

Pos	Time	Name	Team	Cat	Pace	Number	Pos
1	1:22:12	MOLYNEUX, Paul	Springfield Striders	All Men	05:28.7	10	1
2	1:23:38	SELLENS, Chris	Colchester Harriers	All Men	05:34.4	64	2
3	1:27:15	CHANDLER, Gary	Springfield Striders	M40	05:48.9	33	3
4	1:31:43	PETTIT, Stephen	Ely Runners	M40	06:06.7	31	4
5	1:33:57	KETT, Robert	North Norfolk Bearch Runners	All Men	06:15.7	24	5
6	1:34:53	STARMER, Chris	Stowmarket	M45	06:19.4	72	6
7	1:36:13	JORDAN, Tamara	Stowmarket Striders	All Ladies	06:24.7	56	7
8	1:36:19	GLAYSHIRE, Stefan	City of Norwich AC	M45	06:25.1	57	8
9	1:36:44	HOWARD, Stephen	Ely Runners	M45	06:26.8	85	9
10	1:36:56	SHERRY, Karl	Norwich Road Runners	M45	06:27.6	89	10
11	1:38:24	CRESSWELL, Tom	Sudbury Joggers	All Men	06:33.5	17	11
12	1:43:46	DOWNING, Peter	Unattached	M55	06:54.9	26	12
13	1:39:04	ROPER, Goy	Norwich Road Runners	M45	06:36.1	70	13
14	1:39:50	IVORY, Sarah	Colchester Harriers	All Ladies	06:39.2	77	14
15	1:39:53	WRIGHT, David	Colchester Harriers	M50	06:39.4	65	15
16	1:41:18	BAILEY, Cliff	Thetford AC	M45	06:45.1	75	16
17	1:41:49	SEYMOUR, Christian	Stowmarket Striders	M40	06:47.1	49	17
18	1:42:36	EPPS, Terry	Wymondham AC	M55	06:50.3	40	18
19	1:42:51	JERMY, Sean	Gt Yarmouth RR	All Men	06:51.3	16	19
20	1:43:47	BUCK, Andrew	Sudbury Joggers	M45	06:55.0	9	20
21	1:43:56	NEAVES, Steven	Stowmarket	M50	06:55.6	59	21
22	1:44:17	HENRY, Amanda	Sudbury Joggers	F35	06:57.0	47	22
23	1:44:59	LYON, Paul	Unattached	All Men	06:59.8	22	23
24	1:45:25	PLOWMAN, Barry	Springfield Striders	M40	07:01.5	6	24
25	1:45:40	GLYNN, Mick	Diss AC	M40	07:02.5	32	25
26	1:46:11	MACROSSON, Ker	Stowmarket	M50	07:04.6	54	26
27	1:46:20	CURL, Tracey	Norwich Road Runners	F45	07:05.2	69	27
28	1:47:25	CHORLEY, Chris	Bungay Black Dog	M45	07:09.5	36	28
29	1:48:01	HORNE, Paul	Vegetarian Cycling & A.C.	M45	07:11.9	2	29
30	1:50:22	BOBBINS, Tom	Unattached	All Men	07:21.3	45	30
31	1:50:38	HOWARD, Matt	Norwich Road Runners	All Men	07:22.4	27	31
32	1:51:10	WOODYATT, Paul	City of Norwich AC	M45	07:24.5	68	32
33	1:51:20	HALL, Andrew	Werrington Joggers	M40	07:25.2	48	33
34	1:52:30	PINNELL, John	Unattached	M45	07:29.9	37	34
35	1:53:37	WRIGHT, Dave	Werrington	M50	07:34.3	34	35
36	1:54:11	DYE, Richard	Bungay Black Dog	M45	07:36.6	71	36
37	1:55:58	JORDAN, Rebecca	Stowmarket Striders	All Ladies	07:43.7	55	37
38	1:57:20	MEEN, Carl	Unattached	All Men	07:49.2	7	38
39	1:59:16	CALLABY, Ryan	North Norfolk Beach Runners	All Men	07:56.9	83	39
40	1:59:24	LINES, Rob	Tri-Anglia	M40	07:57.5	43	40
41	1:59:35	BRIGHTLY, Keith	Norwich Road Runners	M45	07:58.2	78	41
42	2:02:04	BINGHAM, Heidi	Stowmarket Striders	All Ladies	08:08.1	84	42
43	2:02:12	KEEVIL, Raymond	Brandon Fern Hoppers	M65	08:08.7	28	43
44	2:02:17	THOULESS, Gavin	Norwich Road Runners	M40	08:09.0	29	44
45	2:04:48	DEVEREUX, Laura	Unattached	F35	08:19.1	38	45
46	2:05:19	BURTON, Howard	Coltishall Jaguars	M40	08:21.1	58	46
47	2:05:27	GARDINER, Frank	Gt Bentley Road Runners	M55	08:21.7	63	47
48	2:06:04	HIGH, Richard	Norwich Road Runners	All Men	08:24.1	80	48
49	2:06:05	ROBINSON, Paul	Reepham Runners	M40	08:24.2	74	49
50	2:06:51	NORTON, Rachel		F35	08:27.2	81	50
51	2:06:52	ARMES, Michael	Norwich Road Runners	M40	08:27.3	79	51
52	2:06:54	HARPER, Martin	Unattached	M40	08:27.4	8	52
53	2:07:09	SAUERZAPF, Bobbie	Bungay Black Dog RC	F50	08:28.4	35	53
54	2:08:07	SHEAHAN, Jenny	Ipswich Jaffa RC	F45	08:32.3	18	54
55	2:09:21	CRASKE, Adam	Unattached	All Men	08:37.2	19	55
56	2:10:01	TAYLER, Caroline	Norwich Road Runners	F50	08:39.9	44	56
57	2:10:27	GHANT, Debbie	Stowmarket	F40	08:41.6	82	57
58	2:10:42	BLACKWELL, Paul	Gt Bentley Road Runners	M40	08:42.6	62	58

59	2:11:30 SPONG, Carole	Gt Yarmouth Road Runners	All Ladies	08:45.8	23	59
60	2:12:53 LAY, James	Unattached	M55	08:51.4	41	60
61	2:16:21 BECKETT-ALLEN, Anne	Unattached	F35	09:05.2	46	61
62	2:16:27 WILKINSON, Scott	Unattached	All Men	09:05.6	4	62
63	2:17:52 BESFORD, Sarah	Chelmsford	F40	09:11.3	66	63
64	2:17:52 MITCHELL, Steve	Chelmsford	M55	09:11.3	67	64
65	2:17:54 BULMAN, Richard	Reepham Runners	M55	09:11.4	76	65
66	2:19:05 WATERS, Kelvin	Unattached	M55	09:16.2	53	66
67	2:22:22 HUGHES, Karen	Werrington Joggers	All Ladies	09:29.3	86	67
68	2:22:23 JEYES, Eric	Werrington Joggers	M50	09:29.4	25	68
69	2:23:03 COOK, Tim	Werrington Joggers	M45	09:32.0	52	69
70	2:25:28 MATLOCK, Rosemary	Thetford AC	F50	09:41.7	73	70
71	2:25:34 ROBINSON, Nigel	St Edmunds Pacers	M55	09:42.1	20	71
72	2:27:01 JARDINE, Sandie	Newmarket Joggers	F45	09:47.9	3	72
73	2:27:04 HARGADON, Sue	Ipswich Tri Club	F50	09:48.1	39	73
74	2:27:06 BUNN, Mandy	Haverhill RC	F40	09:48.2	87	74
75	2:29:03 PLATT, Louise Helen	Werrington Joggers	All Ladies	09:56.0	51	75
76	2:33:35 KOZLIK, Elaine	Unattached	F45	10:14.2	30	76
77	2:34:27 SHERWOOD, Mark	Tadley Runners	All Men	10:17.6	60	77
78	2:37:24 HAVELL, Juliette	Werrington Joggers	F40	10:29.4	42	78