

Provisional Race Summary

All Competitors

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:31:10	HENNESSY, Andrew	Wells City Harriers	Senior Men	1239	1
2	0:31:22	FOWLIE, Darren	Notts Athletic Club	Senior Men	1347	2
3	0:31:53	JOY, Rob	Notts Athletic Club	Senior Men	1529	3
4	0:32:57	HARRELL, Ashley	City of Norwich Athletic Club	Junior Men	1658	4
5	0:33:00	DICKINSON, David	Havering 90 Joggers	Senior Men	1588	5
6	0:33:54	CORDWELL, James	City of Sheffield AC	Senior Men	874	6
7	0:34:09	HOLGATE, Craig	Ely Runners	Senior Men	607	7
8	0:34:26	BALDWIN, Steve	Norfolk Gazelles AC	Senior Men	1761	8
9	0:34:30	BETTINSON, David	Cambridge Triathlon Club	Senior Men	1248	9
10	0:34:51	SALT, Michael	Cambridge & Coleridge AC	Senior Men	1861	10

Junior Men

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:32:57	HARRELL, Ashley	City of Norwich Athletic Club	Junior Men	1658	4
2	0:35:27	JAKEMAN, Andrew		Junior Men	737	17
3	0:36:02	LAYBOURN, Jonathan	KES	Junior Men	1478	24
4	0:37:38	HOWARD, James	West Norfolk AC	Junior Men	794	37
5	0:37:38	HOWARD, James	West Norfolk Ac	Junior Men	794	37
6	0:38:31	BUTTERWORTH, Jake		Junior Men	714	52
7	0:38:45	THOMPSON, James	Bespak	Junior Men	1624	60

Senior Men

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1	0:31:10	HENNESSY, Andrew	Wells City Harriers	Senior Men	1239	1
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5	0:33:54	CORDWELL, James	City of Sheffield AC	Senior Men	874	6
6	0:34:09	HOLGATE, Craig	Ely Runners	Senior Men	607	7

Vet Men 40-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:35:08	RUDD, Phil	BRJ Running Club	Vet Men 40-49	552	12
2	0:35:15	HOLMES, Stuart	St Radegund Rdc	Vet Men 40-49	138	13
3	0:35:20	CLARKE, Chris	Nene Valley Harriers	Vet Men 40-49	1321	15
4	0:35:54	TUFF, Malcolm	Ryston Runners AC	Vet Men 40-49	1460	23
5	0:37:46	LIMBERT, Russell		Vet Men 40-49	1118	39
6	0:37:50	PETTIT, Stephen	Ely Runners	Vet Men 40-49	393	40

Vet Men 50-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:34:57	GOLDING, Peter	St Edmund Pacers	Vet Men 50-59	1704	11
2	0:35:35	SILVA, Fernando		Vet Men 50-59	769	19
3	0:36:49	HOUGHTON, Andrew		Vet Men 50-59	772	28
4	0:37:04	JOHNSON, Pete	Norfolk Gazelles AC	Vet Men 50-59	954	31
5	0:38:15	STONE, Leon	Anglian Water Wateraid	Vet Men 50-59	232	48
6	0:38:18	SELMES, Ian		Vet Men 50-59	1764	50

Provisional Race Summary**Vet Men 60-69**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:40:52	HAYES, Jim	North Norfolk Beach Runners	Vet Men 60-69	999	86
2	0:42:20	SAVAGE, Malcolm	Springfield Striders RC	Vet Men 60-69	1454	120
3	0:42:36	BOWMAN, Ken	Coltishall Running Club	Vet Men 60-69	581	125
4	0:42:53	MILBURN, Ian	Fenland Running & AC	Vet Men 60-69	817	132
5	0:43:13	BONE, John	Great Yarmouth Road Runners	Vet Men 60-69	1548	145
6	0:44:19	BYE, Barry	Ryston Runners AC	Vet Men 60-69	842	195

Vet Men 70+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:49:05	BALL, Malcolm	North Norfolk Beach Runners	Vet Men 70+	353	409
2	0:51:25	CROME, Anthony		Vet Men 70+	12	532
3	0:54:29	SAWARD, Keith	March Athletics Club	Vet Men 70+	487	723
4	1:01:26	SAMPSON, Michael	Jas	Vet Men 70+	1450	1125
5	1:06:03	FREEBURN, Rodney	Wymondham AC	Vet Men 70+	1715	1335
6	1:12:36	DIFFEY, Michael		Vet Men 70+	572	1502

Junior Ladies

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:43:42	COUSINS, Rebecca	Fenland Running & AC	Junior Ladies	513	159
2	0:43:46	SUTTON, Nat	West Norfolk Ac	Junior Ladies	596	165
3	0:43:46	SUTTON, Nat	West Norfolk AC	Junior Ladies	596	165
4	0:46:19	ROBERTSHAW, Marguerite	Team Run Evolve	Junior Ladies	1905	278
5	0:49:26	DEY, Jordan		Junior Ladies	1613	430
6	0:49:30	WILSON, Fiona		Junior Ladies	1909	434
7	0:50:03	NAUGHTON, Chanelle		Junior Ladies	952	457

Senior Ladies

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:36:08	WALWYN, Olivia	City of Norwich Athletic Club	Senior Ladies	859	25
2	0:37:30	ROGERS, Nicola	Team Run Evolve	Senior Ladies	821	36
3	0:37:39	JORDAN, Tamara	Stowmarket Striders Running Club	Senior Ladies	1726	38
4	0:38:53	RUDD, Emma		Senior Ladies	1567	61
5	0:39:04	ALFORD, Nicky	City of Norwich Athletic Club	Senior Ladies	1703	63
6	0:40:36	DUNGAR, Amy	City of Norwich Athletic Club	Senior Ladies	1706	80
7	0:41:05	JAMES, Molly	West Norfolk AC	Senior Ladies	788	91
8	0:41:05	JAMES, Molly	West Norfolk Ac	Senior Ladies	788	91
9	0:42:19	FORBES, Claire	City of Norwich Athletic Club	Senior Ladies	1240	117
10	0:42:35	RANSON, Tracey	Springfield Striders RC	Senior Ladies	1766	124
11	0:43:12	HOSTLER, Emma	Ramsey Road Runners	Senior Ladies	1439	143

Vet Ladies 40-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:41:27	TRINDER, Kay	Woking Athletic Club	Vet Ladies 40-49	1590	97
2	0:41:46	WILKINSON, Louise	City of Norwich Athletic Club	Vet Ladies 40-49	1816	103
3	0:43:48	THORPE, Emma	Newmarket Triathlon Club	Vet Ladies 40-49	1033	167
4	0:45:54	GOLDING, Sarah	St Edmund Pacers	Vet Ladies 40-49	1705	254
5	0:46:02	JOHNSON, Kathryn	West Norfolk Ac	Vet Ladies 40-49	1232	261
6	0:46:02	JOHNSON, Kathryn	West Norfolk AC	Vet Ladies 40-49	1232	261
7	0:46:29	HENSBY, Denise	March Athletics Club	Vet Ladies 40-49	1318	287

Provisional Race Summary**Vet Ladies 50-59**

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1	0:43:58	JORDAN, Catherine	Corby Ac	Vet Ladies 50-59	22	175
2	0:47:59	MANLY, Veronica	Diss & District AC	Vet Ladies 50-59	1515	354
3	0:48:21	HOLMES, Susan		Vet Ladies 50-59	375	371
4	0:52:03	CARTER, Anna		Vet Ladies 50-59	460	565
5	0:52:23	FLANNIGAN, Teresa	Pitsea Rc	Vet Ladies 50-59	1161	586
6	0:52:23	FLANNIGAN, Teresa	Pitsea RC	Vet Ladies 50-59	1161	586
7	0:53:08	DORMER, Sally	Brandon Fern Hoppers	Vet Ladies 50-59	1005	634

Vet Ladies 60-69

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1	1:02:11	WILSON, Phylly	Wreake Runners	Vet Ladies 60-69	1451	1159
2	1:02:40	SEWELL, Helen	Ryston Runners AC	Vet Ladies 60-69	887	1177
3	1:04:35	EVANS, Carol	Lynnsport Ladybirds	Vet Ladies 60-69	742	1265
4	1:07:12	ENGLAND, Maureen	Great Yarmouth & District AC	Vet Ladies 60-69	1643	1380
5	1:08:46	BAILEY, Myra		Vet Ladies 60-69	199	1422
6	1:10:36	LOVELESS, Pamela	Lynnsport Joggers	Vet Ladies 60-69	153	1463

Vet Ladies 70+

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1	0:52:48	MARTIN, Anne	Wymondham AC	Vet Ladies 70+	1319	611
2	1:01:35	JACKMAN, Georgina	March Athletics Club	Vet Ladies 70+	321	1131

All Ladies

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10	0:41:46	WILKINSON, Louise	City of Norwich Athletic Club	Vet Ladies 40-49	1816	103
11	0:42:19	FORBES, Claire	City of Norwich Athletic Club	Senior Ladies	1240	117
12	0:42:35	RANSON, Tracey	Springfield Striders RC	Senior Ladies	1766	124
13	0:43:12	HOSTLER, Emma	Ramsey Road Runners	Senior Ladies	1439	143
14	0:43:32	DIFFEY, Joanne	Lakeside Lincoln Running Club	Senior Ladies	606	151
15	0:43:34	ROBERTSON, Chrissie	City of Norwich Athletic Club	Senior Ladies	1834	155
16	0:43:35	PRIOR, Michelle	Ramsey Road Runners	Senior Ladies	1127	156

All Men

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