

Pos	Time	Name	Club	Cat	Pace
1	00:41:50	MILLER, David	Woodbridge Shufflers		05:34.6
2	00:44:13	KEEBLE, Ian	Stowmarket Striders		05:53.6
3	00:45:39	HEATH, Les	St Edmunds Pacers	Vet Men M45	06:05.1
4	00:46:02	TAYLOR, Andrew	Mourenx		06:08.1
5	00:48:54	PRESTON, Andrew	Wymondham AC	Vet Men M40	06:31.1
6	00:49:45	MCQUILLIN, Ben	Reepham Runners		06:37.9
7	00:50:35	CLARKE, Peter		Vet Men M45	06:44.5
8	00:52:05	MANNERING, Stuart	Maidenhead AC		06:56.5
9	00:52:48	WARRINGTON, Mark			07:02.3
10	00:53:20	DADY, Stephen		Vet Men M55	07:06.5
11	00:54:01	SINCLAIR, Nigel			07:12.0
12	00:54:55	JEFFERSON, Adam			07:19.2
13	00:56:02	COULTER, Graham			07:28.1
14	00:58:08	THOULESS, Gavin	Norwich Road Runners		07:44.9
15	00:58:15	SHERLOCK, Martin			07:45.9
16	00:58:27	REEVE, Simon			07:47.5
17	00:59:11	CLARKE, T R			07:53.3
18	00:59:41	BROWN, James		Vet Men M40	07:57.3
19	01:00:12	SOPER, Michael	St Edmunds Pacers		08:01.5
20	01:01:15	ROBERTS, Neil	Stratton Striders	Vet Men M50	08:09.9
21	01:01:20	BRIGHTEN, Justin			08:10.5
22	01:01:20	SMITH, Glenn		Vet Men M40	08:10.5
23	01:02:38	WOOLLEY, Peter		Vet Men M55	08:20.9
24	01:02:40	OSBOURNE, Glenn			08:21.2
25	01:02:44	SHERLOCK, Peter		Vet Men M55	08:21.7
26	01:02:57	BOWDEN, Robert		Vet Men M50	08:23.5
27	01:03:26	MCFARLANE, David		Vet Men M50	08:27.3
28	01:03:39	BRIGHTEN, Justin			08:29.0
29	01:03:56	HAMES, Richard		Vet Men M50	08:31.3
30	01:04:31	DENMAN, James	Stowmarket Striders		08:36.0
31	01:05:09	SHAND, Dick		Vet Men M55	08:41.0
32	01:05:28	THOMAS, Neil	Bungay Black Dog RC		08:43.6
33	01:06:09	CLARK, Peter		Vet Men M45	08:49.0
34	01:06:19	JENKINS, Colin	Newham & Essex Beagles	Vet Men M50	08:50.4
35	01:07:31	DARNELL, Bob		Vet Men M55	09:00.0
36	01:08:04	TAYLOR, Philip		Vet Men M40	09:04.4
37	01:09:27	SEAWARD, Nigel	Bunwell Strollers	Vet Men M40	09:15.4
38	01:09:33	RUE, Rita		Vet Men M45	09:16.2
39	01:09:34	RUE, Steven		Vet Men M55	09:16.4
40	01:09:35	DOAK, Colin	Ely Runners	Vet Men M40	09:16.5
41	01:09:50	VELLA, Carl	Haverhill Running Club		09:18.5
42	01:11:04	BRITT, Tony		Vet Men M50	09:28.4
43	01:11:22	KUCZER, Alex		Vet Men M40	09:30.8
44	01:11:35	AMBROSE, Keith		Vet Men M50	09:32.5
45	01:12:07	BLACKBURN, Martin		Vet Men M40	09:36.8
46	01:12:50	NEAVE, Phillip	Bungay Black Dog RC	Vet Men M55	09:42.5
47	01:13:31	SAMS, Chris			09:48.0
48	01:13:32	FORWELL, Alan			09:48.1
49	01:13:57	SMART, Brian		Vet Men M60+	09:51.4
50	01:15:15	THOULESS, Colin	Norwich Road Runners	Vet Men M60+	10:01.8
51	01:16:29	GROOM, Johnathan			10:11.7
52	01:17:37	DALEY, Chris			10:20.8
53	01:20:34	THOMSON, Bob	Cambridge & Coleridge	Vet Men M40	10:44.4
54	01:21:51	DAYKIN, Eric	Road Runners Club	Vet Men M60+	10:54.6
55	01:28:18	GORHAM, Ray		Vet Men M55	11:46.2