

<b>Pos</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	00:08:16	WALSH, Luke	Diss AC
2	00:09:40	DRAPER, Arthur	Diss AC
3	00:09:40	DRAPER, Michael	Diss AC
4	00:09:58	BROWN, Tom	Tri-Anglia
5	00:10:05	DANIEL, Griffen	Conac
6	00:10:20	MEARS, Jake	
7	00:10:25	HUMBY, Grace	
8	00:10:37	DRAKE, Ellie	
9	00:10:44	FOULGER, Marion	Diss AC
10	00:10:46	CLARKE, Joseph	Diss AC
11	00:10:54	PALMER, Kirsty	Diss AC
12	00:11:34	MAHER, Hannah	Diss AC
13	00:11:35	MAHER, Stuart	
14	00:11:47	DRAKE, Becky	
15	00:12:03	SULLIVAN, Erika	Norwich Road Runners
16	00:12:19	ROBINSON, Micheal	
17	00:12:23	WALSH, Conner	Diss AC
18	00:12:40	PURSEHOUSE, Emily	
19	00:12:40	PURSEHOUSE, Jim	
20	00:12:47	HUMBY, Philippa	
21	00:13:16	MEARS, Jed	
22	00:13:17	MEARS, Ray	
23	00:13:32	PURSEHOUSE, Katie	
24	00:13:33	PURSEHOUSE, Richard	
25	00:13:52	SMITH, Lauren	
26	00:13:52	SMITH, Amber	
27	00:13:52	SMITH, Linze	
28	00:14:38	MANLEY, Morgan	
29	00:14:38	MANLEY, James	Diss AC
30	00:15:16	BROWN, Jamie	
31	00:15:16	BROWN, Mark	
32	00:15:22	BROWN, Sam	
33	00:15:30	CAMPBELL, Ophellia	
34	00:15:30	POTTER, Emma	
35	00:15:35	HUMBY, Verity	
36	00:15:44	HUMBY, Imogen	
37	00:15:45	HUMBY, Matthew	
38	00:17:43	PALMER, Craig	Diss AC
39	00:18:05	COOKE, Hannah	St Edmunds Pacers
40	00:18:05	COOKE, Yvonne	St Edmunds Pacers
41	00:18:34	PURSEHOUSE, Sophie	
42	00:18:36	PURSEHOUSE, Alison	
43	00:18:50	MANLEY, Maria	
44	00:18:50	MANLY, Amber	Diss AC
45	00:18:51	PALMER, Shaun	Diss AC