

KEYS WORSTEAD FESTIVAL 5
KEYS WORSTEAD FESTIVAL 5 2008

Friday 25 July 2008. 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	0:27:07	UTTING, Wayne	Norwich Road Runners	Senior Man	05:25.3	232	1
2	0:27:17	JONES, Steve	North Norfolk Beach Runners	Senior Man	05:27.3	494	2
3	0:27:21	PREWER, Carl	Lowestoft Road Runners	Senior Man	05:28.1	167	3
4	0:27:39	BUNN, ANDREW	Norwich Road Runners	Senior Man	05:31.7	224	4
5	0:28:16	PRESTON, James		Senior Man	05:39.1	279	5
6	0:28:41	MOORE, Richard	Waveney Valley A C	VET MAN 40 - 45	05:44.1	219	6
7	0:28:53	GLAYSHER, Stefan	City of Norwich AC	VET MAN 45-50	05:46.5	276	7
8	0:29:34	COOPER, Phil	Norfolk Gazelles	VET MAN 40 - 45	05:54.7	188	8
9	0:29:37	GARRETT, Mark	Norwich Road Runners	VET MAN 45-50	05:55.3	455	9
10	0:29:58	ATTERWILL, SEAN	Dereham Runners	JUNIOR MAN	05:59.5	174	10
11	0:30:02	BALDWIN, Steve	Norfolk Gazelles	Senior Man	06:00.3	291	11
12	0:30:03	VARLEY, Matthew	Norfolk Gazelles	Senior Man	06:00.5	290	12
13	0:30:25	BALFE, Stephen	City of Norwich AC	Senior Man	06:04.9	227	13
14	0:30:31	HODGE, Nigel	City of Norwich AC	VET MAN 40 - 45	06:06.1	258	14
15	0:30:38	ROPER, Goy	Norwich Road Runners	VET MAN 45-50	06:07.5	231	15
16	0:30:42	SULLIVAN, PAUL	Norwich Road Runners	VET MAN 40 - 45	06:08.3	222	16
17	0:30:53	HAYNES, Mark	Coltishall Jaguars	Senior Man	06:10.5	82	17
18	0:30:59	VIALLS, Tim		VET MAN 45-50	06:11.7	37	18
19	0:31:00	QUANTRILL, Phil	Great Yarmouth Road Runners	Senior Man	06:11.9	173	19
20	0:31:02	BLAKE, Richard	Great Yarmouth Road Runners	VET MAN 55 - 60	06:12.3	168	20
21	0:31:10	MATTHEWS, Eleanor	City of Norwich AC	Senior Lady	06:13.9	481	21
22	0:31:29	PRESTON, Adrian		VET MAN 40 - 45	06:17.7	29	22
23	0:31:33	CHRISTOPHER, John	North Norfolk Beach Runners	VET MAN 40 - 45	06:18.5	257	23
24	0:31:36	WILLIAMS, MICHAEL		Senior Man	06:19.1	268	24
25	0:31:37	LEE, John		VET MAN 50 - 55	06:19.3	87	25
26	0:31:41	EDRIDGE, Darren	Coltishall Jaguars	Senior Man	06:20.1	90	26
27	0:31:45	HURREN, Dale	Norwich Road Runners	VET MAN 50 - 55	06:20.9	92	27
28	0:31:48	EDWARDS, Mark	Norwich Road Runners	VET MAN 40 - 45	06:21.5	454	28
29	0:31:51	GOODRUM, Paul		Senior Man	06:22.1	255	29
30	0:31:57	BATES, STEVE	Coltishall Jaguars	Senior Man	06:23.3	135	30
31	0:32:08	BRIGHTY, Joshua	Norwich Road Runners	JUNIOR MAN	06:25.5	106	31
32	0:32:12	CURL, Tracey	Norwich Road Runners	VET LADY 45 - 50	06:26.3	230	32
33	0:32:18	HENDREY, Neil	City of Norwich AC	Senior Man	06:27.5	17	33
34	0:32:21	MASON, Shawn	Great Yarmouth & District AC	Senior Man	06:28.1	286	34
35	0:32:26	BRIDGES, Doug	Norfolk Gazelles	Senior Man	06:29.1	86	35
36	0:32:28	STEWART, Clive		VET MAN 45-50	06:29.5	16	36
37	0:32:30	READER, Jonathan	Coltishall Jaguars	Senior Man	06:29.9	20	37
38	0:32:30	ALFORD, Nicola	City of Norwich AC	Senior Lady	06:29.9	120	38
39	0:32:33	STURGESS, Ian	Wymondham Athletic Club	VET MAN 50 - 55	06:30.5	162	39
40	0:32:40	LETZER, BENJAMIN	Coltishall Jaguars	Senior Man	06:31.9	484	40
41	0:32:50	YEOMANS, Martin	Norwich Road Runners	VET MAN 55 - 60	06:33.9	139	41
42	0:32:50	BETTS, Mark	Norwich Road Runners	Senior Man	06:33.9	66	42
43	0:32:57	GUY, STEVEN	City of Norwich AC	Senior Man	06:35.3	464	43
44	0:33:00	THOMPSON, Peter	Norfolk Gazelles	VET MAN 50 - 55	06:35.9	440	44
45	0:33:13	BRADLEY, Alan	Norwich Road Runners	VET MAN 45-50	06:38.5	492	45
46	0:33:18	HARTLEY, John		VET MAN 40 - 45	06:39.5	446	46
47	0:33:19	POND, ANDREW	Norwich Road Runners	VET MAN 40 - 45	06:39.7	65	47
48	0:33:22	BLAKE, Dean	Coltishall Jaguars	Senior Man	06:40.3	482	48
49	0:33:26	SAVOURY, Andrew	Norwich Road Runners	VET MAN 40 - 45	06:41.1	468	49
50	0:33:27	FORD, TIM		Senior Man	06:41.3	474	50
51	0:33:35	GOULD, DAVID		Senior Man	06:42.9	200	51
52	0:33:38	FARROW, WILLIAM		Senior Man	06:43.5	143	52
53	0:33:41	BULLEN, Gary		Senior Man	06:44.1	114	53
54	0:33:44	EMMETT, Lynn	City of Norwich AC	VET LADY 35- 40	06:44.7	156	54
55	0:33:46	HARRISON, Paul	Dereham Runners	VET MAN 50 - 55	06:45.1	280	55
56	0:33:46	EKE, Shane		Senior Man	06:45.1	163	56
57	0:33:46	TYLER, STEVEN		Senior Man	06:45.1	113	57

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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>
58	0:33:48	MANN, Elies	Norwich Road Runners	VET LADY 35- 40	06:45.5	273	58
59	0:33:48	BEAUCHAMP, Gary		VET MAN 45-50	06:45.5	142	59
60	0:33:55	WOMACK, Mark	Lowestoft Road Runners	Senior Man	06:46.9	79	60
61	0:33:58	WILSON, Robin	Bungay Black Dog R C	VET MAN 50 - 55	06:47.5	64	61
62	0:34:02	HOWARD, Nigel		VET MAN 50 - 55	06:48.3	161	62
63	0:34:03	FRARY, Matthew		Senior Man	06:48.5	197	63
64	0:34:15	VINCENT, TIM	Reepham Runners	Senior Man	06:50.9	215	64
65	0:34:17	LINES, Rob	Tri Anglia	VET MAN 40 - 45	06:51.3	129	65
66	0:34:22	HILL, Les	Norfolk Gazelles	VET MAN 45-50	06:52.3	59	66
67	0:34:23	ETHERINGTON, Stephen	Great Yarmouth Road Runners	VET MAN 50 - 55	06:52.5	84	67
68	0:34:24	GEORGE, David	Norwich Road Runners	VET MAN 40 - 45	06:52.7	460	68
69	0:34:30	HOWARD, Matt		Senior Man	06:53.9	457	69
70	0:34:35	HARDINGHAM, Kevin	Norfolk Gazelles	VET MAN 50 - 55	06:54.9	28	70
71	0:34:36	HAUGHTON, STEPHEN		Senior Man	06:55.1	267	71
72	0:34:38	BAMFORD, Phil	City of Norwich AC	VET MAN 55 - 60	06:55.5	247	72
73	0:34:43	BROWN, Hugh		Senior Man	06:56.5	49	73
74	0:34:49	ADCOCK, Trevor	Norfolk Gazelles	VET MAN 55 - 60	06:57.7	201	74
75	0:34:50	CHORLEY, CHRIS	Bungay Black Dog R C	VET MAN 45-50	06:57.9	443	75
76	0:34:54	PORTER, Meluyn	Coltishall Jaguars	VET MAN 40 - 45	06:58.7	185	76
77	0:34:55	WRIGHT, Aaron		Senior Man	06:58.9	144	77
78	0:34:59	BOWDEN, Nick	Reepham Runners	VET MAN 50 - 55	06:59.7	34	78
79	0:35:01	BROWN, QuintIn		Senior Man	07:00.1	53	79
80	0:35:03	VOGLER, Clem	Dereham Runners	VET MAN 60+	07:00.5	249	80
81	0:35:09	DOBBIE, STEPHEN		VET MAN 40 - 45	07:01.7	465	81
82	0:35:12	DADY, Stephen		VET MAN 55 - 60	07:02.3	164	82
83	0:35:25	CRUTCHLEY, Ian	Wymondham Athletic Club	VET MAN 40 - 45	07:04.8	119	83
84	0:35:26	PASK, Matthew		VET MAN 40 - 45	07:05.0	150	84
85	0:35:27	BYE, Barry	Ryston Runners	VET MAN 60+	07:05.2	467	85
86	0:35:28	GILBERT, Ashley	Dereham Runners	Senior Man	07:05.4	117	86
87	0:35:29	HASLETT, Jeremy	Reepham Runners	VET MAN 45-50	07:05.6	466	87
88	0:35:34	HARDINGHAM, GRAHAM	Norfolk Gazelles	VET MAN 45-50	07:06.6	55	88
89	0:35:35	BONE, John	Great Yarmouth Road Runners	VET MAN 60+	07:06.8	131	89
90	0:35:40	MORRIS-JONES, Richard		Senior Man	07:07.8	202	90
91	0:35:51	WILLIAMS, DAVID		Senior Man	07:10.0	270	91
92	0:35:52	SMITH, Alexandra	Norwich Road Runners	Senior Lady	07:10.2	97	92
93	0:35:55	CATLEUGH, Hugh	Coltishall Jaguars	Senior Man	07:10.8	146	93
94	0:36:00	COLLINS, GARETH		Senior Man	07:11.8	145	94
95	0:36:04	BURTON, John	City of Norwich AC	VET MAN 55 - 60	07:12.6	124	95
96	0:36:14	BUSHELL, Ian	Norwich Road Runners	VET MAN 45-50	07:14.6	193	96
97	0:36:16	GAINSFORD, Patrick		JUNIOR MAN	07:15.0	13	97
98	0:36:18	BRIGHTY, Keith	Norwich Road Runners	VET MAN 45-50	07:15.4	107	98
99	0:36:27	HIGH, Christopher		Senior Man	07:17.2	226	99
100	0:36:42	BYE, Rod	Coltishall Jaguars	VET MAN 45-50	07:20.2	112	100
101	0:36:45	HOUCHEN, BEN		Senior Man	07:20.8	40	101
102	0:36:48	WHITING, Mark		VET MAN 45-50	07:21.4	32	102
103	0:37:01	FRETWELL, Andrew	Norwich Road Runners	VET MAN 45-50	07:24.0	199	103
104	0:37:08	COPPEN, Gary		Senior Man	07:25.4	9	104
105	0:37:11	BORROW, George		Senior Man	07:26.0	133	105
106	0:37:16	DOUGLASS, GAVIN		VET MAN 40 - 45	07:27.0	269	106
107	0:37:23	COPPEN, Luke		Senior Man	07:28.4	8	107
108	0:37:24	HAWES, Andrew		Senior Man	07:28.6	216	108
109	0:37:27	HATCH, Alison	Norwich Road Runners	VET LADY 40 - 45	07:29.2	192	109
110	0:37:30	PARKER, JASON		Senior Man	07:29.8	208	110
111	0:37:31	FORKES, John	EVAC	VET MAN 60+	07:30.0	178	111
112	0:37:34	GOODWIN, David	Great Yarmouth & Disrict AC	VET MAN 50 - 55	07:30.6	140	112
113	0:37:41	MARSHALL, RAYMOND		VET MAN 45-50	07:32.0	458	113
114	0:37:46	MIDDLETON, Sally	North Norfolk Beach Runners	VET LADY 35- 40	07:33.0	285	114
115	0:37:53	RAYNER, BRUCE	Bungay Black Dog R C	VET MAN 45-50	07:34.4	63	115
116	0:37:56	THOULESS, Gavin	Norwich Road Runners	Senior Man	07:35.0	22	116
117	0:37:58	DURRANT, Jude		VET LADY 35- 40	07:35.4	43	117

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118	0:37:59	VALENTINE, Nigel		Senior Man	07:35.6	46	118
119	0:37:59	SIMPSON, David	Coltishall Jaguars	VET MAN 55 - 60	07:35.6	127	119
120	0:38:03	THOMAS, Neil	Bungay Black Dog R C	VET MAN 40 - 45	07:36.4	24	120
121	0:38:04	BARNES, Graham	Coltishall Jaguars	VET MAN 55 - 60	07:36.6	441	121
122	0:38:09	BEARD, Darren		Senior Man	07:37.6	436	122
123	0:38:13	GILBERT, Steve	Dereham Runners	VET MAN 50 - 55	07:38.4	118	123
124	0:38:18	MARAN, David		VET MAN 45-50	07:39.4	260	124
125	0:38:20	BROOKS, Julia	City of Norwich AC	VET LADY 40 - 45	07:39.8	2	125
126	0:38:45	JECKELL, Colin	Coltishall Jaguars	VET MAN 50 - 55	07:44.8	171	126
127	0:38:50	COX, JULIET	Wymondham Athletic Club	Senior Lady	07:45.8	126	127
128	0:38:51	PEACH, MARK	Great Yarmouth Road Runners	Senior Man	07:46.0	103	128
129	0:38:57	JENKINS, Paul		VET MAN 45-50	07:47.2	444	129
130	0:38:58	YORATH, Ceri		Senior Man	07:47.4	228	130
131	0:39:04	MORGAN, Jo	BITTON ROAD RUNNERS	Senior Lady	07:48.6	25	131
132	0:39:07	CAMPBELL, STUART		Senior Man	07:49.2	30	132
133	0:39:08	TUFTS, Mark	Wymondham Athletic Club	VET MAN 40 - 45	07:49.4	493	133
134	0:39:10	PAMPLIN, Diane		VET LADY 55+	07:49.8	452	134
135	0:39:12	BURTON, Howard	Coltishall Jaguars	VET MAN 40 - 45	07:50.2	254	135
136	0:39:14	BULL, Michelle	Norwich Road Runners	VET LADY 35- 40	07:50.6	451	136
137	0:39:16	MORGAN, Keith		VET MAN 40 - 45	07:51.0	26	137
138	0:39:20	KING, Michael		VET MAN 55 - 60	07:51.8	130	138
139	0:39:23	STEVENSON, Tracey	Norfolk Gazelles	VET LADY 40 - 45	07:52.4	18	139
140	0:39:24	PARKER, ADAM	City of Norwich AC	Senior Man	07:52.6	209	140
141	0:39:26	LAMBERT, John	Ipswich Jaffa	VET MAN 60+	07:53.0	471	141
142	0:39:30	GOWING, Peter	Reepham Runners	VET MAN 40 - 45	07:53.8	166	142
143	0:39:33	CASSON, PETER		VET MAN 40 - 45	07:54.4	463	143
144	0:39:37	RICHARDSON, Andy	WOODFORD GREEN AC	VET MAN 50 - 55	07:55.2	181	144
145	0:39:37	PAMPLIN, John		VET MAN 55 - 60	07:55.2	453	145
146	0:39:48	BRADLEY, Sarah	Norwich Road Runners	VET LADY 45 - 50	07:57.4	491	146
147	0:39:50	MONEY, Marie	City of Norwich AC	Senior Lady	07:57.8	497	147
148	0:39:57	HUTCHEON, David	Coltishall Jaguars	VET MAN 60+	07:59.2	155	148
149	0:39:59	BOREHAM, Jeremy		Senior Man	07:59.6	132	149
150	0:39:59	WARD, BERES	City of Norwich AC	VET LADY 50 - 55	07:59.6	241	150
151	0:40:05	COLEMAN, GRAHAM	Wymondham Athletic Club	VET MAN 45-50	08:00.8	33	151
152	0:40:06	GREENLAND, Eddie	Wymondham Athletic Club	VET MAN 40 - 45	08:01.0	496	152
153	0:40:07	SAUERZAPF, BOBBIE	Bungay Black Dog R C	VET LADY 45 - 50	08:01.2	442	153
154	0:40:11	WOODHOUSE, Gill	Dereham Runners	VET LADY 55+	08:02.0	450	154
155	0:40:20	WITHERS, Bradley		Senior Man	08:03.8	6	155
156	0:40:24	WOOD, Charles	Norwich Road Runners	VET MAN 50 - 55	08:04.6	470	156
157	0:40:28	MCGILL, Hugh	City of Norwich AC	VET MAN 45-50	08:05.4	253	157
158	0:40:32	STAINES, EDWARD	Norwich Road Runners	Senior Man	08:06.2	284	158
159	0:40:37	ELLEN, Anne	Norfolk Gazelles	VET LADY 50 - 55	08:07.2	475	159
160	0:40:38	SMITH, JULIAN		Senior Man	08:07.4	274	160
161	0:40:41	MARKS, David	Norwich Road Runners	VET MAN 40 - 45	08:08.0	109	161
162	0:40:41	FLIGG, Jason		Senior Man	08:08.0	198	162
163	0:40:56	CRANE, Michelle		VET LADY 40 - 45	08:11.0	195	163
164	0:41:04	ARMSTRONG, Jenny		Senior Lady	08:12.6	115	164
165	0:41:06	RENSHAW, Kenneth	Dereham Runners	VET MAN 45-50	08:13.0	81	165
166	0:41:11	HOWES, Ian		Senior Man	08:14.0	287	166
167	0:41:18	LEE, GAVIN	Coltishall Jaguars	Senior Man	08:15.4	239	167
168	0:41:23	COLLYER, LUCY		VET LADY 40 - 45	08:16.4	69	168
169	0:41:28	BYE, Jackie	Coltishall Jaguars	VET LADY 50 - 55	08:17.4	111	169
170	0:41:30	ENGLAND, John	Great Yarmouth & Disrict AC	VET MAN 60+	08:17.8	75	170
171	0:41:35	CURRIE, Ian		VET MAN 40 - 45	08:18.8	60	171
172	0:41:51	BOWERS, DEBBIE	City of Norwich AC	Senior Lady	08:22.0	194	172
173	0:41:52	RUSSELL, Paul	Norwich Road Runners	Senior Man	08:22.2	214	173
174	0:41:53	PIGRAM, BARRY		VET MAN 55 - 60	08:22.4	101	174
175	0:41:56	PAGE, RICK		VET MAN 45-50	08:23.0	177	175
176	0:41:59	ASKHAM, Steve	City of Norwich AC	VET MAN 55 - 60	08:23.6	136	176
177	0:42:00	COLLINS, GRAHAME	City of Norwich AC	VET MAN 50 - 55	08:23.8	189	177

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178	0:42:01	HIGH, RICHARD		Senior Man	08:24.0	175	178
179	0:42:06	ROLPH, Pat		VET LADY 45 - 50	08:25.0	61	179
180	0:42:13	WILLIS, Paul		VET MAN 50 - 55	08:26.4	47	180
181	0:42:16	COLEBY, Jonathan		Senior Man	08:27.0	220	181
182	0:42:22	SMITH, Michael	Wymondham Athletic Club	VET MAN 60+	08:28.2	245	182
183	0:42:22	RUNSBY, Karl		Senior Man	08:28.2	41	183
184	0:42:27	EVANS, David		VET MAN 45-50	08:29.2	500	184
185	0:42:32	HUTCHEON, Brenda	Coltishall Jaguars	VET LADY 55+	08:30.2	154	185
186	0:42:35	CREED, Graham		Senior Man	08:30.8	56	187
187	0:42:39	COLMAN, Ivan	Norwich Road Runners	VET MAN 45-50	08:31.6	187	188
188	0:42:41	WILLIAMS, Eric	Norwich Road Runners	VET MAN 55 - 60	08:32.0	104	189
189	0:42:43	POOLE, Carolyn	Norfolk Gazelles	VET LADY 50 - 55	08:32.4	212	190
190	0:42:52	HOWARD, LISA	Norwich Road Runners	Senior Lady	08:34.2	67	191
191	0:42:54	HARROP, Jackie	Norfolk Gazelles	VET LADY 45 - 50	08:34.6	240	192
192	0:42:54	UGLOW, PAUL		Senior Man	08:34.6	225	193
193	0:42:57	DAYNES, KIRSTY	Wymondham Athletic Club	Senior Lady	08:35.2	186	194
194	0:42:58	SIMMS, KARL		Senior Man	08:35.4	265	195
195	0:43:00	BURNS, Julian		VET MAN 50 - 55	08:35.8	294	196
196	0:43:03	BLAKE, Emma	Coltishall Jaguars	Senior Lady	08:36.4	483	197
197	0:43:04	NICHOLSON, Daniel		Senior Man	08:36.6	438	198
198	0:43:06	GAINSFORD, Ruth		VET LADY 40 - 45	08:37.0	14	199
199	0:43:07	COX, Chris		VET MAN 40 - 45	08:37.2	190	200
200	0:43:09	CHAPMAN, Louise	Norwich Road Runners	VET LADY 35- 40	08:37.6	449	201
201	0:43:22	SIVELL, ROBERT	Dereham Runners	Senior Man	08:40.2	248	202
202	0:43:33	NEALE, Janet	Coltishall Jaguars	VET LADY 45 - 50	08:42.4	477	203
203	0:43:45	WARREN, Peter	City of Norwich AC	VET MAN 50 - 55	08:44.8	486	204
204	0:43:47	DARNELL, Bob		VET MAN 55 - 60	08:45.2	85	205
205	0:43:53	MUGGRIDGE, CAROLINE		VET LADY 35- 40	08:46.4	206	206
206	0:43:56	NEAVE, Philip	Bungay Black Dog R C	VET MAN 55 - 60	08:47.0	180	207
207	0:44:02	NICHOLSON, JOHN		Senior Man	08:48.2	439	208
208	0:44:11	MADDEN, PAUL		VET MAN 45-50	08:50.0	262	209
209	0:44:12	MINNS, PAUL		VET MAN 40 - 45	08:50.2	91	210
210	0:44:19	GADSDEN, Tim		VET MAN 50 - 55	08:51.6	36	211
211	0:44:21	HARDY, CAROL	Norfolk Gazelles	VET LADY 45 - 50	08:52.0	153	212
212	0:44:35	BAUMBACH, Peter		VET MAN 50 - 55	08:54.8	74	213
213	0:44:41	HAWKINS, Christopher		Senior Man	08:56.0	77	214
214	0:44:41	TYRRELL, Steve		VET MAN 45-50	08:56.0	78	215
215	0:44:56	GERRARD, Hayley	Norfolk Gazelles	VET LADY 40 - 45	08:59.0	256	216
216	0:44:56	THORNHILL, David		Senior Man	08:59.0	151	217
217	0:45:03	COLLINS, James		Senior Man	09:00.4	478	218
218	0:45:07	LANGRISH-SMITH, Angella		VET LADY 55+	09:01.2	263	219
219	0:45:10	CARR, Caroline	Wymondham Athletic Club	VET LADY 35- 40	09:01.8	99	220
220	0:45:31	HIGHAM, HANNAH	City of Norwich AC	Senior Lady	09:06.0	283	221
221	0:45:32	MORREY, Alison		VET LADY 45 - 50	09:06.2	134	222
222	0:45:32	CHAPMAN, Heather		VET LADY 40 - 45	09:06.2	128	223
223	0:45:33	ELLIS, Amanda		Senior Lady	09:06.4	271	224
224	0:45:37	HATHAWAY, DAPHNE	Coltishall Jaguars	VET LADY 55+	09:07.2	159	225
225	0:45:42	THETFORD, JONATHAN		Senior Man	09:08.2	259	226
226	0:45:45	BURRAGE, Carolyn	Norfolk Gazelles	VET LADY 50 - 55	09:08.8	246	227
227	0:45:53	BROWN, Cheryl		VET LADY 40 - 45	09:10.4	210	228
228	0:45:56	BATCHELOR, Audrey	Norfolk Gazelles	VET LADY 55+	09:11.0	138	229
229	0:45:57	WALTERS, Mark	City of Norwich AC	Senior Man	09:11.2	4	230
230	0:46:00	BARTON, Fran	City of Norwich AC	VET LADY 45 - 50	09:11.8	485	231
231	0:46:01	WALTERS, KATY	City of Norwich AC	Senior Lady	09:12.0	5	232
232	0:46:08	PERKINS, JENNIFER		VET LADY 40 - 45	09:13.4	211	233
233	0:46:20	SAUNDERS, MARIANNE	Norfolk Gazelles	VET LADY 35- 40	09:15.8	105	234
234	0:46:30	DENTON, KIRSTY		Senior Lady	09:17.8	235	235
235	0:46:35	CRAMP, Stephen		VET MAN 55 - 60	09:18.8	100	236
236	0:46:43	CRANE, Clive		VET MAN 55 - 60	09:20.4	196	237
237	0:46:46	DURANT, Becky	Coltishall Jaguars	VET LADY 55+	09:21.0	182	238

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238	0:46:50	WEST, JOANNE	Coltishall Jaguars	VET LADY 40 - 45	09:21.8	264	239
239	0:46:53	DADY, Sylvia		Senior Lady	09:22.4	165	240
240	0:46:55	HICKS, Clare		Senior Lady	09:22.8	498	241
241	0:47:02	WILCOX, SHIRLEY	Coltishall Jaguars	VET LADY 45 - 50	09:24.2	237	242
242	0:47:05	BALDWIN, Fiona	Coltishall Jaguars	VET LADY 35- 40	09:24.8	54	243
243	0:47:07	MOORE, Lynda	Norwich Road Runners	VET LADY 55+	09:25.2	148	244
244	0:47:19	KNIGHTS, JULIA	Norwich Road Runners	Senior Lady	09:27.6	72	245
245	0:47:22	SMITH, Susan	Norfolk Gazelles	Senior Lady	09:28.2	116	246
246	0:47:23	KEMP, LINDA		Senior Lady	09:28.4	110	247
247	0:47:31	HUGGETT, Adrian		VET MAN 45-50	09:30.0	288	248
248	0:47:42	LATHAM, RICHARD		Senior Man	09:32.2	157	249
249	0:47:49	WARD, TONY		VET MAN 50 - 55	09:33.6	50	250
250	0:47:53	VIALLS, Sharon		VET LADY 40 - 45	09:34.4	38	251
251	0:48:14	HOWARD, GARY		VET MAN 45-50	09:38.6	261	252
252	0:48:16	BROOKER, NICK		VET MAN 45-50	09:39.0	73	253
253	0:48:21	DUNCAN, RICHARD	Norwich Road Runners	VET MAN 40 - 45	09:40.0	437	254
254	0:48:22	FARROW, Linda	Norfolk Gazelles	VET LADY 55+	09:40.2	490	255
255	0:48:23	WITHERS, Emma		Senior Lady	09:40.4	7	256
256	0:48:23	KING, Sally		VET LADY 40 - 45	09:40.4	207	257
257	0:48:31	DAVIES, ANDY		VET MAN 40 - 45	09:42.0	58	258
258	0:48:39	AUSTEN, DAWN		Senior Lady	09:43.6	459	259
259	0:48:40	CURRIE, Darren		Senior Man	09:43.8	15	260
260	0:48:45	DAZELEY, RICHARD		Senior Man	09:44.8	244	261
261	0:48:49	RILEY, DAWN		VET LADY 40 - 45	09:45.6	203	262
262	0:48:50	JACKSON, Yvonne		VET LADY 40 - 45	09:45.8	137	263
263	0:49:04	GARRETT, Julie	Norwich Road Runners	VET LADY 40 - 45	09:48.6	3	264
264	0:49:04	BLOOMFIELD, Christine	Norfolk Gazelles	VET LADY 50 - 55	09:48.6	487	265
265	0:49:11	BECKWITH, LINDA		Senior Lady	09:50.0	217	266
266	0:49:27	MCCARTHY, Patricia	Tri Anglia	VET LADY 35- 40	09:53.2	281	267
267	0:49:32	MORTER, SARAH	Norwich Road Runners	VET LADY 40 - 45	09:54.2	108	268
268	0:49:43	BUSSEY, Alison		VET LADY 35- 40	09:56.4	292	269
269	0:49:46	RUSSELL, John	Norwich Road Runners	VET MAN 60+	09:57.0	213	270
270	0:49:53	ELLIS, BARRY		VET MAN 45-50	09:58.4	121	271
271	0:50:02	RYLES, Sue	Great Yarmouth & District AC	VET LADY 50 - 55	10:00.2	243	272
272	0:50:02	CLARK, Diane	Great Yarmouth & District AC	VET LADY 45 - 50	10:00.2	242	273
273	0:50:07	SHORE, Daniel		Senior Man	10:01.2	125	274
274	0:50:09	RACKHAM, DANIELLE	Norwich Road Runners	Senior Lady	10:01.6	89	275
275	0:50:09	RACKHAM, EMMA	Norwich Road Runners	Senior Lady	10:01.6	88	276
276	0:50:09	DRUAY, Sam		Senior Man	10:01.6	152	277
277	0:50:17	HARTLEY, MARIE		VET LADY 35- 40	10:03.2	445	278
278	0:50:20	STARTKINGS, MARTYN		Senior Man	10:03.8	51	279
279	0:50:22	BIRD, Amii		Senior Lady	10:04.2	495	280
280	0:50:36	GUYTON, TERESA		VET LADY 45 - 50	10:07.0	277	281
281	0:50:39	FLATT, LINDA	Wymondham Athletic Club	VET LADY 55+	10:07.6	251	282
282	0:50:39	POLLEY, JEANETTE	Wymondham Athletic Club	VET LADY 45 - 50	10:07.6	250	283
283	0:50:59	ETHERINGTON, Denise	Great Yarmouth Road Runners	VET LADY 50 - 55	10:11.6	83	284
284	0:51:03	BURNETT, TONY		Senior Man	10:12.4	68	285
285	0:51:07	GOOCH, JACKIE		VET MAN 45-50	10:13.2	158	286
286	0:51:23	SULLIVAN, GENETTE	Norwich Road Runners	VET LADY 40 - 45	10:16.4	223	287
287	0:51:39	ENGLAND, Maureen	Great Yarmouth & District AC	VET LADY 55+	10:19.6	76	288
288	0:51:40	SMITH, STUART		VET MAN 50 - 55	10:19.8	172	289
289	0:51:47	HOLLAND, Martin	Ryston Runners	VET MAN 60+	10:21.2	469	290
290	0:52:07	LEWIS, KIRSTY		Senior Lady	10:25.2	52	291
291	0:52:22	EVANS, Rob	Tri Anglia	Senior Man	10:28.2	282	292
292	0:52:30	HILL, Clare		VET LADY 45 - 50	10:29.8	236	293
293	0:52:38	EGMORE, Jenni	Reepham Runners	VET LADY 40 - 45	10:31.4	35	294
294	0:52:41	RANDALL, Rachel		VET LADY 35- 40	10:32.0	94	295
295	0:52:50	BRAYBROOK, IAIN		VET MAN 45-50	10:33.8	448	296
296	0:52:50	PANNELL, Mark		VET MAN 45-50	10:33.8	447	297
297	0:52:59	RENSHAW, Diane	Dereham Runners	VET LADY 45 - 50	10:35.6	80	298

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298	0:53:10	SMITH, TONY		VET MAN 40 - 45	10:37.8	191	299
299	0:53:13	HAGGARTY, Elaine	Great Yarmouth & Disrict AC	VET LADY 50 - 55	10:38.4	489	300
300	0:54:33	GEE, Marcus		VET MAN 60+	10:54.4	293	301
301	0:54:34	TAYLOR, LAURA		Senior Lady	10:54.6	480	302
302	0:54:34	DAVE, NISHA		Senior Lady	10:54.6	479	303
303	0:54:50	WATERS, KAREN	Bungay Black Dog R C	VET LADY 35- 40	10:57.8	62	304
304	0:55:03	JONES, FREDERICK	Coltishall Jaguars	VET MAN 60+	11:00.4	149	305
305	0:55:25	SHARMAN, Kevin	Lowestoft Road Runners	VET MAN 40 - 45	11:04.8	234	306
306	0:55:25	GOODWIN, Denise	Great Yarmouth & Disrict AC	VET LADY 50 - 55	11:04.8	141	307
307	0:56:40	TYLER, ANDREA		VET LADY 40 - 45	11:19.8	93	308
308	0:56:40	RANDALL, MARK		Senior Man	11:19.8	95	309
309	0:56:52	MOORE, Brian	Norwich Road Runners	VET MAN 55 - 60	11:22.2	147	310
310	0:56:52	CLAXTON, Mhairi	Norwich Road Runners	VET LADY 35- 40	11:22.2	476	311
311	0:56:52	THOULESS, Colin	Norwich Road Runners	VET MAN 60+	11:22.2	21	312
312	0:56:52	BARKER, Sarah	Norwich Road Runners	VET LADY 35- 40	11:22.2	98	313
313	0:56:54	YALLOP, KATRINA		VET LADY 35- 40	11:22.6	473	314
314	0:57:20	WARNER, Ken		VET MAN 55 - 60	11:27.8	96	315
315	0:57:48	READER, Frank		VET MAN 60+	11:33.4	48	316
316	0:59:25	WATSON, Jackie	Reepham Runners	VET LADY 55+	11:52.8	488	317
317	0:59:34	GOWING, Jean	Reepham Runners	VET LADY 55+	11:54.6	462	318
318	1:00:28	DI GORGIO, Kim		VET LADY 40 - 45	12:05.4	23	319
319	1:00:32	KING, Sue	Reepham Runners	VET LADY 50 - 55	12:06.2	71	320
320	1:00:41	LEE, ANNE		VET LADY 55+	12:08.0	238	321
321	1:01:06	BEARD, Claire		Senior Lady	12:13.0	435	322
322	1:01:50	KERCHEK, LOUISE		Senior Lady	12:21.8	31	323
323	1:02:04	SULLIVAN, ERIKA	Norwich Road Runners	JUNIOR LADY	12:24.6	221	324
324	1:03:45	STALLABRASS, SHIRLEY			12:44.8	184	325
325	1:03:45	BIRD, CAROLINE		Senior Lady	12:44.8	183	326
326	1:03:45	FORD, JO		VET LADY 50 - 55	12:44.8	169	327
327	1:03:49	BUCK, Amy		Senior Lady	12:45.6	11	328
328	1:05:40	IVORY, PETER		Senior Man	13:07.8	122	329
329	1:07:47	READER, Jacqui		VET LADY 55+	13:33.2	204	330
330	1:09:20	HANNANT, HAZEL		VET LADY 45 - 50	13:51.7	205	331

There were 330 finishers in the All Competitors category.

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