

Pos	Time	Name	Club	Cat	Pace	Number	Pos
1	0:44:18	MCGREGOR, Roddy	Norwich Road Runners	M40	05:49.6	754	1
2	0:46:10	MANNERING, Stuart	Purple Patch Running	All Men	06:04.4	713	2
3	0:46:41	GILLICK, Jack	Wymondham AC	All Men	06:08.4	778	3
4	0:48:05	CLARKE, Chris		All Men	06:19.5	765	4
5	0:49:58	CLARKE, Peter		M45	06:34.3	768	5
6	0:50:17	CLUES, Mark	Tri-Anglia	M40	06:36.8	777	6
7	0:50:50	COULTER, Graham	Ipswich Triathlon	All Men	06:41.2	752	7
8	0:51:32	MANLEY, James		All Men	06:46.7	750	8
9	0:52:57	STAUNTON, Louise	Ipswich Jaffa RC	All Ladies	06:57.9	728	9
10	0:54:00	HOLMES, Graham	Unattached	M55	07:06.2	701	10
11	0:54:12	WOODS, Tim	Norfolk Gazelles	M45	07:07.8	715	11
12	0:54:27	MACLEAN, Anthony	Framlingham Fliers	All Men	07:09.7	767	12
13	0:54:47	NAREY, Mary	Stowmarket Striders	F40	07:12.4	708	13
14	0:56:13	BAIRD, Stuart	Unattached	All Men	07:23.7	707	14
15	0:57:13	VELLA, Carl	Haverhill RC	All Men	07:31.6	755	15
16	0:57:25	GAY, Christopher	Gt Yarmouth and District AC	M45	07:33.1	762	16
17	0:57:33	SMITH, Glenn		M45	07:34.2	785	17
18	0:57:40	PEACH, Mark	Gt Yarmouth RR	All Men	07:35.1	716	18
19	0:57:50	CATCHPOLE, Charlie		M45	07:36.4	780	19
20	0:57:51	FORD, Sarah	Diss AC	F40	07:36.6	747	20
21	0:59:14	ICERSHAW, Cheryl		F35	07:47.5	779	21
22	0:59:25	WATERMAN, David	Bungay Black Dog RC	M45	07:48.9	745	22
23	0:59:35	FORKES, John	EVAC	M60	07:50.2	761	23
24	0:59:37	GOLDSMITH, Simon	Unattached	All Men	07:50.5	740	24
25	0:59:44	RUBYTHON, Katie	Muddy Mucky Monkeys	F35	07:51.4	742	25
26	0:59:45	MARWOOD, Tim	Muddy Mucky Monkeys	All Men	07:51.6	741	26
27	1:00:01	SHERLOCK, Martin		All Men	07:53.7	771	27
28	1:00:16	HORNSEY, Helen	Bungay Black Dog	All Ladies	07:55.6	781	28
29	1:00:37	POTTINGER, Halde	Unattached	All Ladies	07:58.4	718	29
30	1:00:38	POTTINGER, Victoria	Unattached	All Ladies	07:58.5	717	30
31	1:00:38	CHATTEN, Kim	Unattached	F45	07:58.5	733	31
32	1:00:50	WEBSTER, Edward		M50	08:00.1	784	32
33	1:00:59	HUTCHINGS, Gary	Framlingham Flyers	M45	08:01.3	724	33
34	1:01:55	COULTER, Sarah	Ipswich Triathlon	F40	08:08.7	753	34
35	1:02:08	ANDERSON, Paul	Gt Yarmouth RR	M50	08:10.4	721	35
36	1:02:22	IVORY, Helen Christine	Tiptree RR	F55	08:12.2	758	36
37	1:02:29	SLEIGHT, Graham	Unattached	All Men	08:13.1	702	37
38	1:02:37	BEARD, Martin	Unattached	M40	08:14.2	743	38
39	1:02:38	NICKERSON, Mandy	Haverhill RC	F45	08:14.3	756	39
40	1:03:28	GREEN, Julia	Tri-Anglia	F35	08:20.9	766	40
41	1:03:40	HOYLE, Stephanie	Tri-Anglia	F40	08:22.5	705	41
42	1:04:11	ASHFORD, Martin	Diss AC	M60	08:26.6	751	42
43	1:05:41	SMITH, Mike	Wymondham AC	M65	08:38.4	736	43
44	1:05:47	TINSLEY, Sharon	Werrington Joggers	F35	08:39.2	739	44
45	1:06:03	WARREN, Peter	City of Norwich AC	M50	08:41.3	776	45
46	1:06:22	BOGGAN, Ian	Unattached	M50	08:43.8	734	46
47	1:06:31	HOCKLEY, Gus		M55	08:45.0	763	47
48	1:07:20	RICHARDSON-WRIGHT, Rachel	Colchester Harriers	F45	08:51.4	760	48
49	1:07:26	DUNNE, Lynsey	Tri-Anglia	All Ladies	08:52.2	735	49
50	1:07:48	MARSH, Jason		All Men	08:55.1	704	50
51	1:08:12	BARKER, Selma	Unattached	F40	08:58.3	719	51
52	1:08:47	NISBET, Simon	Unattached	All Men	09:02.9	710	52
53	1:09:21	NEAVE, Phillip	Bungay Black Dog	M60	09:07.3	726	53
54	1:09:31	PALMER, Janette	City of Norwich AC	F45	09:08.7	759	54
55	1:09:40	COLE, Matthew	Unattached	All Men	09:09.8	749	55
56	1:10:17	DARNELL, Bob	Unattached	M55	09:14.7	731	56
57	1:10:44	MITCHELL, Paul	Unattached	M50	09:18.3	744	57
58	1:10:52	BREEZE, Christine	Unattached	M45	09:19.3	737	58
59	1:10:52	GOULSBRA, Paul	Unattached	M40	09:19.3	738	59
60	1:12:48	INGRAM, Judi	Wymondham AC	F45	09:34.6	711	60

61	1:12:57 PALMER, Barry Tony	Diss AC	M40	09:35.8	774	61
62	1:13:22 NASH, Katy Jane	Stowmarket	F35	09:39.0	764	62
63	1:14:26 ATKINSON, Claire	Unattached	F35	09:47.5	727	63
64	1:14:48 ROSE, David	Unattached	M40	09:50.4	723	64
65	1:15:10 BRIGHTEN, Justin		All Men	09:53.2	757	65
66	1:16:14 JEYES, Joy	Werrington Joggers	F50	10:01.7	703	66
67	1:16:16 PRAGNELL, M	Unattached	F40	10:01.9	720	67
68	1:17:10 BLOOMFIELD, Christine	Norfolk Gazelles	F50	10:09.0	775	68
69	1:17:34 BARRETT, Nicola	Unattached	All Ladies	10:12.2	709	69
70	1:20:17 SPONG, Albert	Gt Yarmouth RR	All Men	10:33.6	722	70
71	1:20:41 THOULESS, Colin	Norwich Road Runners		10:36.8	732	71
72	1:22:06 EVANS, Mike		All Men	10:48.0	772	72
73	1:22:06 FAY, Isla		All Ladies	10:48.0	773	73
74	1:23:54 GOLDSMITH, Emma	Unattached	All Ladies	11:02.2	712	74
75	1:24:03 MARSH-FEILTY, Josephine		F45	11:03.4	770	75
76	1:29:33 WOODERSON, Rebecca		All Ladies	11:46.8	769	76
77	1:30:19 ALLEN, Rachel		All Ladies	11:52.8	783	77
78	1:30:20 DOWSETT, Rebecca		All Ladies	11:53.0	782	78
79	1:35:11 SPARKES, Nicky	Werrington Joggers	F45	12:31.2	746	79