52:53	CAWSTON, James		Senior Men	51.00%	621	664
960	0:52:53	YAXLEY, Chris	D G Scales Plant Hire Ltd	Senior Men	51.00%	722	665
961	1:04:57	BORRMAN, Virginia		Vet Ladies 40-49	50.99%	1387	1265
962	0:58:40	O'REGAN, Ruth		Senior Ladies	50.99%	175	994
963	0:54:40	SADDLETON, Richard		Vet Men 40-49	50.98%	1190	779
964	0:52:57	PARNELL, Jack		Senior Men	50.94%	1342	670
965	0:54:19	BRIARS, David		Senior Men	50.94%	22	757
966	0:58:03	LOVELL, Andrew	Fenton Insurance Solutions Ltd	Vet Men 40-49	50.94%	1133	971
967	0:52:58	BLUNDELL, Richard		Senior Men	50.93%	919	672
968	0:58:44	LITTLE, Justine		Senior Ladies	50.93%	1637	998
969	0:58:44	BOOTH, Alex		Senior Ladies	50.93%	164	997
970	1:03:43	WANT, John		Vet Men 50-59	50.93%	1154	1223
971	0:52:58	EVE, Richard	Terrington Tigers Football Club	Senior Men	50.92%	568	673
972	0:52:58	FISHER, Dean		Junior Men	50.92%	452	674
973	1:00:18	JESSOP, Nichola		Senior Ladies	50.92%	1576	1077
974	0:56:47	GEORGE, Emad		Vet Men 40-49	50.90%	43	911
975	0:53:00	ROBERTS, Brett		Senior Men	50.89%	230	678
976	0:53:00	HAMMOND, Tom		Junior Men	50.89%	1161	679
977	0:53:01	HIBBERD, Daniel		Junior Men	50.87%	357	680
978	0:53:02	DICKERSON, Liam		Senior Men	50.86%	1657	681
979	0:53:03	FYSH, Matthew		Junior Men	50.84%	978	683

Provisional Results for All Competitors in age grading order.

Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
980	1:04:01	LOVELL, Julie		Vet Ladies 40-49	50.84%	1134	1235
981	0:53:04	BARLOW, Ricki	Union Jack F.c	Senior Men	50.83%	1096	684
982	0:53:05	HODGSON, Martin		Senior Men	50.81%	400	687
983	0:53:05	PRICHARD, Lee		Senior Men	50.81%	1771	685
984	0:56:30	O'BRIEN, Michael	Mars	Vet Men 40-49	50.78%	1610	895
985	0:55:41	HASLAM, Darryl		Vet Men 40-49	50.77%	548	853
986	0:56:59	THOMPSON, Alan		Vet Men 40-49	50.72%	963	922
987	0:53:12	SAINTY, Steve	Norfolk Hospice Tapping House	Senior Men	50.70%	1144	690
988	0:59:01	VAN DORT, Riny		Senior Ladies	50.69%	1331	1004
989	0:59:02	HARRISON, Sarah		Senior Ladies	50.67%	1046	1005
990	0:53:16	WILSON, William	Ely Runners	Senior Men	50.64%	910	693
991	0:55:03	JAY, Richard		Vet Men 40-49	50.62%	181	804
992	1:00:40	FOX, Amanda		Senior Ladies	50.62%	1059	1093
993	0:53:18	CLARKSON, Aidan	West Winch Junior FC	Junior Men	50.61%	463	694
994	1:00:13	KOOREMAN, Caroline		Senior Ladies	50.60%	584	1071
995	0:59:08	SANNAKKI, Reshma		Senior Ladies	50.59%	624	1015
996	0:56:19	ROSE, Simon		Vet Men 40-49	50.57%	479	885
997	0:59:47	LAMBERT, Maria	Ryston Runners AC	Senior Ladies	50.57%	1076	1045
998	0:53:21	MALLOTT, James	Sutton Road Runners Iftnb	Junior Men	50.56%	854	697
999	1:07:24	HARLOCK, Peter		Vet Men 60-69	50.56%	647	1329
1000	0:57:10	WRIGHT, William		Vet Men 40-49	50.55%	399	931
1001	0:53:22	MORRIS, Alan	Haverhill Running Club	Senior Men	50.54%	681	698
1002	0:55:33	TIBBS, Steven		Vet Men 40-49	50.53%	1549	841
1003	0:56:22	COLLIS, Steven		Vet Men 40-49	50.53%	13	887
1004	1:00:28	TAMcKEN, Steven		Vet Men 50-59	50.50%	1462	1082
1005	0:56:00	WALKER, Christopher		Vet Men 40-49	50.49%	1750	868
1006	0:59:53	BLOMFIELD, Charlotte		Senior Ladies	50.48%	1262	1053
1007	0:59:26	ROSE, Aileen		Senior Ladies	50.47%	874	1026
1008	1:03:57	LOWE, Debbie		Vet Ladies 40-49	50.46%	484	1234
1009	0:56:03	MARTIN, Keith		Vet Men 40-49	50.44%	692	871
1010	0:53:29	MALLOTT, Joe	Sutton Road Runners Iftnb	Senior Men	50.43%	856	704
1011	0:53:30	HALL, Greg		Senior Men	50.42%	264	705
1012	0:53:33	STEVENSON, Ian		Senior Men	50.37%	1135	713
1013	0:53:33	HUDSON, Damon		Senior Men	50.37%	287	712
1014	0:56:33	ALLEN, Andrew		Vet Men 40-49	50.36%	877	897
1015	0:55:21	CURTIS, Chris		Vet Men 40-49	50.35%	551	829
1016	0:59:12	HARDING, Brian		Vet Men 40-49	50.34%	988	1018
1017	1:01:31	HOPKINS, Andrea		Senior Ladies	50.33%	512	1130
1018	0:53:35	HOWELL, Andrew	Bcklwn - Computer Says No	Senior Men	50.33%	684	715
1019	1:02:32	HOGAN, Caroline		Vet Ladies 40-49	50.32%	1177	1172
1020	0:57:54	SMITH, Brian		Vet Men 40-49	50.30%	501	969
1021	0:53:38	FOX, Andrew		Senior Men	50.29%	693	717
1022	0:53:39	FUTTER, Robert		Senior Men	50.27%	77	721
1023	0:59:19	PRITCHARD, Rob		Vet Men 40-49	50.24%	821	1023
1024	0:54:19	LOCKEY, Paul		Senior Men	50.24%	708	756
1025	0:53:44	PACK, Nathan	Terrington Tigers Football Club	Senior Men	50.20%	533	724
1026	0:55:31	JONES, Darren		Vet Men 40-49	50.19%	1566	840
1027	1:04:05	TARRANT, Tony		Vet Men 50-59	50.18%	585	1236
1028	0:53:45	WRIGHT, Mike		Senior Men	50.18%	434	727
1029	1:03:32	DRIVER, Len		Vet Men 50-59	50.16%	1241	1208
1030	0:53:47	MACE, Simon	West Winch Football Club	Senior Men	50.15%	1198	729
1031	0:56:01	KENT, Mark		Vet Men 40-49	50.11%	1394	870
1032	1:11:16	LYNN, Pamela	Lynnsport Ladybirds	Vet Ladies 50-59	50.08%	1726	1415
1033	0:54:52	McCULLAGH, Jon		Senior Men	50.08%	1446	793
1034	0:54:52	BURKE, Thomas		Senior Men	50.08%	1447	792
1035	0:59:45	COOK, Jennifer		Senior Ladies	50.07%	1313	1039
1036	1:03:05	CORLEY, Nigel		Vet Men 50-59	50.07%	149	1198
1037	1:03:55	WALPOLE, Helen	Lynnsport Ladybirds	Vet Ladies 40-49	50.06%	403	1232
1038	0:59:46	LAWTON, Pamela	KLFM	Senior Ladies	50.05%	968	1043
1039	0:53:56	NEIL, Mckendrick		Senior Men	50.01%	745	733
1040	1:01:56	HOUGHTON-WOOD, Jules		Senior Ladies	49.99%	665	1144
1041	0:59:51	GURNEY, Claire	Lynnsport Ladybirds	Senior Ladies	49.99%	578	1050

Provisional Results for All Competitors in age grading order.

Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
1042	1:05:42	PAGE, Theresa	Terrington Tigers Football Club	Vet Ladies 40-49	49.97%	569	1286
1043	1:01:40	HAMMOND, Richard		Vet Men 50-59	49.92%	305	1136
1044	1:03:36	CLARKSON, Gail	West Winch Junior FC	Vet Ladies 40-49	49.89%	461	1213
1045	0:59:58	BOYLE, Helen		Senior Ladies	49.89%	1153	1056
1046	0:59:59	WRIGHT, Hayley		Senior Ladies	49.87%	225	1058
1047	1:00:14	HARE, Peter		Vet Men 50-59	49.86%	607	1073
1048	0:55:09	HANNAY, Adam	Terrington Tigers Football Club	Senior Men	49.82%	540	811
1049	0:54:24	PROFFITT, Ed		Senior Men	49.81%	362	766
1050	1:00:03	WHITEHEAD, Isabelle	Boston & District AC	Junior Ladies	49.81%	1559	1062
1051	0:54:10	BUCKHURST, Jamie		Senior Men	49.79%	1320	746
1052	1:02:43	SNOW, Rachel		Vet Ladies 40-49	49.77%	144	1180
1053	1:15:34	MITCHELL, Elaine	Castle Point Joggers	Vet Ladies 60-69	49.77%	1114	1489
1054	1:01:14	JACKSON, Joanne	Campaign Care 94	Senior Ladies	49.76%	1010	1117
1055	0:54:12	HARRISON, David		Senior Men	49.76%	293	750
1056	0:57:40	SKERRITT, Tim		Vet Men 40-49	49.75%	686	959
1057	0:58:06	HOBSON, Richard	Palm Paper	Vet Men 40-49	49.74%	457	976
1058	1:00:18	CROSS, Emma		Senior Ladies	49.74%	1417	1076
1059	1:19:15	GOOLD, Gillian	Lynnsport Ladybirds	Vet Ladies 60-69	49.70%	133	1517
1060	0:54:18	GOODRICH, Ben		Junior Men	49.67%	341	755
1061	1:00:16	HIBBERD, Sarah		Senior Ladies	49.64%	894	1075
1062	1:03:55	MOFFAT, Alex		Vet Ladies 40-49	49.64%	573	1233
1063	0:54:21	LOCKEY, Ryan		Junior Men	49.62%	1077	760
1064	0:54:23	BRANSGROVE, Jamie	Bespak	Senior Men	49.60%	1364	764
1065	1:00:20	CARRINGTON SMITH, Sarah		Senior Ladies	49.59%	706	1078
1066	0:54:24	RAVEN, Aran		Junior Men	49.58%	1481	765
1067	0:54:25	TIM, Ryan		Senior Men	49.57%	208	767
1068	1:08:39	COPPINGER, Catherine		Vet Ladies 50-59	49.57%	663	1368
1069	1:00:25	PHANG, Sarah	Mars	Senior Ladies	49.51%	1108	1081
1070	1:03:35	GREEN, Tanya		Vet Ladies 40-49	49.50%	730	1209
1071	0:54:31	TYLER, Stephen		Senior Men	49.47%	1063	771
1072	0:54:38	BLOWS, Aaron		Senior Men	49.37%	395	777
1073	0:55:40	PAUL, Wilson	Terrington Tigers Football Club	Senior Men	49.36%	531	850
1074	0:57:16	DA SILVA, Marco	Palm Paper	Vet Men 40-49	49.36%	932	936
1075	1:00:36	HARDY, Rebecca		Senior Ladies	49.36%	592	1088
1076	0:54:39	JESSEP, Daniel		Senior Men	49.36%	101	778
1077	1:02:13	INNS, Tara		Senior Ladies	49.36%	1322	1159
1078	1:00:38	BICKFORD, Rachel	Norfolk United Netball Club	Senior Ladies	49.34%	96	1090
1079	0:59:58	CLEAVER, Simon		Vet Men 40-49	49.32%	1763	1057
1080	0:54:45	WILLIAMS, Matthew	Century Logistics	Senior Men	49.27%	704	783
1081	1:00:44	HEADING, Katie	Barton & District AC	Senior Ladies	49.25%	574	1096
1082	1:00:56	MARGERESON, Jo		Senior Ladies	49.22%	145	1108
1083	0:54:48	LITTLE, Michael		Senior Men	49.22%	1513	786
1084	1:00:47	HIBBERD, Helen		Senior Ladies	49.22%	1325	1099
1085	0:57:02	EASTER, Carl		Vet Men 40-49	49.21%	924	923
1086	0:59:38	HILL, Gary		Vet Men 40-49	49.21%	1189	1034
1087	0:54:50	EDWARDS, Alexander	West Norfolk Rugby Club U15's	Junior Men	49.19%	322	788
1088	0:54:51	GREENWOOD, Will	West Norfolk Rugby Club U15's	Junior Men	49.18%	1252	789
1089	1:00:50	KAYE, Natalie		Senior Ladies	49.17%	1335	1102
1090	1:02:28	OLDFIELD, Kate	Terrington Tigers Football Club	Senior Ladies	49.16%	535	1171
1091	1:00:51	CURTIS, Anne		Senior Ladies	49.16%	552	1103
1092	1:11:40	BLATCHER, David		Vet Men 60-69	49.12%	605	1445
1093	0:54:55	SIVELL, Robert	Dereham Runners AC	Senior Men	49.12%	1430	794
1094	0:55:35	KNIGHT, Glen		Senior Men	49.10%	736	846
1095	0:55:13	TRUMP, Chris		Senior Men	49.07%	1698	818
1096	1:09:21	WOOD, Christina		Vet Ladies 50-59	49.07%	1494	1383
1097	1:00:59	DENHAM, Jo	Lynnsport Ladybirds	Senior Ladies	49.05%	1588	1111
1098	1:07:32	LE SERVE, Kathryn		Vet Ladies 40-49	49.04%	1082	1334
1099	0:55:00	PINNING, David	Palm Paper	Senior Men	49.04%	422	800
1100	0:55:02	CANN, Christopher		Senior Men	49.01%	1070	802
1101	0:55:04	BOLDERO, Terry		Senior Men	48.99%	570	805
1102	1:14:24	BLAND, Sue		Vet Ladies 50-59	48.98%	1178	1472
1103	0:55:08	RONEY, Paul		Senior Men	48.92%	1044	808

Provisional Results for All Competitors in age grading order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Age Grading</i>	<i>Race No</i>	<i>Race Place</i>
1104	0:55:09	GASCOYNE, David	D G Scales Plant Hire Ltd	Senior Men	48.91%	720	809
1105	0:55:14	LAKE, Robert		Senior Men	48.84%	1495	819
1106	1:03:35	BOSELEY, Keith	Sleaford Town Runners	Vet Men 50-59	48.82%	992	1210
1107	1:02:26	CROOKES, Celia		Senior Ladies	48.81%	190	1167
1108	1:01:18	HAMMOND, Jo	Bespak	Senior Ladies	48.80%	1363	1120
1109	1:01:18	SCAIFF, Camilla		Senior Ladies	48.80%	118	1123
1110	0:55:17	ANDERSON, James	Norfolk Hospice Tapping House	Senior Men	48.79%	690	823
1111	0:55:19	MAYES, Dean		Senior Men	48.76%	1066	826
1112	0:55:23	REEVE, Bruce		Senior Men	48.70%	417	831
1113	1:01:29	RONEY, Elinor		Senior Ladies	48.65%	1045	1127
1114	0:55:28	BROWN, Christopher		Senior Men	48.63%	521	835
1115	0:55:28	ISON, Oliver		Junior Men	48.63%	936	836
1116	0:55:28	ROBERTS, Aaron		Senior Men	48.63%	1408	834
1117	0:56:31	HALL, Duncan	Harpley School	Senior Men	48.62%	1282	896
1118	1:02:40	MASSEN, Kerry		Senior Ladies	48.62%	103	1176
1119	1:04:13	HODGSON, Sharon		Vet Ladies 40-49	48.60%	508	1241
1120	0:56:09	SIMMS, Mark		Senior Men	48.60%	1246	878
1121	0:55:34	BRENNOCK, Nick	Union Jack F.c	Senior Men	48.54%	1150	843
1122	0:55:35	FEARY, Sam		Junior Men	48.53%	675	845
1123	0:55:41	CHICK, Jamie	Century Logistics	Senior Men	48.44%	702	851
1124	1:04:28	CLARKE, Nicola		Vet Ladies 40-49	48.41%	365	1251
1125	0:55:44	BOOTH, Richard		Junior Men	48.40%	1755	855
1126	0:55:45	GOATER, Mark	Century Logistics	Senior Men	48.38%	705	856
1127	0:55:46	GOTT, Will		Junior Men	48.36%	1160	858
1128	0:59:46	FLETCHER, John	Queen Elizabeth Hospital Special Care Baby Appeal	Vet Men 40-49	48.36%	337	1041
1129	0:56:50	SYMONDS, Doyle		Senior Men	48.35%	999	917
1130	1:11:03	THOMSON, Liz	Lynnsport Ladybirds	Vet Ladies 50-59	48.34%	427	1409
1131	1:01:59	PRIOR, Samantha	Ramsey Road Runners	Senior Ladies	48.26%	1651	1148
1132	1:05:46	SMITH, Jacqueline		Vet Ladies 40-49	48.25%	382	1287
1133	1:02:40	ASHTON, Claire	BRJ Running Club	Senior Ladies	48.24%	604	1175
1134	0:55:55	BARRETT, Justin		Senior Men	48.24%	1186	865
1135	0:55:55	FINCHAM, Thomas		Junior Men	48.24%	902	864
1136	1:05:28	DUNN, John		Vet Men 50-59	48.24%	483	1282
1137	0:55:56	WARNES, Matthew		Junior Men	48.22%	1199	866
1138	1:05:51	REDCAR, Jo	Downham Dollies Ladies Running Club	Vet Ladies 40-49	48.19%	329	1293
1139	1:04:46	HEWETT, Anne	Downham Dollies Ladies Running Club	Vet Ladies 40-49	48.19%	333	1262
1140	1:02:06	BATEMAN, Rachael		Senior Ladies	48.17%	772	1152
1141	1:02:07	GILBERT, Jay		Senior Ladies	48.16%	1483	1153
1142	1:04:20	HOPKISSON, Jodie		Senior Ladies	48.12%	1215	1245
1143	1:03:28	RUDING, Frank		Vet Men 50-59	48.11%	942	1207
1144	1:08:14	PLUMB, Suzanne		Vet Ladies 40-49	48.11%	294	1353
1145	1:02:11	FINDLAY, Kathy		Senior Ladies	48.11%	72	1156
1146	0:59:38	SADDLETON, Martin		Vet Men 40-49	48.11%	1188	1033
1147	0:56:05	BARNES, Glen		Senior Men	48.09%	1510	872
1148	1:07:43	MARTIN, Suzy		Vet Ladies 40-49	48.06%	290	1341
1149	1:03:02	CURTIS, Michael		Vet Men 50-59	48.04%	500	1195
1150	0:56:48	LORD, Richard		Senior Men	48.04%	186	915
1151	1:11:30	JONES, Jane	2620 Sqn Raf Regiment Reserves	Vet Ladies 50-59	48.03%	1672	1422
1152	1:02:18	SCHMITT, Anne		Senior Ladies	48.01%	392	1163
1153	1:02:20	TICKLE, Anna		Senior Ladies	47.99%	266	1165
1154	0:56:12	WEIGHTMAN, Ed	Campaign Care 94	Senior Men	47.99%	415	881
1155	0:56:14	MANTERFIELD, David		Junior Men	47.96%	970	882
1156	1:02:23	McMINN, Hayley		Senior Ladies	47.95%	1061	1166
1157	1:02:26	TAYLOR, Jennifer	Newcastle Staffs AC	Senior Ladies	47.92%	1503	1169
1158	1:11:03	SCOTTMONCRIEFF, Kate	Norfolk Hospice Tapping House	Vet Ladies 50-59	47.89%	1746	1410
1159	1:16:06	BOCOCK, Alan		Vet Men 70+	47.88%	20	1493
1160	1:02:40	WILBURN, Rebecca		Senior Ladies	47.86%	870	1177
1161	1:05:51	DAW, Julie	Mars	Vet Ladies 40-49	47.79%	1456	1292
1162	0:56:28	FAIRFAX, Ben		Senior Men	47.77%	960	892

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1163	1:06:28	MOORE, Tracey		Vet Ladies 40-49	47.74%	1413	1307
1164	1:04:20	SEWELL, Shona		Senior Ladies	47.74%	1094	1244
1165	0:57:35	LARGE, Jason		Senior Men	47.71%	1073	956
1166	1:02:42	JOANNE, Page		Senior Ladies	47.71%	886	1178
1167	1:02:00	RIMELL, Michael		Vet Men 40-49	47.70%	160	1149
1168	1:00:10	ANDREW, Dahl		Vet Men 40-49	47.68%	1407	1066
1169	1:02:44	HOLMAN, Naomi	Lynnsport Ladybirds	Senior Ladies	47.68%	1617	1181
1170	1:02:55	NORTON, Sarah		Senior Ladies	47.67%	458	1186
1171	1:08:19	KIDDELL, Debbie		Vet Ladies 40-49	47.64%	29	1355
1172	0:58:06	BRENNAN, Thomas		Senior Men	47.63%	195	977
1173	1:05:11	BOWEN, Donnie	Lynn Heart Support Group	Vet Men 50-59	47.62%	356	1276
1174	1:02:50	LAWRENCE, Helen		Senior Ladies	47.61%	1748	1183
1175	0:56:42	MAYES, William		Junior Men	47.57%	260	906
1176	1:02:10	RIDSDILL, Grahame		Vet Men 40-49	47.57%	1720	1154
1177	0:56:42	KINGE, Tom		Junior Men	47.57%	218	908
1178	1:04:38	SHINN, Joanna		Senior Ladies	47.52%	734	1257
1179	1:02:57	SPENCER, Natasha		Senior Ladies	47.52%	731	1188
1180	1:04:08	PEPPER, Hayley		Senior Ladies	47.51%	125	1237
1181	1:02:58	MATHUNJWA, Katie	Rosedale	Senior Ladies	47.51%	755	1190
1182	1:17:31	SHREEVE, Sandra		Vet Ladies 50-59	47.50%	862	1501
1183	0:56:47	DENNISS, Daniel		Senior Men	47.50%	1636	912
1184	0:56:47	HUCKER, Mark		Senior Men	47.50%	376	913
1185	1:00:51	SISLEY, Andy		Vet Men 40-49	47.49%	1032	1104
1186	0:56:48	CARR, Richard		Senior Men	47.49%	815	914
1187	1:12:21	NICHOLL, Rosemary		Vet Ladies 50-59	47.47%	1024	1457
1188	0:59:08	BARNES, Stephen		Vet Men 40-49	47.47%	116	1014
1189	1:03:43	CHARLESWORTH, Samantha		Senior Ladies	47.44%	1048	1224
1190	1:03:15	BARBER, Ruth		Senior Ladies	47.42%	492	1201
1191	1:03:05	CHEN, Joyce I-hui		Senior Ladies	47.42%	906	1197
1192	1:03:07	OVERSON, Shannon		Junior Ladies	47.40%	883	1200
1193	0:58:51	MARRAY-WOODS, Linus		Vet Men 40-49	47.35%	344	1003
1194	1:08:14	BRUCE, Barbara		Vet Ladies 40-49	47.29%	319	1352
1195	1:03:16	COOPER, Dawn		Senior Ladies	47.29%	1176	1202
1196	1:03:01	BUMFREY, Stephen		Vet Men 40-49	47.29%	1005	1194
1197	1:04:58	MIDDLEDITCH, Stephanie		Senior Ladies	47.27%	51	1268
1198	1:08:53	MUTTON, Jo		Vet Ladies 40-49	47.25%	1757	1374
1199	0:57:07	CARROL, Leigh		Senior Men	47.22%	938	928
1200	0:57:09	McWADE, Graeme		Senior Men	47.20%	1692	930
1201	1:00:47	PALMER, Andrew		Vet Men 40-49	47.20%	761	1100
1202	1:02:16	PAGE, Andy	Terrington Tigers Football Club	Vet Men 40-49	47.12%	852	1162
1203	1:04:10	CONDUIT-SMITH, Joanne		Senior Ladies	47.11%	130	1238
1204	0:57:16	WASS, Daniel		Senior Men	47.10%	474	935
1205	1:09:08	MORRIS, Paula	Harpley School	Vet Ladies 40-49	47.08%	1017	1380
1206	1:11:38	TOWNSHEND, Susan	Lynnsport Joggers	Vet Ladies 40-49	47.07%	374	1444
1207	0:57:19	VICE, Mark	D G Scales Plant Hire Ltd	Senior Men	47.06%	721	940
1208	0:57:19	SETCHELL, Gary		Senior Men	47.06%	650	939
1209	1:03:37	REEVES, Niki		Senior Ladies	47.02%	918	1217
1210	1:15:11	FOSTERVOLD, Amanda		Vet Ladies 50-59	47.02%	405	1486
1211	1:03:40	HALLIDAY, Catherine		Senior Ladies	46.99%	1329	1221
1212	1:08:27	MURPHY, Derrick		Vet Men 50-59	46.98%	966	1357
1213	1:05:55	CARTER, Lynn	Downham Dollies Ladies Running Club	Senior Ladies	46.97%	1644	1295
1214	1:09:17	BROWN, Lucy	Harpley School	Vet Ladies 40-49	46.97%	1087	1381
1215	1:03:43	OXBY, Sonia		Senior Ladies	46.95%	387	1222
1216	0:57:28	GARROD, Stephen	Bespak	Senior Men	46.94%	1370	949
1217	1:03:44	RAYNER, Kelly		Senior Ladies	46.93%	1625	1226
1218	1:14:36	WOOD, Elaine	Women's Running Network	Vet Ladies 50-59	46.93%	380	1474
1219	1:07:40	SHINGFIELD, Julie		Vet Ladies 40-49	46.89%	915	1340
1220	1:06:02	LYDEN, Georgie		Senior Ladies	46.89%	194	1297
1221	1:03:49	BARRINGTON, Nicola		Senior Ladies	46.87%	544	1229
1222	0:57:50	HOWELL, Richard		Senior Men	46.86%	1256	968
1223	1:03:37	ROWLING, Richard	West Winch Junior FC	Vet Men 40-49	46.85%	445	1215

Provisional Results for All Competitors in age grading order.

Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
1224	1:01:14	HAMPTON, Mark	Bespak	Vet Men 40-49	46.85%	1377	1119
1225	1:04:41	DAYKIN, Stephen		Vet Men 50-59	46.82%	589	1258
1226	1:02:13	GREEN, Andrew	Bespak	Vet Men 40-49	46.81%	1360	1158
1227	0:57:38	HEPPELL, Michael	The Histiocytosis Research Trust	Senior Men	46.80%	52	957
1228	1:12:44	SMITH, Andrea		Vet Ladies 50-59	46.78%	56	1459
1229	1:08:59	GARNER, Julie		Vet Ladies 40-49	46.78%	835	1376
1230	0:57:40	SMALL, Andrew		Senior Men	46.77%	1431	961
1231	0:58:47	HOWLETT, David		Senior Men	46.75%	1173	1000
1232	0:57:48	DO, Tien		Senior Men	46.67%	1537	966
1233	1:05:51	WARREN, Mandy	Downham Dollies Ladies Running Club	Senior Ladies	46.64%	328	1294
1234	1:07:29	FISHER, Linda		Vet Ladies 40-49	46.64%	473	1333
1235	1:06:28	MOORE, Lorraine		Senior Ladies	46.58%	747	1308
1236	1:01:09	RINGER, Antony		Vet Men 40-49	46.57%	542	1114
1237	0:58:39	BATEMAN, Robert		Senior Men	46.53%	771	992
1238	1:04:18	BAMBER, Jessica	Norfolk Hospice Tapping House	Senior Ladies	46.52%	600	1243
1239	1:08:31	HOUGHTON, Chaz	Bespak	Vet Men 50-59	46.51%	1353	1361
1240	1:04:26	HILDESLEY, Caroline		Senior Ladies	46.43%	246	1249
1241	0:58:06	ASH, Kevin		Senior Men	46.43%	201	974
1242	1:05:08	CORNWALL, Victoria		Senior Ladies	46.41%	1183	1273
1243	1:04:27	WATSON, Charlotte		Senior Ladies	46.41%	137	1250
1244	1:07:22	REEVE, Sally		Vet Ladies 40-49	46.33%	46	1327
1245	1:00:35	CASSIDY, Darren		Vet Men 40-49	46.33%	1574	1087
1246	1:04:34	SMITH, Beccy		Senior Ladies	46.33%	348	1254
1247	1:08:31	LEE, Amanda		Vet Ladies 40-49	46.31%	1164	1360
1248	1:03:25	HARROD, Trevor	Bespak	Vet Men 40-49	46.27%	1367	1204
1249	1:04:41	WITTING, Sarah	Terrington Tigers Football Club	Senior Ladies	46.25%	538	1259
1250	0:58:21	FARROW, Colin	Union Jack F.c	Senior Men	46.22%	1131	983
1251	0:59:53	HOUGHTON, John		Senior Men	46.21%	1632	1054
1252	0:58:23	YATES, Tyler		Junior Men	46.20%	1207	984
1253	1:05:26	BATHE, Kirsty		Senior Ladies	46.20%	597	1281
1254	0:58:24	HILL, Chris		Senior Men	46.19%	1615	985
1255	0:59:34	SHAH, Jeeten		Senior Men	46.13%	1586	1032
1256	1:02:11	EVERITT, Robert		Vet Men 40-49	46.13%	1323	1157
1257	1:07:19	WATSON, Trevor	Different Strokes	Vet Men 50-59	46.12%	974	1323
1258	1:04:52	HARVEY, Clare	Terrington Tigers Football Club	Senior Ladies	46.12%	539	1263
1259	1:04:58	REEVES, Carly		Senior Ladies	46.05%	917	1266
1260	1:04:58	COLMAN, Christine		Senior Ladies	46.05%	185	1269
1261	0:59:20	HARE, Chris	Dyspraxia Foundation West Norfolk	Senior Men	45.99%	1081	1025
1262	1:01:32	HALL, Richard		Vet Men 40-49	45.95%	1762	1131
1263	1:05:08	VANHINSBERGH, Alice		Junior Ladies	45.93%	826	1272
1264	1:05:25	SARGENT, Greg	Queen Elizabeth Hospital Special Care Baby Appeal	Vet Men 50-59	45.92%	629	1280
1265	1:05:10	GRATTONI, Lucy		Senior Ladies	45.91%	596	1274
1266	0:58:46	FYSH, Martin John		Senior Men	45.90%	204	999
1267	1:05:14	HEWETSON, Hannah	Harpley School	Senior Ladies	45.86%	1020	1278
1268	1:18:43	BRIGHTMAN, Pat	Great Yarmouth & District AC	Vet Ladies 50-59	45.81%	1287	1508
1269	1:05:19	ASH, Rebecca	Lynnsport Ladybirds	Senior Ladies	45.80%	928	1279
1270	1:09:53	KIDD, Debra	Bespak	Vet Ladies 40-49	45.79%	1383	1392
1271	1:03:37	CLARKSON, Chris	West Winch Junior FC	Vet Men 40-49	45.78%	462	1214
1272	1:02:48	ANDY, Furnell		Vet Men 40-49	45.68%	1092	1182
1273	0:59:04	BROWNE, Darren	D G Scales Plant Hire Ltd	Senior Men	45.67%	717	1006
1274	1:00:36	MAY, Kevin		Senior Men	45.66%	572	1089
1275	1:13:51	SEWELL, Sharon	Team Mcdonald's	Vet Ladies 40-49	45.66%	1471	1469
1276	1:15:14	BEEHARRY, Isabel		Vet Ladies 50-59	45.65%	1035	1487
1277	0:59:06	DAY, Alan		Senior Men	45.64%	418	1010
1278	0:59:07	SCALES, Benjamin	D G Scales Plant Hire Ltd	Senior Men	45.63%	715	1011
1279	1:06:23	NICHOLS, David		Vet Men 50-59	45.62%	1107	1304
1280	0:59:08	COLLINS, Mark		Senior Men	45.61%	73	1013
1281	1:07:24	HAMPTON, Kari Maria		Senior Ladies	45.56%	691	1328
1282	1:05:40	WHITEHORN, Anne		Senior Ladies	45.55%	537	1284
1283	1:00:45	WILLSON, Paul		Senior Men	45.55%	1728	1097

Provisional Results for All Competitors in age grading order.

Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
1284	1:00:21	PRICE, Dave		Senior Men	45.53%	12	1079
1285	0:59:17	TAYLOR, Daniel		Junior Men	45.50%	252	1020
1286	0:59:19	PRITCHARD, George		Junior Men	45.47%	822	1022
1287	1:05:50	BARNES, Fiona		Senior Ladies	45.44%	104	1290
1288	1:08:12	McKEAN, Carol		Senior Ladies	45.40%	459	1351
1289	1:00:32	WOODHOUSE, Pete		Senior Men	45.39%	1718	1083
1290	1:05:11	HUNT, Tony	Lynn Heart Support Group	Vet Men 40-49	45.37%	420	1277
1291	1:10:37	NURSE, Bridget		Vet Ladies 40-49	45.31%	1333	1406
1292	0:59:32	ALLEN, Tom		Senior Men	45.31%	1694	1030
1293	1:01:30	PHILLIPPS, Andrew		Vet Men 40-49	45.31%	513	1128
1294	0:59:32	ESPINER, Oliver		Senior Men	45.30%	741	1031
1295	0:59:51	STEVENSON, Nigel		Senior Men	45.28%	1643	1051
1296	1:11:18	KATHERINE, Lemon		Vet Ladies 40-49	45.26%	1459	1417
1297	1:07:29	CHASE, Stephen		Vet Men 50-59	45.25%	440	1332
1298	0:59:41	FAWKES, George		Senior Men	45.19%	905	1036
1299	0:59:41	FISHER, Chris	Bespak	Junior Men	45.19%	1378	1037
1300	1:06:13	RYAN, Clementine		Junior Ladies	45.18%	884	1300
1301	1:06:15	GLOVER GUNN, May		Senior Ladies	45.16%	71	1301
1302	1:09:07	WALKER, Sheena		Vet Ladies 40-49	45.16%	896	1379
1303	0:59:45	CCOK, Simon		Senior Men	45.14%	1314	1040
1304	0:59:46	MORTON, David	Bcklwn	Senior Men	45.13%	1300	1044
1305	1:14:04	DIXON, Caroline		Vet Ladies 40-49	45.12%	654	1471
1306	0:59:48	FAULKNER, Julian		Senior Men	45.10%	135	1046
1307	0:59:49	TYRRELL, Chris		Senior Men	45.09%	977	1047
1308	0:59:49	ARNOLD, Ian		Senior Men	45.09%	832	1049
1309	0:59:51	SLEIGHT, Shaun		Senior Men	45.07%	1163	1052
1310	1:11:05	McGLONE, Ruth	Downham Dollies Ladies Running Club	Vet Ladies 40-49	45.01%	331	1413
1311	1:01:56	HOUGHTON-WOOD, Peter		Vet Men 40-49	45.00%	666	1146
1312	1:07:43	LANGLEY, Johanna		Senior Ladies	44.99%	590	1342
1313	1:06:30	STONEHILL, Virginia		Senior Ladies	44.98%	316	1309
1314	1:06:31	HARRIS, Rebecca		Senior Ladies	44.97%	315	1310
1315	1:06:32	HILL-JONES, Tiffany		Senior Ladies	44.96%	377	1311
1316	1:10:01	RAKE, Toni		Vet Ladies 40-49	44.95%	58	1395
1317	1:06:34	WILSON, Amy		Senior Ladies	44.94%	841	1312
1318	1:06:34	VIVASH, Gemma		Senior Ladies	44.94%	317	1313
1319	1:00:03	RICHARDS, Robert		Senior Men	44.91%	1556	1061
1320	1:00:05	NORTH, Andrew		Senior Men	44.89%	136	1063
1321	1:01:14	JACKSON, Paul	Campaign Care 94	Senior Men	44.87%	1011	1118
1322	1:06:51	SINNOTT, Paula		Senior Ladies	44.87%	1449	1315
1323	1:00:10	WOOD, John		Junior Men	44.83%	1410	1065
1324	1:00:10	FYSH, Tobie		Senior Men	44.83%	729	1067
1325	1:25:51	HORNBY, Ann	Lynnsport Ladybirds	Vet Ladies 60-69	44.83%	187	1536
1326	1:00:12	LEET, James		Senior Men	44.81%	881	1069
1327	1:03:06	NICHOLSON, Patrick		Vet Men 40-49	44.80%	1040	1199
1328	1:00:13	JOHANNES, Ahrenfelt		Senior Men	44.79%	394	1070
1329	1:02:42	MO, Davey		Vet Men 40-49	44.77%	1090	1179
1330	1:00:15	BRASTED, Samuel		Senior Men	44.77%	1397	1074
1331	1:07:34	RACHEL, Taylor		Senior Ladies	44.74%	247	1336
1332	1:14:41	EARTHROWL, Brian		Vet Men 60-69	44.73%	564	1478
1333	1:07:39	SHARP, Lorraine		Senior Ladies	44.69%	476	1338
1334	1:08:12	BANKS, Kate		Senior Ladies	44.68%	754	1350
1335	1:01:58	GOULT, Jon		Senior Men	44.66%	364	1147
1336	1:11:05	CAWKWELL, Tina	Downham Dollies Ladies Running Club	Vet Ladies 40-49	44.64%	330	1412
1337	1:14:53	NIXON, Lynn		Vet Ladies 40-49	44.63%	1193	1481
1338	1:19:13	NANSON, Ann	Lynnsport Ladybirds	Vet Ladies 50-59	44.62%	132	1515
1339	1:00:33	JAY, James	Bespak	Senior Men	44.55%	1358	1085
1340	1:00:34	CUTHILL, Stewart		Senior Men	44.53%	1512	1086
1341	1:07:12	CASE, Elizabeth	Harpley School	Senior Ladies	44.52%	522	1321
1342	1:04:26	HARROD, Andy	Lynnsport Joggers	Vet Men 40-49	44.52%	614	1248
1343	1:00:39	TAYLOR, James		Senior Men	44.47%	1423	1092

Provisional Results for All Competitors in age grading order.

Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
1344	1:00:42	COLE, Christopher	Catalina Software	Senior Men	44.44%	858	1095
1345	1:07:21	CALLABY, Katie		Senior Ladies	44.42%	769	1324
1346	1:08:46	BOTHA, Inez		Senior Ladies	44.31%	465	1372
1347	1:09:19	MELCHOR, Gema	Women's Running Network	Senior Ladies	44.30%	1105	1382
1348	1:13:56	CLAY, Steve		Vet Men 60-69	44.29%	510	1470
1349	1:07:44	LIPPONEN-GEORGE, Anne		Senior Ladies	44.28%	587	1343
1350	1:10:31	BARNES, Alison	Bespak	Vet Ladies 40-49	44.26%	1384	1405
1351	1:00:59	BENDING, Alex		Junior Men	44.23%	1001	1110
1352	1:14:54	SARFIELD, Julie		Vet Ladies 40-49	44.22%	1638	1482
1353	1:20:44	ROPER, Mary	Lynnsport Ladybirds	Vet Ladies 50-59	44.21%	482	1524
1354	1:08:55	NORTH, Janet	Rosedale	Senior Ladies	44.21%	733	1375
1355	1:07:45	DWYER, Margaret	Raf Marham Ac	Senior Ladies	44.15%	1735	1344
1356	1:01:11	HAILSTONE, Nigel		Senior Men	44.09%	426	1116
1357	1:07:53	MERREY, Claire		Senior Ladies	44.07%	105	1346
1358	1:28:21	DEE, Cynthia	Henfield Joggers	Vet Ladies 60-69	44.06%	796	1541
1359	1:07:54	ELLIOTT, Kathleen		Senior Ladies	44.06%	780	1347
1360	1:07:55	BRESSANI, Natalie		Senior Ladies	44.05%	778	1348
1361	1:04:11	TWAITE, Andrew		Vet Men 40-49	44.04%	922	1240
1362	1:11:30	PRATLEY, Donna	2620 Sqn Raf Regiment Reserves	Vet Ladies 40-49	44.02%	1674	1418
1363	1:01:18	STEPHENSON, Daniel		Junior Men	44.00%	1531	1121
1364	1:08:02	WOOD, Jenny		Senior Ladies	43.97%	582	1349
1365	1:06:17	SMITH, Barry		Vet Men 40-49	43.94%	1113	1302
1366	1:02:11	BAKER, Gregg		Senior Men	43.89%	47	1155
1367	1:01:29	MILES, Tony		Senior Men	43.87%	31	1126
1368	1:01:49	CHAPMAN, Chris	City of Norwich Athletic Club	Senior Men	43.84%	308	1139
1369	1:02:16	O'NEILL, Stuart	Haverhill Running Club	Senior Men	43.83%	1526	1161
1370	1:01:34	GRUBER, Stephan	Palm Paper	Senior Men	43.81%	1146	1134
1371	1:03:39	COAFIELD, Shaun		Vet Men 40-49	43.78%	1631	1219
1372	1:08:20	BLUNDELL, Victoria		Senior Ladies	43.78%	920	1356
1373	1:07:33	LE SERVE, Paul		Vet Men 40-49	43.78%	1083	1335
1374	1:19:13	BARBER, Beryl	Lynnsport Ladybirds	Vet Ladies 50-59	43.77%	1544	1516
1375	1:02:26	STEPHEN, Price	Vodafone Voyagers	Senior Men	43.71%	1179	1168
1376	1:08:28	GEDNEY, Harriet		Junior Ladies	43.69%	931	1358
1377	1:08:29	WATSON, Hayley		Senior Ladies	43.68%	930	1359
1378	1:12:11	BLACKWELL, Mandy		Vet Ladies 40-49	43.60%	16	1452
1379	1:08:38	BUTLER, Alison	Downham Dollies Ladies Running Club	Senior Ladies	43.59%	334	1366
1380	1:08:37	PAPE, Rachael		Senior Ladies	43.59%	487	1365
1381	1:01:54	BANNISTER, Simon	Century Logistics	Senior Men	43.57%	698	1143
1382	1:09:26	BOYD, Bobbie-jo		Senior Ladies	43.54%	1599	1385
1383	1:18:14	BJERREGAARD, Julie		Vet Ladies 50-59	43.49%	1211	1506
1384	1:02:03	DEVEAU, Daniel		Junior Men	43.47%	1480	1150
1385	1:10:14	PRESTON, Nikki		Senior Ladies	43.39%	625	1398
1386	1:20:41	ROLLER, Susan	Lynnsport Ladybirds	Vet Ladies 50-59	43.39%	242	1523
1387	1:09:45	WARDALE, Carolyn		Senior Ladies	43.34%	952	1390
1388	1:02:15	HAWKINS, Chris		Senior Men	43.33%	244	1160
1389	1:08:19	KIDDELL, Gavin		Vet Men 40-49	43.29%	30	1354
1390	1:02:19	WATERSON, Ian		Senior Men	43.28%	486	1164
1391	1:09:07	WALKER, Kirsty		Junior Ladies	43.28%	897	1378
1392	1:16:43	WOODS, Rosina		Vet Ladies 40-49	43.17%	1575	1498
1393	1:04:36	LITTLER, Andy		Vet Men 40-49	43.14%	213	1255
1394	1:09:30	SEPAS, Manizha		Senior Ladies	43.05%	1775	1388
1395	1:09:45	ALLAN, Rebecca		Senior Ladies	43.00%	951	1391
1396	1:09:35	WALNE, Elizabeth		Senior Ladies	42.99%	676	1389
1397	1:02:57	CARTER, Richard	D G Scales Plant Hire Ltd	Senior Men	42.85%	718	1187
1398	1:02:58	NORMAN, Blayne	Nandos	Junior Men	42.84%	1437	1191
1399	1:05:31	THOMPSON, Peter		Vet Men 40-49	42.84%	1730	1283
1400	1:03:45	JAYNE, Mathew		Senior Men	42.81%	1626	1227
1401	1:09:54	LE FEVRE, Marie		Senior Ladies	42.80%	554	1393
1402	1:03:01	MATT, Gilbert		Senior Men	42.80%	1254	1193
1403	1:09:54	FOREMAN, Joanne		Senior Ladies	42.80%	411	1394
1404	1:03:04	FENDLEY, Jonathan		Senior Men	42.77%	423	1196

Provisional Results for All Competitors in age grading order.

Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
1405	1:10:13	BULLOCK, Jessica		Senior Ladies	42.60%	1018	1396
1406	1:03:21	HANSELL, Lee		Senior Men	42.58%	63	1203
1407	1:11:04	MOORE, Marie	Lynnsport Ladybirds	Senior Ladies	42.54%	412	1411
1408	1:10:20	WHICKER, Katy		Senior Ladies	42.53%	68	1400
1409	1:10:23	LAWRENCE, Kerry-ann		Senior Ladies	42.50%	1311	1401
1410	1:10:24	HEWITT, Patricia	The Oeh Special Care Baby Appeal Team	Senior Ladies	42.49%	274	1402
1411	1:03:36	GARROD, Lee		Senior Men	42.41%	1606	1212
1412	1:03:37	SEELEY, Chadwick	West Norfolk Rugby Club U15's	Junior Men	42.40%	345	1216
1413	1:03:38	WARE, Ollie	West Norfolk Rugby Club U15's	Junior Men	42.39%	353	1218
1414	1:07:13	ASKE, Tim		Vet Men 40-49	42.37%	368	1322
1415	1:10:48	COLMAN, Natasha		Senior Ladies	42.26%	1415	1407
1416	1:10:48	BALLS, Katie		Senior Ladies	42.25%	738	1408
1417	1:06:59	SMITH, Michael		Vet Men 40-49	42.20%	762	1316
1418	1:11:46	ACRES, Sarah		Senior Ladies	42.12%	404	1446
1419	1:08:42	FISHER, Roger	Bespak	Vet Men 40-49	42.07%	1355	1371
1420	1:05:47	HOLMES, Simon	Fenland Running & AC	Senior Men	42.07%	14	1288
1421	1:04:10	McCABE, Jamie		Junior Men	42.04%	1619	1239
1422	1:14:58	BARNES, Amanda-Jayne	Lynnsport Ladybirds	Vet Ladies 40-49	41.98%	115	1485
1423	1:11:34	CHURCH, Colin	2620 Sqn Raf Regiment Reserves	Vet Men 50-59	41.97%	1670	1438
1424	1:16:27	ASHFORD, Cheryl		Vet Ladies 40-49	41.85%	973	1496
1425	1:11:30	READ, Katherine	2620 Sqn Raf Regiment Reserves	Senior Ladies	41.84%	1676	1421
1426	1:04:29	BATESON, Marcus		Senior Men	41.83%	1039	1252
1427	1:07:39	SHARP, David		Vet Men 40-49	41.79%	1710	1339
1428	1:05:49	HOLLOWAY, Richard		Senior Men	41.75%	398	1289
1429	1:11:32	WHITE, Jonathan	2620 Sqn Raf Regiment Reserves	Vet Men 40-49	41.66%	1654	1429
1430	1:11:49	BOCKING, Zoe		Senior Ladies	41.66%	565	1447
1431	1:04:54	STROUD, Andrew		Senior Men	41.56%	630	1264
1432	1:04:59	NICHOLL, Darren		Senior Men	41.51%	1025	1270
1433	1:12:06	DOWNING, Amy	Bcklwn - Computer Says No	Senior Ladies	41.49%	355	1449
1434	1:05:02	YATES, Steven		Senior Men	41.47%	1209	1271
1435	1:12:12	SMITH, Nicola		Senior Ladies	41.44%	129	1453
1436	1:12:13	CROSS, Nicole	Lynnsport Ladybirds	Senior Ladies	41.42%	291	1455
1437	1:12:13	BUTLER, Laura Jayne	Lynnsport Ladybirds	Senior Ladies	41.42%	245	1456
1438	1:05:10	CLARK, Christopher		Senior Men	41.39%	595	1275
1439	1:15:32	ROYCROFT, Helen		Vet Ladies 40-49	41.32%	1034	1488
1440	1:29:08	WALKER, Maggie	Norfolk Hospice Tapping House	Vet Ladies 50-59	41.31%	850	1544
1441	1:12:46	BROOKS, Jo		Senior Ladies	41.22%	1060	1460
1442	1:14:39	SMITH, Lindsay		Senior Ladies	41.14%	347	1476
1443	1:11:56	GRUNDY, David		Vet Men 40-49	41.11%	1761	1448
1444	1:05:40	PAUL, Whitehorn		Senior Men	41.07%	536	1285
1445	1:13:30	CHURCH, Colin		Vet Men 50-59	40.87%	964	1466
1446	1:13:18	BROWN, Jade	Norfolk Hospice Tapping House	Junior Ladies	40.81%	1751	1462
1447	1:13:20	COULTEN, Eleri	Harpley School	Senior Ladies	40.80%	1265	1463
1448	1:13:22	CRISFORD, Clair-marie		Senior Ladies	40.78%	1003	1464
1449	1:06:11	POULTNEY, Chris		Senior Men	40.75%	70	1299
1450	1:13:28	WHITE, Caitlin		Junior Ladies	40.72%	385	1465
1451	1:06:20	GARDINER, Neil		Senior Men	40.66%	971	1303
1452	1:14:57	SMITH, Ann	Lynnsport Ladybirds	Senior Ladies	40.65%	131	1484
1453	1:06:23	HAYNES, Craig		Senior Men	40.63%	169	1305
1454	1:13:43	PALFREY, Hannah	Team Mcdonald's	Senior Ladies	40.58%	1469	1468
1455	1:13:43	CLAY, Hannah		Senior Ladies	40.58%	1440	1467
1456	1:10:14	HUGHES, Timothy		Vet Men 40-49	40.55%	944	1397
1457	1:16:58	FRANKLIN, Lisa		Vet Ladies 40-49	40.55%	1429	1499
1458	1:09:26	FOSSITT, Paul	Palm Paper	Vet Men 40-49	40.42%	713	1386
1459	1:29:08	COLLIS, David		Vet Men 60-69	40.41%	1744	1543
1460	1:11:31	HORTON, Alan	2620 Sqn Raf Regiment Reserves	Vet Men 40-49	40.41%	1661	1424
1461	1:07:03	WHISLER, Andrew		Senior Men	40.22%	26	1318
1462	1:14:39	HOWES, Caroline		Senior Ladies	40.18%	401	1477
1463	1:07:10	MALLECK-AMODE, Omar	Vodafone Voyagers	Senior Men	40.16%	34	1319
1464	1:14:29	AHRENFELT, Joanne		Senior Ladies	40.16%	393	1473
1465	1:14:37	TILSON, Michala	Nandos	Senior Ladies	40.09%	1438	1475

Provisional Results for All Competitors in age grading order.

Place	Time	Name	Team	Race Age Category	Age Grading	Race No	Race Place
1466	1:16:11	MALCOLM, Horn		Vet Men 50-59	40.08%	1138	1495
1467	1:11:35	HOLLIDAY, Timothy	2620 Sqn Raf Regiment Reserves	Vet Men 40-49	40.08%	1686	1440
1468	1:12:42	SMITH, Graham		Vet Men 40-49	40.06%	1062	1458
1469	1:07:21	CALLABY, Andrew		Senior Men	40.05%	770	1325
1470	1:14:43	STERECKA, Ewa		Senior Ladies	40.04%	646	1479
1471	1:07:22	YOUNG, Jason		Junior Men	40.04%	384	1326
1472	1:07:27	KERRISON, Darrell		Senior Men	39.99%	139	1331
1473	1:14:50	McCONNELL, Katherine		Senior Ladies	39.98%	577	1480
1474	1:14:54	CARTIN, Sarah		Senior Ladies	39.94%	1029	1483
1475	1:07:38	STOKES, Ben	Catalina Software	Senior Men	39.88%	878	1337
1476	1:11:32	TAYLOR, Philip	2620 Sqn Raf Regiment Reserves	Vet Men 40-49	39.81%	1660	1430
1477	1:19:48	GRAVES, Maria	Downham Dollies Ladies Running Club	Vet Ladies 40-49	39.76%	336	1519
1478	1:18:44	MOSS, Amanda	Downham Dollies Ladies Running Club	Vet Ladies 40-49	39.64%	326	1509
1479	1:11:31	WRIGHT, Martin	2620 Sqn Raf Regiment Reserves	Vet Men 40-49	39.53%	1665	1423
1480	1:08:32	DOVE, Matthew		Senior Men	39.36%	40	1362
1481	1:08:35	BAVINGTON, Christopher		Senior Men	39.33%	35	1364
1482	1:18:48	DI-BELLA, Sarah	Lynnsport Ladybirds	Senior Ladies	39.29%	529	1510
1483	1:18:16	CUMMING, Tracy		Senior Ladies	39.24%	1629	1507
1484	1:23:08	FRETWELL, Sally		Vet Ladies 40-49	39.15%	1152	1534
1485	1:16:38	BOYLE, Sallyanne		Senior Ladies	39.04%	824	1497
1486	1:11:33	WATLING, Michael	2620 Sqn Raf Regiment Reserves	Vet Men 40-49	38.95%	1664	1432
1487	1:17:39	LIPSCOMBE, Nicola		Senior Ladies	38.93%	1365	1503
1488	1:17:42	GODFREY, Claire		Senior Ladies	38.91%	309	1504
1489	1:09:23	BANTOFT, AI		Senior Men	38.87%	648	1384
1490	1:17:43	HALL, Kia	Nandos	Junior Ladies	38.49%	1441	1505
1491	1:11:33	LIGHTFOOT, Ian	2620 Sqn Raf Regiment Reserves	Senior Men	38.40%	1673	1434
1492	1:11:34	REEVE, Andrew	2620 Sqn Raf Regiment Reserves	Senior Men	38.40%	1677	1436
1493	1:10:25	WEARNE, Harry		Senior Men	38.30%	737	1403
1494	1:10:30	DAVEY, Martin		Senior Men	38.26%	1601	1404
1495	1:17:31	THOMPSON, Peter		Vet Men 40-49	38.15%	861	1502
1496	1:11:34	STEPHENSON, Andrew	2620 Sqn Raf Regiment Reserves	Senior Men	38.13%	1675	1437
1497	1:11:35	REED, Dale	2620 Sqn Raf Regiment Reserves	Senior Men	38.12%	1662	1443
1498	1:18:53	ALLEN, Samantha		Senior Ladies	37.93%	1595	1511
1499	1:12:57	LAMMAS, Scott	Dartford Road Runners	Senior Men	37.93%	1398	1461
1500	1:20:51	PELLIZZARO, Michael		Vet Men 50-59	37.76%	505	1525
1501	1:11:30	STONE, Matthew	2620 Sqn Raf Regiment Reserves	Junior Men	37.72%	1690	1420
1502	1:11:30	CAVANAGH, Steven	2620 Sqn Raf Regiment Reserves	Senior Men	37.72%	1667	1419
1503	1:11:31	PLANE, Brenden	2620 Sqn Raf Regiment Reserves	Senior Men	37.71%	1668	1426
1504	1:11:31	BRUNDLE, Sean	2620 Sqn Raf Regiment Reserves	Senior Men	37.71%	1678	1425
1505	1:11:32	SAIT, Alexander	2620 Sqn Raf Regiment Reserves	Junior Men	37.71%	1681	1427
1506	1:11:32	GILL, Michael	2620 Sqn Raf Regiment Reserves	Junior Men	37.71%	1680	1428
1507	1:11:32	PITT-CHEETHAM, Robert	2620 Sqn Raf Regiment Reserves	Senior Men	37.70%	1659	1431
1508	1:11:33	SNOWLING, Spencer	2620 Sqn Raf Regiment Reserves	Junior Men	37.70%	1689	1435
1509	1:11:33	SLINN, James	2620 Sqn Raf Regiment Reserves	Senior Men	37.70%	1688	1433
1510	1:11:34	REIBER, Garry	2620 Sqn Raf Regiment Reserves	Senior Men	37.69%	1669	1439
1511	1:11:35	EVANS, James	2620 Sqn Raf Regiment Reserves	Junior Men	37.68%	1671	1442
1512	1:11:35	SCOTT, Matthew	2620 Sqn Raf Regiment Reserves	Senior Men	37.68%	1663	1441
1513	1:12:06	WHITTLE, Adam	Bcklwn - Computer Says No	Senior Men	37.59%	685	1450
1514	1:19:45	TALL, Hannah	Downham Dollies Ladies Running Club	Senior Ladies	37.51%	1057	1518
1515	1:12:11	TEMPLEMAN, Stefan		Junior Men	37.37%	18	1451
1516	1:12:12	ABBS, Chris		Senior Men	37.36%	147	1454
1517	1:21:41	EVANS, Aimee		Junior Ladies	36.63%	271	1526
1518	1:26:41	MURDOCH, Denise		Vet Ladies 40-49	36.61%	257	1540
1519	1:18:58	MARTIN, David		Vet Men 40-49	36.60%	1596	1512
1520	1:21:55	GYTON, Jessica		Senior Ladies	36.52%	732	1527
1521	1:22:05	EVE, Natasha	Terrington Tigers Football Club	Senior Ladies	36.45%	853	1528
1522	1:15:35	NEWTON, Dean		Senior Men	36.10%	1294	1490
1523	1:22:58	EMERSON, Cassie	Nandos	Junior Ladies	36.06%	1436	1531
1524	1:22:59	KIM, Bunn	Nandos	Junior Ladies	36.05%	1434	1532

Provisional Results for All Competitors in age grading order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Age Grading</i>	<i>Race No</i>	<i>Race Place</i>
1525	1:23:08	BIGGADIKE, Kerry Ann	Downham Dollies Ladies Running Club	Senior Ladies	35.99%	338	1533
1526	1:19:11	ELSEGOOD, Martin		Vet Men 40-49	35.97%	53	1514
1527	1:18:58	MARTIN, Andrew		Vet Men 40-49	35.80%	254	1513
1528	1:15:36	ASH, Jason		Senior Men	35.68%	1616	1491
1529	1:15:37	THOMPSON, Terry		Senior Men	35.67%	1708	1492
1530	1:16:11	HORN, Emily		Senior Men	35.41%	1137	1494
1531	1:24:54	WHITE, Lauren		Junior Ladies	35.24%	207	1535
1532	1:17:02	RIDSDILL, Jacob		Junior Men	35.02%	1721	1500
1533	1:26:18	BARRETT, Amy	Norfolk Hospice Tapping House	Senior Ladies	34.67%	1432	1537
1534	1:26:19	RAMOS, Nayenne	Nandos	Junior Ladies	34.66%	1444	1538
1535	1:26:41	WILLGRESS, Elaine		Senior Ladies	34.51%	660	1539
1536	1:20:06	SIMMONS, Marc		Senior Men	34.31%	688	1521
1537	1:20:01	MALIK, Usamah	Nandos	Junior Men	33.71%	1435	1520
1538	1:22:18	RUST, Simon		Senior Men	32.77%	1776	1530
1539	1:22:18	CARTER, Barrie		Senior Men	32.77%	1022	1529
1540	1:28:54	FRENCH, Phil		Vet Men 40-49	32.76%	1033	1542
1541	1:32:03	SHARMAN, Elizabeth		Senior Ladies	32.50%	495	1545
1542	1:35:30	ALLEN, Amy		Senior Ladies	31.66%	728	1547
1543	1:48:57	LEET, Jacqueline		Vet Ladies 50-59	31.23%	889	1550
1544	1:47:27	DIGGINS, Sally	Shed Steppers	Vet Ladies 40-49	30.29%	371	1548
1545	1:35:30	ALLEN, Christopher		Senior Men	28.98%	727	1546
1546	1:48:56	HORNER, Jade	Norfolk Hospice Tapping House	Junior Ladies	27.46%	759	1549
1547	0:59:04	GAYLARD, Richard	Bespak			1356	1007
1548	0:51:26	WILLIAMS, Richard	Fenland Running & AC			893	576
1549	0:52:03	KETT, Brian	Fenland Running & AC			872	603
1550	1:11:17	LEMON, Peter				1455	1416

There were 1550 finishers in the All Competitors category.