

Key's Worstead Festival 5 Mile Race

Keys Worstead Festival 5 Miles

Friday 27 July 2007. 7:00 pm

Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
1	0:26:32	HARRELL, Ashley	City of Norwich AC	Senior Men	05:18.3	344	1
2	0:26:58	PREWER, Carl	Lowestoft Road Runners	Senior Men	05:23.5	309	2
3	0:27:05	DAVISON, Neil	City of Norwich AC	Senior Men	05:24.9	308	3
4	0:27:29	SHARMAN, Kevin	Lowestoft Road Runners	Senior Men	05:29.7	363	4
5	0:27:48	MERRYLEES, Chris	North Norfolk Beach Runners	Senior Men	05:33.5	400	5
6	0:27:52	MOORE, Richard	Waveney Valley A C	Male Vet 40 - 44	05:34.3	345	6
7	0:28:01	JONES, Steve		Senior Men	05:36.1	307	7
8	0:28:38	ARNOLD, Nigel	Norfolk Gazelles	Male Vet 45 - 49	05:43.5	279	8
9	0:28:44	GLAYSHER, Stefan	City of Norwich AC	Male Vet 45 - 49	05:44.7	346	9
10	0:28:53	SCOTTER, Robert	City of Norwich AC	Senior Men	05:46.5	185	10
11	0:28:56	MILLETT, Simon	Norwich Road Runners	Senior Men	05:47.1	110	11
12	0:29:41	BUNN, ANDREW	Liverpool Harriers AC	Senior Men	05:56.1	124	12
13	0:29:43	MURRAY, Shayne	City of Norwich AC	Junior Male	05:56.5	237	13
14	0:29:50	COOPER, Phil	Norfolk Gazelles	Male Vet 40 - 44	05:57.9	409	14
15	0:29:52	BETTS, Mark	Norwich Road Runners	Senior Men	05:58.3	265	15
16	0:29:52	FULTON, J.P.	Norwich Road Runners		05:58.3	181	16
17	0:29:57	PIMLOTT, Chris	Waveney Valley A C	Senior Men	05:59.3	277	17
18	0:30:16	GARRETT, Mark	Norwich Road Runners	Male Vet 40 - 44	06:03.1	67	18
19	0:30:26	BLAKE, Richard	Great Yarmouth Road Runners	Male Vet 55 - 59	06:05.1	2	19
20	0:30:36	SULLIVAN, PAUL	Norwich Road Runners	Male Vet 40 - 44	06:07.1	26	20
21	0:30:45	HODGE, Nigel	City of Norwich AC	Senior Men	06:08.9	365	21
22	0:30:48	SIBLEY, Neil	Great Yarmouth Road Runners	Male Vet 40 - 44	06:09.5	338	22
23	0:30:58	PECK, Andrew	Great Yarmouth Road Runners	Senior Men	06:11.5	208	23
24	0:31:11	HURREN, Dale		Male Vet 45 - 49	06:14.1	431	24
25	0:31:15	QUANTRILL, Phil	Great Yarmouth Road Runners	Senior Men	06:14.9	348	25
26	0:31:23	MASLEN, David		Male Vet 40 - 44	06:16.5	293	26
27	0:31:26	WRIGHT, Alex	uknetrunner	Senior Men	06:17.1	155	27
28	0:31:29	PARFITT, Dena	North Norfolk Beach Runners	Female Vet 45 - 49	06:17.7	5	28
29	0:31:33	CHAMBERLAIN, Michael	Norwich Road Runners	Male Vet 45 - 49	06:18.5	7	29
30	0:31:34	YEOMANS, Martin	Norwich Road Runners	Male Vet 55 - 59	06:18.7	4	30
31	0:31:35	KETT, Robert		Senior Men	06:18.9	231	31
32	0:31:40	FLANAGAN, Anne	Norwich Road Runners	Senior Lady 18 - 34	06:19.9	80	32
33	0:31:47	JONES, Tessa	City of Norwich AC	Female Vet 40 - 44	06:21.3	373	33
34	0:31:50	CUTHBERT, PAUL	Norwich Road Runners	Male Vet 45 - 49	06:21.9	94	34
35	0:31:55	KETT, Andy		Senior Men	06:22.9	232	35
36	0:31:56	SPRAGG, Mike	Great Yarmouth Road Runners	Male Vet 60+	06:23.1	1	36
37	0:31:57	GRAND, Adrian	Norwich Road Runners	Male Vet 40 - 44	06:23.3	100	37
38	0:31:59	PRESTON, Andrew		Male Vet 40 - 44	06:23.7	410	38
39	0:32:07	MASON, SHAWN	Great Yarmouth & District AC	Senior Men	06:25.3	122	39
40	0:32:13	VOGT, Gavin		Male Vet 45 - 49	06:26.5	130	40
41	0:32:21	BRIDGES, Doug	Norfolk Gazelles	Senior Men	06:28.1	377	41
42	0:32:23	LEE, JOHN		Male Vet 50 - 54	06:28.5	320	42
43	0:32:28	BATES, STEVE	Coltishall Jaguars	Senior Men	06:29.5	303	43
44	0:32:32	ELLIS, VINCE	City of Norwich AC	Male Vet 50 - 54	06:30.3	230	44
45	0:32:35	KNIGHTS, Neville	Dereham Runners	Male Vet 45 - 49	06:30.9	198	45
46	0:32:39	YOUNGS, James		Senior Men	06:31.7	148	46
47	0:32:42	CLUES, Mark	Tri.UK/Gatorade	Senior Men	06:32.3	144	47
48	0:32:44	FLEMING, JOHN		Senior Men	06:32.7	38	48
49	0:32:44	EPPS, Terry	Wymondham Athletic Club	Male Vet 50 - 54	06:32.7	256	49
50	0:32:48	VAN MINDEN, Nils	Norwich Road Runners	Senior Men	06:33.5	47	50
51	0:32:58	EDRIDGE, DARREN	Coltishall Jaguars	Senior Men	06:35.5	292	51
52	0:32:59	HILL, MELVIN		Male Vet 40 - 44	06:35.7	15	52
53	0:32:59	HOWARD, Nigel		Male Vet 45 - 49	06:35.7	264	53
54	0:33:02	ASKEW, Nick	City of Norwich AC	Male Vet 40 - 44	06:36.3	241	54
55	0:33:06	EDWARDS, Penny	Norwich Road Runners	Female Vet 50 - 54	06:37.1	317	55
56	0:33:12	WIGHTMAN, Paul		Male Vet 40 - 44	06:38.3	285	56
57	0:33:15	KINGSMILL, John	Norwich Road Runners	Male Vet 45 - 49	06:38.9	268	57
58	0:33:20	EDWARDS, Mark		Male Vet 40 - 44	06:39.9	319	58

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Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
59	0:33:21	CHORLEY, CHRIS	Bungay Black Dog R C	Male Vet 40 - 44	06:40.1	40	59
60	0:33:28	LETZER, BENJAMIN	Coltishall Jaguars	Senior Men	06:41.5	141	60
61	0:33:33	CLEARNS, Michael		Male Vet 60+	06:42.5	156	61
62	0:33:35	STURGESS, Ian	Wymondham Athletic Club	Male Vet 45 - 49	06:42.9	426	62
63	0:33:38	VIALLS, Tim		Male Vet 40 - 44	06:43.5	337	63
64	0:33:43	EKE, Shane		Senior Men	06:44.5	322	64
65	0:33:48	SAVOURY, Andrew	Norwich Road Runners	Male Vet 40 - 44	06:45.5	312	65
66	0:33:51	PORTER, Meluyn	Coltishall Jaguars	Male Vet 40 - 44	06:46.1	207	66
67	0:33:56	SMITH, DARREN	Ryston Runners	Junior Male	06:47.1	46	67
68	0:33:59	CATLEUGH, Hugh	Coltishall Jaguars	Senior Men	06:47.7	368	68
69	0:34:02	BRADLEY, Alan	Norwich Road Runners	Male Vet 40 - 44	06:48.3	70	69
70	0:34:04	COBB, Peter	Coltishall Jaguars	Male Vet 55 - 59	06:48.7	171	70
71	0:34:08	BRANNAN, Terry		Male Vet 60+	06:49.5	286	71
72	0:34:17	KORN, NICOLA	Norwich Road Runners	Senior Lady 18 - 34	06:51.3	132	72
73	0:34:19	HARTLEY, JOHN		Male Vet 40 - 44	06:51.7	25	73
74	0:34:21	POWELL, Michael	Norwich Road Runners	Male Vet 55 - 59	06:52.1	3	74
75	0:34:24	METTERS, Paul	Dereham Runners	Senior Men	06:52.7	166	75
76	0:34:26	PARKER, Christopher		Senior Men	06:53.1	48	76
77	0:34:27	BROOKSHAW, Paul	Great Yarmouth Road Runners	Male Vet 40 - 44	06:53.3	9	77
78	0:34:33	FRARY, Matthew		Senior Men	06:54.5	434	78
79	0:34:34	RICE, Steve	Milton Keynes A C	Male Vet 50 - 54	06:54.7	358	79
80	0:34:36	BOWDEN, Nick	Reepham Runners	Male Vet 50 - 54	06:55.1	150	80
81	0:34:36	DADY, Stephen		Male Vet 55 - 59	06:55.1	136	81
82	0:34:37	GEORGE, David	Norwich Road Runners	Male Vet 40 - 44	06:55.3	103	82
83	0:34:38	MOELLMANS, Ullrich	SG Airport Dusseldorf	Male Vet 45 - 49	06:55.5	412	83
84	0:34:39	HOLLAND, Alan	Wymondham Athletic Club	Male Vet 60+	06:55.7	287	84
85	0:34:41	POLLEY, Richard	City of Norwich AC	Male Vet 45 - 49	06:56.1	297	85
86	0:34:41	SINCLAIR, Nigel		Senior Men	06:56.1	167	86
87	0:34:49	QUANTRILL, Vicky	Great Yarmouth Road Runners	Senior Lady 18 - 34	06:57.7	329	87
88	0:34:55	LEES, Joseph	Great Yarmouth & District AC	Junior Male	06:58.9	42	88
89	0:34:57	BYE, Barry	Ryston Runners	Male Vet 55 - 59	06:59.3	138	89
90	0:35:01	WOMACK, Mark	Lowestoft Road Runners	Senior Men	07:00.1	184	90
91	0:35:06	GILBERT, Ashley	Dereham Runners	Senior Men	07:01.1	115	91
92	0:35:14	BUSHELL, Alan	Coltishall Jaguars	Senior Men	07:02.6	263	92
93	0:35:16	HODGKINSON, Peter	City of Norwich AC	Male Vet 50 - 54	07:03.0	168	93
94	0:35:19	FRETWELL, Andrew	Norwich Road Runners	Male Vet 45 - 49	07:03.6	428	94
95	0:35:21	BAINGER, Graham		Male Vet 55 - 59	07:04.0	251	95
96	0:35:25	LEE, Jon		Senior Men	07:04.8	370	96
97	0:35:27	SMITH, Alexandra	Norwich Road Runners	Senior Lady 18 - 34	07:05.2	79	97
98	0:35:30	CLARK, MARIE	Norwich Road Runners	Senior Lady 18 - 34	07:05.8	127	98
99	0:35:30	ROOKYARD, Denise	City of Norwich AC	Senior Lady 18 - 34	07:05.8	106	99
100	0:35:33	POTTER-CAMPBELL, EMMA	Dereham Runners	Female Vet 35 - 39	07:06.4	253	100
101	0:35:46	DOBBIE, STEPHEN		Male Vet 40 - 44	07:09.0	187	101
102	0:35:48	HALL, Michael	Wymondham Athletic Club	Senior Men	07:09.4	142	102
103	0:35:49	DAVIDSON, Suzanne	Norwich Road Runners	Senior Lady 18 - 34	07:09.6	133	103
104	0:35:55	TUFTS, Mark	Wymondham Athletic Club	Senior Men	07:10.8	139	104
105	0:35:58	JENKINS, Paul		Male Vet 40 - 44	07:11.4	17	105
106	0:36:09	WHITING, Mark		Male Vet 45 - 49	07:13.6	140	106
107	0:36:13	GROVE, PAUL	Coltishall Jaguars	Male Vet 40 - 44	07:14.4	383	107
108	0:36:13	BEAUCHAMP, GARY		Male Vet 40 - 44	07:14.4	321	108
109	0:36:17	BLACKWELL, Kevin	Norfolk Gazelles	Male Vet 45 - 49	07:15.2	182	109
110	0:36:19	JAMES, MARTIN		Male Vet 40 - 44	07:15.6	245	110
111	0:36:20	ETHERINGTON, Stephen	Great Yarmouth Road Runners	Male Vet 45 - 49	07:15.8	97	111
112	0:36:21	CHRISTIAN, Jenny	Wymondham Athletic Club	Female Vet 50 - 54	07:16.0	172	112
113	0:36:31	BYE, Rod	Coltishall Jaguars	Male Vet 45 - 49	07:18.0	152	113
114	0:36:33	TAYLOR, Mark	Norwich Road Runners	Male Vet 50 - 54	07:18.4	414	114
115	0:36:35	EDYE, Simon		Male Vet 55 - 59	07:18.8	407	115
116	0:36:40	WILSON, Robin	Bungay Black Dog R C	Male Vet 50 - 54	07:19.8	304	116
117	0:36:41	BIGGS, Paul		Male Vet 45 - 49	07:20.0	325	117
118	0:36:45	SILK, JOHN		Senior Men	07:20.8	324	118
119	0:36:45	GRAND, Gary	Norwich Road Runners	Male Vet 40 - 44	07:20.8	291	119

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120	0:36:48	ASHFORD, JUSTIN	Norwich Road Runners	Senior Men	07:21.4	422	120
121	0:36:51	MILLETT, Tony	Norwich Road Runners	Male Vet 50 - 54	07:22.0	108	121
122	0:36:55	STURGES, James	Wymondham Athletic Club	Senior Men	07:22.8	427	122
123	0:36:57	NICHOLSON, Daniel		Senior Men	07:23.2	50	123
124	0:37:00	LUBBOCK, David	City of Norwich AC	Male Vet 40 - 44	07:23.8	233	124
125	0:37:09	BIRD, Graham		Male Vet 45 - 49	07:25.6	257	125
126	0:37:11	MEISZNER, Jason		Senior Men	07:26.0	379	126
127	0:37:13	MARAN, David		Male Vet 45 - 49	07:26.4	380	127
128	0:37:14	TAYLOR, Ricky	Norwich Road Runners	Male Vet 45 - 49	07:26.6	39	128
129	0:37:25	DUFFIELD, Roger	Tiptree Road Runners	Male Vet 60+	07:28.8	420	129
130	0:37:27	MCCOLL, James		Senior Men	07:29.2	209	130
131	0:37:32	BURRAGE, Amy	Norfolk Gazelles	Senior Lady 18 - 34	07:30.2	415	131
132	0:37:32	HORREX, Trevor	Norwich Road Runners	Male Vet 45 - 49	07:30.2	111	132
133	0:37:35	BULL, Michelle	Norwich Road Runners	Female Vet 35 - 39	07:30.8	135	133
134	0:37:36	PAMPLIN, Diane		Female Vet 55+	07:31.0	32	134
135	0:37:43	JORDON, Catherine	Norfolk Gazelles	Female Vet 50 - 54	07:32.4	170	135
136	0:37:46	BURTON, Howard	Coltishall Jaguars	Senior Men	07:33.0	254	136
137	0:37:47	JAMES, JOANNE	Dereham Runners	Senior Lady 18 - 34	07:33.2	99	137
138	0:37:50	DURRANT, Jude		Female Vet 35 - 39	07:33.8	43	138
139	0:37:51	THOULESS, Gavin	Norwich Road Runners	Senior Men	07:34.0	199	139
140	0:37:52	MUSGROVE, BERNHARD	HOWGATE HARRIERS	Male Vet 55 - 59	07:34.2	82	140
141	0:37:54	SIMPSON, David	Coltishall Jaguars	Male Vet 50 - 54	07:34.6	364	141
142	0:37:58	ALBOROUGH, MARIA		Senior Lady 18 - 34	07:35.4	24	142
143	0:37:59	HIGH, Christopher		Senior Men	07:35.6	273	143
144	0:38:00	GEORGE, Mike		Senior Men	07:35.8	399	144
145	0:38:02	PEACH, MARK	Great Yarmouth Road Runners	Senior Men	07:36.2	192	145
146	0:38:02	TAPP, Chris		Senior Men	07:36.2	262	146
147	0:38:08	KIRBY, Ray		Senior Men	07:37.4	281	147
148	0:38:11	GREEN, Debbie	City of Norwich AC	Female Vet 35 - 39	07:38.0	240	148
149	0:38:11	BAYES, CHRIS		Senior Men	07:38.0	294	149
150	0:38:12	CRUTCHLEY, Ian		Male Vet 40 - 44	07:38.2	6	150
151	0:38:16	GOWING, Peter	Reepham Runners	Senior Men	07:39.0	63	151
152	0:38:20	DEFERNEZ, MARIANNE		Female Vet 35 - 39	07:39.8	280	152
153	0:38:21	CARPENTER, Adrian		Senior Men	07:40.0	381	153
154	0:38:22	GAY, Christopher	Great Yarmouth & District AC	Male Vet 40 - 44	07:40.2	243	154
155	0:38:24	WOODS, Ian	Norfolk Gazelles	Male Vet 50 - 54	07:40.6	248	155
156	0:38:25	PAMPLIN, John		Male Vet 55 - 59	07:40.8	31	156
157	0:38:27	DAVIDSON, Suzanne	Norwich Road Runners	Senior Lady 18 - 34	07:41.2	133	157
158	0:38:28	CUSHING, Sally	Norwich Road Runners	Female Vet 40 - 44	07:41.4	267	158
159	0:38:29	GEARY, Louis		Junior Male	07:41.6	378	159
160	0:38:31	WOODRUFF, Kevin		Senior Men	07:42.0	361	160
161	0:38:31	WOODRUFF, Glen		Senior Men	07:42.0	360	161
162	0:38:31	NORMAN, Barry		Male Vet 50 - 54	07:42.0	429	162
163	0:38:33	SHARPE, John	Coltishall Jaguars	Male Vet 55 - 59	07:42.4	405	163
164	0:38:36	EASTICK, John	City of Norwich AC	Male Vet 50 - 54	07:43.0	145	164
165	0:38:36	MARSH, Ronald	Wymondham Athletic Club	Male Vet 60+	07:43.0	173	165
166	0:38:38	COSTELLO, Marian	Coltishall Jaguars	Female Vet 40 - 44	07:43.4	189	166
167	0:38:39	WOODHOUSE, Gill	Dereham Runners	Female Vet 55+	07:43.6	95	167
168	0:38:42	ROSE, Nick		Male Vet 40 - 44	07:44.2	375	168
169	0:38:45	MILLET, Anne	Norwich Road Runners	Female Vet 50 - 54	07:44.8	109	169
170	0:38:46	HUTCHEON, David	Coltishall Jaguars	Male Vet 60+	07:45.0	275	170
171	0:38:48	BRADLEY, Sarah	Norwich Road Runners	Female Vet 40 - 44	07:45.4	69	171
172	0:38:49	NICHOLSON, JOHN		Senior Men	07:45.6	51	172
173	0:38:56	COPPEN, Luke		Senior Men	07:47.0	310	173
174	0:39:01	ASKHAM, Steve	City of Norwich AC	Male Vet 50 - 54	07:48.0	158	174
175	0:39:03	ASHORD, MARTIN	Diss AC	Male Vet 55 - 59	07:48.4	421	175
176	0:39:05	BENNISON, GRAHAM	FIFE AC	Male Vet 60+	07:48.8	92	176
177	0:39:07	GILBERT, Steve	Dereham Runners	Male Vet 50 - 54	07:49.2	114	177
178	0:39:10	WARD, BERES	City of Norwich AC	Female Vet 50 - 54	07:49.8	163	178
179	0:39:19	WAKE, POLLY	Norwich Road Runners	Senior Lady 18 - 34	07:51.6	174	179
180	0:39:21	COLLINS, Graham	City of Norwich AC	Male Vet 50 - 54	07:52.0	204	180

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181	0:39:22	DUCKER, ROBERT		Senior Men	07:52.2	323	181
182	0:39:24	KETT-BRODIE, Juli		Female Vet 40 - 44	07:52.6	396	182
183	0:39:31	SPRINGETT, Bob		Male Vet 50 - 54	07:54.0	394	183
184	0:39:40	THOMAS, Neil	Bungay Black Dog R C	Senior Men	07:55.8	339	184
185	0:39:44	FULTON, Mandy	Norwich Road Runners	Female Vet 35 - 39	07:56.6	180	185
186	0:39:46	DWYER, Matthew		Male Vet 60+	07:57.0	224	186
187	0:39:52	ROSE, Dan		Senior Men	07:58.2	205	187
188	0:39:57	NIGHTINGALE, Laura		Senior Lady 18 - 34	07:59.2	398	188
189	0:40:01	CRISP, Basil	Norfolk Gazelles	Male Vet 55 - 59	08:00.0	176	189
190	0:40:02	SAUERZAPF, BOBBIE	Bungay Black Dog R C	Female Vet 45 - 49	08:00.2	41	190
191	0:40:05	MARSHALL, Lorraine	City of Norwich AC	Female Vet 40 - 44	08:00.8	374	191
192	0:40:06	LAMBERT, John	Ipswich Jaffa	Male Vet 60+	08:01.0	112	192
193	0:40:09	WILLIAMS, Eric	Norwich Road Runners	Male Vet 55 - 59	08:01.6	228	193
194	0:40:12	COOPER, Lucy	Norfolk Gazelles	Female Vet 40 - 44	08:02.2	404	194
195	0:40:12	HILL, Les	Norfolk Gazelles	Male Vet 45 - 49	08:02.2	402	195
196	0:40:13	WOOD, Charles	Norwich Road Runners	Male Vet 45 - 49	08:02.4	238	196
197	0:40:16	HANNANT, EMILY	Coltishall Jaguars	Senior Lady 18 - 34	08:03.0	164	197
198	0:40:17	PASK, Matthew		Male Vet 40 - 44	08:03.2	343	198
199	0:40:18	HORNER, Alison	Coltishall Jaguars	Senior Lady 18 - 34	08:03.4	284	199
200	0:40:25	WITHEY, Sally	City of Norwich AC	Female Vet 35 - 39	08:04.8	334	200
201	0:40:25	BURRAGE, Andrew	Norfolk Gazelles	Male Vet 50 - 54	08:04.8	261	201
202	0:40:25	SAUNDERS, Mark		Male Vet 40 - 44	08:04.8	246	202
203	0:40:33	SIMPSON, Dennis	Norwich Road Runners	Male Vet 45 - 49	08:06.4	123	203
204	0:40:41	HARES, Simon		Male Vet 45 - 49	08:08.0	433	204
205	0:40:43	MAY, Melvin	Norwich Road Runners	Male Vet 50 - 54	08:08.4	65	205
206	0:40:44	BYE, Jackie	Coltishall Jaguars	Female Vet 45 - 49	08:08.6	151	206
207	0:40:45	COX, JULIET	Wymondham Athletic Club	Senior Lady 18 - 34	08:08.8	327	207
208	0:40:47	CORRIE,	South West RR	Senior Men	08:09.2	288	208
209	0:40:52	EVANS, David		Male Vet 45 - 49	08:10.2	87	209
210	0:40:55	POOLE, Carolyn	Norfolk Gazelles	Female Vet 50 - 54	08:10.8	210	210
211	0:40:57	HARWOOD, Sean		Male Vet 40 - 44	08:11.2	362	211
212	0:40:58	ELLEN, Anne	Norfolk Gazelles	Female Vet 50 - 54	08:11.4	252	212
213	0:40:59	HUTCHEON, Brenda	Coltishall Jaguars	Female Vet 55+	08:11.6	274	213
214	0:41:01	WHITE, Anthony	Norwich Road Runners	Male Vet 55 - 59	08:12.0	44	214
215	0:41:05	TAYLOR, FIONA		Female Vet 35 - 39	08:12.8	37	215
216	0:41:07	MOORE, Brian	Norwich Road Runners	Male Vet 55 - 59	08:13.2	77	216
217	0:41:14	COLEBY, Jonathan		Senior Men	08:14.6	296	217
218	0:41:14	MALHERBE, Stephan		Senior Men	08:14.6	196	218
219	0:41:14	HENDERSON, Louise		Senior Lady 18 - 34	08:14.6	52	219
220	0:41:20	RUSSELL, Paul		Senior Men	08:15.8	295	220
221	0:41:21	CREED, Graham		Senior Men	08:16.0	197	221
222	0:41:27	RENSHAW, Kenneth	Dereham Runners	Male Vet 45 - 49	08:17.2	104	222
223	0:41:29	CRANE, Michelle		Female Vet 40 - 44	08:17.6	270	223
224	0:41:30	DACE, Kelly		Senior Lady 18 - 34	08:17.8	382	224
225	0:41:31	BEARD, Darren		Senior Men	08:18.0	118	225
226	0:41:32	BAUS, Eddie		Male Vet 60+	08:18.2	202	226
227	0:41:33	RUSH, Steve	Tri.UK/Gatorade	Male Vet 40 - 44	08:18.4	235	227
228	0:41:35	WYMER, JEREMY		Senior Men	08:18.8	350	228
229	0:41:40	BIRD, Diane		Female Vet 40 - 44	08:19.8	351	229
230	0:41:42	HITCHENS, Julian		Senior Men	08:20.2	391	230
231	0:41:51	ROLPH, Pat		Female Vet 45 - 49	08:22.0	73	231
232	0:41:51	CASSON, PETER		Senior Men	08:22.0	102	232
233	0:41:53	CRANE, Dawn	Coltishall Jaguars	Senior Lady 18 - 34	08:22.4	195	233
234	0:41:54	EASTICK, Bridget	Norfolk Gazelles	Female Vet 50 - 54	08:22.6	146	234
235	0:41:56	BROSTER, Linsey	Dereham Runners	Senior Lady 18 - 34	08:23.0	298	235
236	0:42:00	ALLARD, GERRY		Male Vet 60+	08:23.8	271	236
237	0:42:03	DAYKIN, Robert		Male Vet 60+	08:24.4	341	237
238	0:42:04	MIDDLETON, Charlie	Norfolk Gazelles	Male Vet 50 - 54	08:24.6	278	238
239	0:42:05	DARNELL, Bob		Male Vet 55 - 59	08:24.8	247	239
240	0:42:09	WILLIS, Paul		Male Vet 50 - 54	08:25.6	388	240
241	0:42:10	MCCOLL, William		Male Vet 45 - 49	08:25.8	226	241

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Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
242	0:42:20	SHARPE, Margaret	Coltishall Jaguars	Female Vet 50 - 54	08:27.8	406	242
243	0:42:26	ALEXANDER, Sarah		Female Vet 35 - 39	08:29.0	62	243
244	0:42:28	TYRRELL, Steve		Male Vet 45 - 49	08:29.4	389	244
245	0:42:31	BARNES, Graham		Male Vet 55 - 59	08:30.0	408	245
246	0:42:34	HARROP, Jackie	Norfolk Gazelles	Female Vet 45 - 49	08:30.6	430	247
247	0:42:39	COX, RUSSELL		Male Vet 40 - 44	08:31.6	326	248
248	0:42:42	KETT-BRODIE, Bob		Male Vet 40 - 44	08:32.2	395	250
249	0:42:46	EYRE, Peter		Senior Men	08:33.0	349	251
250	0:42:46	BELSON, Janine		Senior Lady 18 - 34	08:33.0	161	252
251	0:42:51	SYKES, Leslie		Male Vet 45 - 49	08:34.0	221	253
252	0:43:02	STEVENSON, Tracey	Norfolk Gazelles	Female Vet 35 - 39	08:36.2	249	254
253	0:43:09	GAINSFORD, Ruth	UNATTACHED	Female Vet 40 - 44	08:37.6	272	255
254	0:43:09	CARR, Caroline		Female Vet 35 - 39	08:37.6	393	256
255	0:43:10	FABB, Becky		Senior Lady 18 - 34	08:37.8	188	257
256	0:43:12	JUPP, Orla	Dereham Runners	Senior Lady 18 - 34	08:38.2	116	258
257	0:43:13	FRASER, Susan	Great Yarmouth & District AC	Female Vet 45 - 49	08:38.4	194	259
258	0:43:14	BURRAGE, Carolyn	Norfolk Gazelles	Female Vet 50 - 54	08:38.6	416	260
259	0:43:22	LUBBOCK, Sandra	City of Norwich AC	Female Vet 40 - 44	08:40.2	234	261
260	0:43:44	CHAPMAN, Louise	Norwich Road Runners	Female Vet 35 - 39	08:44.6	242	262
261	0:43:53	PIMLOTT, Stephanie	Waveney Valley A C	Senior Lady 18 - 34	08:46.4	276	263
262	0:43:55	SHORE, Carl	Norfolk Gazelles	Male Vet 45 - 49	08:46.8	211	264
263	0:43:57	JECKELL, Colin		Male Vet 50 - 54	08:47.2	193	265
264	0:43:59	GIBSON, NICOLA		Senior Lady 18 - 34	08:47.6	83	266
265	0:44:08	HOWELL, Richard		Senior Men	08:49.4	299	267
266	0:44:11	HARDY, CAROL	Norfolk Gazelles	Female Vet 45 - 49	08:50.0	336	268
267	0:44:15	WALKER, Robert		Senior Men	08:50.8	330	269
268	0:44:15	WALKER, Anna		Senior Lady 18 - 34	08:50.8	331	270
269	0:44:19	LANGFORD, Tony		Male Vet 55 - 59	08:51.6	423	271
270	0:44:22	THORNHILL, David		Senior Men	08:52.2	258	272
271	0:44:25	NEAVE, Marianne	Norfolk Gazelles	Female Vet 35 - 39	08:52.8	239	273
272	0:44:31	BROOKS, Julia	City of Norwich AC	Female Vet 40 - 44	08:54.0	72	274
273	0:44:42	GILLINGS, Mary		Female Vet 35 - 39	08:56.2	392	275
274	0:44:57	MOORE, Lynda	Norwich Road Runners	Female Vet 50 - 54	08:59.2	78	276
275	0:45:04	CRAMP, Stephen	North Norfolk Beach Runners	Male Vet 55 - 59	09:00.6	390	277
276	0:45:05	ROGERS, Brendan		Senior Men	09:00.8	397	278
277	0:45:15	DILREW, Julie		Female Vet 45 - 49	09:02.8	335	279
278	0:45:19	NEALE, Janet	Coltishall Jaguars	Female Vet 45 - 49	09:03.6	401	280
279	0:45:28	BARTON, Fran	City of Norwich AC	Female Vet 45 - 49	09:05.4	355	281
280	0:45:28	ROSE, Lorna		Female Vet 35 - 39	09:05.4	376	282
281	0:45:30	FARROW, Linda	Norfolk Gazelles	Female Vet 55+	09:05.8	128	283
282	0:45:31	ARMSTRONG, Jenny		Senior Lady 18 - 34	09:06.0	418	284
283	0:45:45	BROWN, Cheryl		Female Vet 40 - 44	09:08.8	403	285
284	0:45:47	PERKIN, Jennifer		Female Vet 40 - 44	09:09.2	16	286
285	0:45:48	COLLINS, James		Senior Men	09:09.4	119	287
286	0:45:50	SEVERIN, Andreas		Male Vet 45 - 49	09:09.8	411	288
287	0:45:51	COPPEN, Gary		Senior Men	09:10.0	311	289
288	0:45:55	JONES, Michelle		Female Vet 35 - 39	09:10.8	129	290
289	0:45:55	WHITING, Jean		Female Vet 35 - 39	09:10.8	131	291
290	0:45:58	WILSON, Russell		Senior Men	09:11.4	419	292
291	0:45:58	BLAKEE, Emma		Senior Lady 18 - 34	09:11.4	318	293
292	0:46:01	WILCOCK, Shirley	Coltishall Jaguars	Female Vet 45 - 49	09:12.0	213	294
293	0:46:01	KNIGHTS, JULIA	Norfolk Gazelles	Senior Lady 18 - 34	09:12.0	143	295
294	0:46:05	DOWNING, James		Senior Men	09:12.8	314	296
295	0:46:06	DOWNING, SHELLEY		Senior Men	09:13.0	313	297
296	0:46:19	DURANT, Becky	Coltishall Jaguars	Female Vet 55+	09:15.6	217	298
297	0:46:24	WILDING, Keith	Great Yarmouth Road Runners	Male Vet 60+	09:16.6	206	299
298	0:46:28	GRAVELING, Anne		Male Vet 50 - 54	09:17.4	316	300
299	0:46:31	BURFOOT, JENNY	Norfolk Gazelles	Female Vet 55+	09:18.0	153	301
300	0:46:34	SMITH, Lesley		Female Vet 45 - 49	09:18.6	340	304
301	0:46:38	MARTIN, Sarah		Senior Lady 18 - 34	09:19.4	425	305
302	0:46:53	HANDS, Robert		Senior Men	09:22.4	424	306

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Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
303	0:46:53	HOWE, LOUISE		Senior Lady 18 - 34	09:22.4	23	307
304	0:46:54	HALL, Edward		Male Vet 55 - 59	09:22.6	432	308
305	0:46:55	DAVIES, ANDY		Male Vet 40 - 44	09:22.8	305	309
306	0:46:58	DAVIES, RUTH		Female Vet 40 - 44	09:23.4	306	310
307	0:46:59	SCHUIL, Kathleen		Female Vet 55+	09:23.6	302	311
308	0:47:00	CUBITT, RACHEL		Senior Lady 18 - 34	09:23.8	20	312
309	0:47:01	SMITH, Susan	Norfolk Gazelles	Senior Lady 18 - 34	09:24.0	214	313
310	0:47:08	CUSHWAY, DAVID		Senior Men	09:25.4	162	314
311	0:47:20	LINDSEY, ALISON		Male Vet 40 - 44	09:27.8	96	315
312	0:47:20	NEAL, Paul	Norwich Road Runners	Male Vet 55 - 59	09:27.8	88	316
313	0:47:46	HOWARD, LISA	Norwich Road Runners	Senior Lady 18 - 34	09:33.0	266	317
314	0:47:47	FIDDY, Rachel	Norwich Road Runners	Senior Lady 18 - 34	09:33.2	229	318
315	0:47:47	KEENAN, Joanne		Senior Lady 18 - 34	09:33.2	315	319
316	0:47:49	HAWKINS, Christopher		Senior Men	09:33.6	369	320
317	0:47:51	ELLIS, Amanda		Senior Lady 18 - 34	09:34.0	371	321
318	0:47:51	HANTON, Bridget		Female Vet 40 - 44	09:34.0	332	322
319	0:47:58	VIALLS, Sharon		Female Vet 40 - 44	09:35.4	342	323
320	0:48:10	COX, Chris		Male Vet 40 - 44	09:37.8	218	324
321	0:48:16	SPOONER, Dave		Senior Men	09:39.0	89	325
322	0:48:22	MALONE, Jo		Female Vet 35 - 39	09:40.2	282	326
323	0:48:24	RICHER, Adrian	City of Norwich AC	Male Vet 55 - 59	09:40.6	157	327
324	0:48:27	SNARY, Lisa		Senior Lady 18 - 34	09:41.2	384	328
325	0:48:28	WILLIAMS, Liz	grange farm and dunmow runners	Female Vet 35 - 39	09:41.4	179	329
326	0:48:28	O'BRIEN, NINA		Female Vet 55+	09:41.4	74	330
327	0:48:29	RICHARDSON, ANDY	WOODFORD GREEN AC	Male Vet 50 - 54	09:41.6	121	331
328	0:48:29	RICHERS, Mike		Male Vet 40 - 44	09:41.6	387	332
329	0:48:29	QUENTIN-HICKS, KATE	City of Norwich AC	Senior Lady 18 - 34	09:41.6	54	333
330	0:48:40	ROGERS, Richard		Male Vet 60+	09:43.8	359	334
331	0:48:45	AUSTEN, DAWN		Senior Lady 18 - 34	09:44.8	76	337
332	0:48:45	WEBSTER, Gay		Female Vet 40 - 44	09:44.8	283	338
333	0:48:59	HARRIS, SALLY		Senior Lady 18 - 34	09:47.6	53	339
334	0:49:16	BIRD, Amii		Senior Lady 18 - 34	09:51.0	352	340
335	0:49:19	WRIGHT, Tony		Male Vet 60+	09:51.6	413	341
336	0:49:23	COLMAN, Ivan	Norfolk Gazelles	Male Vet 45 - 49	09:52.4	33	342
337	0:49:26	STEEL, ELAINE		Female Vet 40 - 44	09:53.0	75	343
338	0:49:27	RUSSELL, John		Male Vet 55 - 59	09:53.2	417	344
339	0:49:36	RYMARZ, CHRIS	Norwich Road Runners	Senior Men	09:55.0	328	345
340	0:49:45	ANDREWS, Roger	Great Yarmouth Road Runners	Male Vet 60+	09:56.8	175	346
341	0:49:51	TIPLADY, LOUISE		Senior Lady 18 - 34	09:58.0	22	347
342	0:50:02	SULLIVAN, GENETTE	Norwich Road Runners	Female Vet 40 - 44	10:00.2	27	348
343	0:50:03	TAYLER, Caroline	Norwich Road Runners	Female Vet 50 - 54	10:00.4	227	349
344	0:50:05	THOULESS, Colin	Norwich Road Runners	Male Vet 60+	10:00.8	200	350
345	0:50:41	BOON, Pete		Senior Men	10:08.0	126	351
346	0:50:43	WARD, Lisa	UNATTACHED	Senior Lady 18 - 34	10:08.4	183	352
347	0:50:45	BRAYBROOK, IAIN		Male Vet 45 - 49	10:08.8	29	353
348	0:50:45	PANNELL, Mark		Male Vet 40 - 44	10:08.8	28	354
349	0:50:49	MILLER, Ros		Female Vet 35 - 39	10:09.6	289	355
350	0:51:37	EGMORE, Jenni	Reepham Runners	Female Vet 40 - 44	10:19.2	149	356
351	0:51:50	GOODWIN, Denise	Great Yarmouth & District AC	Female Vet 45 - 49	10:21.8	178	357
352	0:51:55	JACKSON, Yvonne		Female Vet 40 - 44	10:22.8	191	358
353	0:52:42	MITCHELL, Tracey		Senior Lady 18 - 34	10:32.2	134	359
354	0:52:50	HILL, Clare		Female Vet 45 - 49	10:33.8	203	360
355	0:52:52	ANDREW, IRENE		Female Vet 35 - 39	10:34.2	91	361
356	0:52:54	PURLING, REBECCA		Senior Lady 18 - 34	10:34.6	34	362
357	0:52:55	HICKS, Clare		Senior Lady 18 - 34	10:34.8	125	363
358	0:52:56	FINDLAY, Kathy		Senior Lady 18 - 34	10:35.0	137	364
359	0:53:00	BALDWIN, FIONA		Senior Lady 18 - 34	10:35.8	64	365
360	0:53:21	WRIGHT, Keren		Female Vet 40 - 44	10:40.0	333	366
361	0:53:52	FLETCHER, Sue	Norwich Road Runners	Female Vet 55+	10:46.2	347	367
362	0:53:57	LAWRENCE, Sarah		Senior Lady 18 - 34	10:47.2	301	368

Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
363	0:54:31	BURFOOT, ROY	Norfolk Gazelles	Male Vet 55 - 59	10:54.0	154	369
364	0:54:36	HAGGARTY, Elaine	Great Yarmouth & District AC	Female Vet 50 - 54	10:55.0	244	370
365	0:54:37	TAYLOR, LAURA		Senior Lady 18 - 34	10:55.2	120	371
366	0:54:52	WATLING, Melanie		Female Vet 35 - 39	10:58.2	259	372
367	0:54:52	BAUS, Glenis		Female Vet 55+	10:58.2	201	373
368	0:55:04	CHILD, Jennifer	Tri.UK/Gatorade	Female Vet 45 - 49	11:00.6	236	374
369	0:55:06	CURRIE, Darren		Senior Men	11:01.0	61	375
370	0:55:12	BUCK, Sandy		Male Vet 40 - 44	11:02.2	101	376
371	0:55:12	REED, JO		Female Vet 40 - 44	11:02.2	90	377
372	0:55:56	BALL, GILLIAN		Female Vet 55+	11:11.0	55	378
373	0:55:58	SPEAKMAN, James	Dereham Runners	Male Vet 60+	11:11.4	255	379
374	0:56:06	HOWE, ROSS		Senior Men	11:13.0	59	380
375	0:56:21	NISHA, Dave		Senior Lady 18 - 34	11:16.0	117	381
376	0:57:28	SMITH, SUE		Female Vet 40 - 44	11:29.4	35	382
377	0:58:07	MARSHALL, John	Eye Runers	Male Vet 55 - 59	11:37.2	372	383
378	0:58:20	HANLON, Jacqui		Female Vet 40 - 44	11:39.8	169	384
379	0:59:17	GARRETT, Julie	Norwich Road Runners	Female Vet 35 - 39	11:51.2	68	385
380	0:59:23	KERCHER, LOUISE		Senior Lady 18 - 34	11:52.4	14	386
381	1:00:33	BARKER, Sarah		Female Vet 35 - 39	12:06.4	290	387
382	1:00:33	CLAXTON, Mhairi	Norwich Road Runners	Senior Lady 18 - 34	12:06.4	260	388
383	1:01:26	BRIGHTMAN, Pat	Great Yarmouth & District AC	Female Vet 55+	12:17.0	13	389
384	1:03:05	PANNELL, JEMMA LOUISE		Senior Lady 18 - 34	12:36.8	30	390
385	1:04:53	CLARKE, Suzanne		Female Vet 40 - 44	12:58.4	159	391
386	1:09:01	SYKES, Jeremy		Male Vet 45 - 49	13:47.9	222	392
387	1:09:02	GOODING, MAUREEN		Female Vet 55+	13:48.1	215	393
388	1:10:30	DWYER, Norma		Female Vet 55+	14:05.7	225	394
389	1:10:30	DICKINSON, Steve		Male Vet 40 - 44	14:05.7	219	395
390	1:20:26	SAYHI, Pauline		Female Vet 45 - 49	16:04.9	223	396
391	1:22:40	KING, Ro'Anne		Junior Female	16:31.7	216	397
392	1:22:40	KING, Sally		Female Vet 40 - 44	16:31.7	220	398

There were 392 finishers in the All Competitors category.