

Pos	Time	Name	Club	Cat	Pace
1	01:25:52	AMOS, Guy	City Of Norwich AC	Vet Men M40	05:43.4
2	01:30:02	DAVISON, Neil	Conac		06:00.0
3	01:31:02	ARMATAGE, Mark	Halstead Road Runners	Vet Men M40	06:04.0
4	01:32:15	CALDERON, Lee	Tri-Anglia		06:08.9
5	01:33:44	GLYNN, Thomas	Ipswich Harriers	Vet Men M40	06:14.8
6	01:36:31	COOKE, Chris	St Edmunds Pacers	Vet Men M45	06:25.9
7	01:37:01	PETTIT, Stephen	Ely Runners	Vet Men M40	06:27.9
8	01:37:40	HARPER, Kevin	Witham RC		06:30.5
9	01:37:54	MILLS, Nathan	Ranelagh Harriers		06:31.5
10	01:38:18	QUANTRILL, Phil	Gt Yarmouth Road Runners		06:33.1
11	01:39:39	LEMMON, Kevin	Norwich Road Runners	Vet Men M45	06:38.5
12	01:39:42	SIBLEY, Neil	Gt Yarmouth Road Runners	Vet Men M40	06:38.7
13	01:39:45	SHERRY, Karl	Norwich Road Runners	Vet Men M45	06:38.9
14	01:41:19	BLAKE, Richard	Gt Yarmouth Road Runners	Vet Men M55	06:45.1
15	01:42:00	GRAY, Neil			06:47.9
16	01:43:35	BUNN, Andrew	Liverpool Harriers		06:54.2
17	01:45:22	MORGAN, Johnathan			07:01.3
18	01:46:15	WARD, Tim		Vet Men M40	07:04.9
19	01:46:29	MASLEN, Dave		Vet Men M40	07:05.8
20	01:47:11	DOWNING, Peter		Vet Men M55	07:08.6
21	01:48:22	BAILEY, Ian			07:13.3
22	01:49:04	HOLMES, Graham	Lowestoft Road Runners	Vet Men M55	07:16.1
23	01:49:15	PIGG, Graham	Tri-Anglia	Vet Men M40	07:16.9
24	01:49:20	CHORLEY, Chris	Bungay Black Dog RC	Vet Men M40	07:17.2
25	01:50:50	GLYNN, Mick	Diss AC	Vet Men M40	07:23.2
26	01:51:23	WHITELEY, Nigel		Vet Men M40	07:25.4
27	01:51:44	DYE, Richard	Bungay Black Dog RC	Vet Men M45	07:26.8
28	01:52:34	DEANO, Jay	Halstead Road Runners		07:30.1
29	01:52:37	BONE, John	Gt Yarmouth Road Runners	Vet Men M60+	07:30.3
30	01:53:09	COOK, Peter	Norwich Road Runners	Vet Men M55	07:32.5
31	01:54:19	CLARKE, Neville	Newmarket Joggers	Vet Men M50	07:37.1
32	01:54:55	TAYLER, Mark	Norwich Road Runners	Vet Men M50	07:39.5
33	01:56:07	EVANS, Paul	Gt Yarmouth Road Runners	Vet Men M50	07:44.3
34	01:56:50	EDMUNDS, Peter		Vet Men M55	07:47.2
35	01:56:57	LONG, Tim	Cambridge & Coleridge	Vet Men M45	07:47.7
36	01:57:18	KEEVIL, Raymond	Brandon Fern Hoppers	Vet Men M60+	07:49.1
37	01:57:45	GRINOBERG, Baard	Tri-Anglia		07:50.9
38	01:57:48	GRAHAM, Mark			07:51.1
39	01:58:41	MC NULTY, Michael			07:54.6
40	01:58:42	ETHERINGTON, Stephen	Gt Yarmouth Road Runners	Vet Men M45	07:54.7
41	01:59:21	ROSE, Tony	Ware Joggers	Vet Men M45	07:57.3
42	01:59:59	LAWRENCE, Tony	Brandon Fern Hoppers	Vet Men M40	07:59.8
43	02:00:32	FRAMPTON, Steve	Tadley Runners	Vet Men M55	08:02.0
44	02:01:11	CROSS-WILLIAMS, Julian	Road Runners Club	Vet Men M45	08:04.6
45	02:03:15	SAUNDERS, Adam			08:12.9
46	02:03:15	O'BRIEN, Robert			08:12.9
47	02:03:21	WOODS, Tim		Vet Men M45	08:13.3
48	02:03:37	CAMPBELL, Rory	Dereham Runners AC	Vet Men M45	08:14.3
49	02:04:42	HOBSON, Roger	Woodbridge Shufflers	Vet Men M60+	08:18.7
50	02:05:30	POLLEY, Richard	City Of Norwich AC	Vet Men M45	08:21.9
51	02:06:11	WISE, Larry	Gt Bentley Road Runners	Vet Men M50	08:24.6
52	02:06:20	TYRRELL, Jonathan	Tri-Anglia		08:25.2
53	02:06:45	CLEWER, Lee			08:26.8
54	02:07:45	ASHFORD, Justin	Norwich Road Runners		08:30.8
55	02:07:56	WORSTER, Paul		Vet Men M45	08:31.6
56	02:08:07	BASHAM, Leslie	Stowmarket Striders	Vet Men M55	08:32.3
57	02:08:12	HOPE, Andy	Sudbury Court Running Club		08:32.6
58	02:08:18	WALNE, Jason			08:33.0
59	02:09:58	TOVELL, Kenneth	Framlingham Flyers		08:39.7
60	02:10:06	HERROD, Nigel	Wvac	Vet Men M50	08:40.2
61	02:10:19	HOUSE, Kevin		NDB	08:41.1
62	02:10:58	ASTLEY, Robert			08:43.7
63	02:12:24	GRIFFITHS, Ian			08:49.4
64	02:13:43	ROBINSON, Neil	St Edmunds Pacers	Vet Men M55	08:54.7
65	02:14:46	ADAMS, Roger	Brandon Fern Hoppers		08:58.9
66	02:15:39	ENGLAND, John	Gt Yarmouth & District Ac	Vet Men M60+	09:02.4
67	02:17:21	BRIGHT, Stephen		Vet Men M40	09:09.2
68	02:20:39	PAUL, Bob	Bungay Black Dog RC	Vet Men M50	09:22.4
69	02:21:50	THOMAS, Neil	Bungay Black Dog RC		09:27.2
70	02:21:55	ROBINSON, Tony		Vet Men M40	09:27.5
71	02:22:01	WILLIAMS, Nick	Ely Runners		09:27.9

72	02:22:51	HOOVES, Neil			09:31.2
73	02:25:14	PALMER, Barry	Diss AC	Vet Men M40	09:40.8
74	02:27:20	STACEY, Adam	Tri-Anglia		09:49.2
75	02:27:44	WYATT, Carole		Vet Men M45	09:50.8
76	02:32:02	CHIPPERFIELD, Grant			10:08.0
77	02:34:00	NAPTHEN, Richard		Vet Men M45	10:15.8
78	02:37:47	PENNY, Ian			10:31.0
79	02:45:21	JACK, Bob	Bungay Black Dog RC	Vet Men M45	11:01.2
80	02:45:43	MARSH, Jason			11:02.7