

WORSTEAD FESTIVAL '5'

Friday 24 July 2009. 7:00 pm

Provisional Results for All Competitors in finish order.

Place	Time	Name	Team	Age Category	Age	Grading	Race	Race
1	0:25:24	HOPKINS, CRAIG	SWANSEA HARRIERS AC	M20	84.44%	538	1	
2	0:25:33	EARL, Nick	UEA Trojans	M24	83.95%	641	2	
3	0:26:40	O'NEILL, James	City of Norwich AC	M29	80.43%	677	3	
4	0:27:38	FAULKNER, Paul	Hallamshire Harriers	M40	80.34%	316	4	
5	0:28:02	DAVISON, Neil	City of Norwich AC	M40	79.19%	565	5	
6	0:28:40	BRIGHTY, Joshua	Norwich Road Runners	M18	74.82%	553	6	
7	0:29:43	BARNARD, Kristin	Wymondham Athletic Club	M34	72.18%	649	7	
8	0:29:48	CUTHBERT, PAUL	Norwich Road Runners	M47	78.45%	557	8	
9	0:29:54	SULLIVAN, PAUL	Norwich Road Runners	M42	75.32%	305	9	
10	0:30:03	CLARKE, Jane	City of Norwich AC	F49	89.46%	494	10	
11	0:30:07	PRESTON, Andrew	Wymondham Athletic Club	M44	75.88%	663	11	
12	0:30:09	MOORE, John	Norfolk Gazelles	M48	78.13%	624	12	
13	0:30:14	WHITE, Richard	Wymondham Athletic Club	M48	77.92%	645	13	
14	0:30:15	BROCK, Dave	Orion Harriers	M49	78.48%	384	14	
15	0:30:16	HURREN, Dale	Norwich Road Runners	M51	79.70%	517	15	
16	0:30:17	GARRETT, Mark	Norwich Road Runners	M46	76.60%	304	16	
17	0:30:26	EDWARDS, Mark	Norwich Road Runners	M43	74.55%	452	17	
18	0:30:31	CHRISTOPHER, John	North Norfolk Beach Runners	M45	75.45%	549	18	
19	0:30:34	ATTERWILL, SEAN	City of Norwich AC	M16	70.17%	340	19	
20	0:30:41	SMITH, Stuart		M31	69.90%	657	20	
21	0:30:46	MORRELL, Toby		M28	69.71%	619	21	
22	0:30:48	FRENCH, Marie	Ryston Runners	F29	77.26%	683	22	
23	0:30:49	GREENLAND, Eddie	Wymondham Athletic Club	M44	74.16%	554	23	
24	0:30:56	BRIDGES, Doug	Norfolk Gazelles	M38	70.77%	414	25	
25	0:31:01	WRIGHT, Aaron	ANGLIA RUSKIN	M25	69.15%	692	26	
26	0:31:07	ROBILLIARD, Colin		M56	80.85%	348	27	
27	0:31:16	HARTLEY, John	Great Yarmouth Road Runners	M43	72.56%	320	28	
28	0:31:17	HILL, Tom		M16	68.56%	673	29	
29	0:31:19	LEVERSEDGE, John	Enfield & Haringey AC	M55	79.63%	412	30	
30	0:31:20	LINDSAY, Ray	Norwich Road Runners	M53	78.27%	449	31	
31	0:31:21	MIESZNER, Jason		M37	69.35%	518	32	
32	0:31:23	RUSSELL, Ben	Norwich Road Runners	M19	68.34%	309	33	
33	0:31:25	RAWLINGS, Edward	pocklington runners	M34	68.27%	578	34	
34	0:31:27	STURGESS, James	Wymondham Athletic Club	M22	68.20%	647	35	
35	0:31:42	HAYNES, Mark	Coltishall Jaguars	M32	67.66%	630	36	
36	0:31:51	LARK, Shaun	Lowestoft Road Runners	M33	67.34%	439	37	
37	0:31:52	PAGE, Maurice	Norwich Road Runners	M47	73.36%	505	38	
38	0:32:00	TURNER, Christopher	City of Norwich AC	M35	67.03%	561	39	
39	0:32:02	EDRIDGE, Darren	Coltishall Jaguars	M40	69.30%	466	40	
40	0:32:20	PARFITT, Dena	North Norfolk Beach Runners	F47	81.67%	637	41	
41	0:32:28	POND, ANDREW	Norwich Road Runners	M44	70.39%	539	42	
42	0:32:30	CHORLEY, CHRIS	Bungay Black Dog R C	M46	71.37%	311	43	
43	0:32:32	BRADLEY, Alan	Norwich Road Runners	M46	71.30%	343	44	
44	0:32:34	ROBSON, Sean	RAF	M41	68.66%	639	45	
45	0:32:37	MANNING, CARL	Ryston Runners	M49	72.79%	481	46	
46	0:32:47	LARTER, Christian		M18	65.42%	432	47	
47	0:32:49	EMMETT, Lynn	City of Norwich AC	F40	75.82%	654	48	
48	0:32:51	HAINES, Kieron	Norwich Road Runners	M54	75.27%	397	49	
49	0:32:51	HILL, MELVIN	Norwich Road Runners	M46	70.61%	361	50	
50	0:32:52	THOMPSON, Peter	Norfolk Gazelles	M53	74.61%	299	51	
51	0:32:53	EDWARDS, Penny	Norwich Road Runners	F54	85.72%	419	52	
52	0:32:54	KELF, Jason	Norfolk Gazelles	M41	67.96%	477	53	
53	0:32:54	HARRISON, Paul	Dereham Runners	M52	73.92%	636	54	
54	0:32:54	BROWNING, Colin	Norwich Road Runners	M44	69.46%	527	55	
55	0:32:58	DAVIES, Paul	Norwich Road Runners	M41	67.83%	368	56	
56	0:33:00	FRARY, Matthew	Norwich Road Runners	M36	65.42%	410	57	
57	0:33:03	DADY, Stephen	Great Yarmouth Road Runners	M57	76.81%	471	58	

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Provisional Results for All Competitors in finish order.

<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Team</u>	<u>Age Category</u>	<u>Age Grading</u>	<u>Race</u>	<u>Race</u>
58	0:33:04	HOWARD, Matt	Norwich Road Runners	M33	64.86%	367	59
59	0:33:04	MCNALLY, David	Wimbledon Windmilers	M47	70.70%	646	60
60	0:33:05	PASK, Matthew	Norwich Road Runners	M42	68.08%	586	61
61	0:33:12	BARNARD, Stuart	Wymondham Athletic Club	M33	64.60%	648	62
62	0:33:19	DAVIES, STEVEN		M26	64.38%	697	63
63	0:33:27	BROWN, Hugh		M39	65.90%	503	64
64	0:33:32	WOMACK, Mark	Lowestoft Road Runners	M39	65.74%	411	65
65	0:33:48	BURTON, Edward	Wymondham Athletic Club	M44	67.61%	396	66
66	0:33:57	BOWDEN, Nick	Reepham Runners	M53	72.23%	430	67
67	0:34:02	PHILO, Mark	Tri Anglia	M41	65.70%	634	68
68	0:34:07	BAMFORD, Adam		M20	62.87%	579	69
69	0:34:20	TURNER, Darwin	Norwich Road Runners	M32	62.47%	627	70
70	0:34:22	MERRYWEST, Mark	Norwich Road Runners	M31	62.41%	543	71
71	0:34:26	BOWMAN, Ken	Coltishall Jaguars	M61	76.51%	310	72
72	0:34:27	BURTON, Howard	Coltishall Jaguars	M41	64.91%	315	73
73	0:34:27	BRIGHTY, Keith	Norwich Road Runners	M46	67.33%	552	74
74	0:34:33	LAKE, Todd	Dereham Runners	M45	66.64%	674	75
75	0:34:33	BUSHELL, Alan	Coltishall Jaguars	M38	63.36%	653	76
76	0:34:37	GEORGE, David	Norwich Road Runners	M43	65.54%	360	77
77	0:34:39	LAWERENCE, Carl		M15	61.90%	324	78
78	0:34:41	SMITH, Alexandra	Norwich Road Runners	F34	68.61%	437	79
79	0:34:46	BAMFORD, Phil	City of Norwich AC	M56	72.36%	580	80
80	0:34:47	BRADBURY, Annie	Ryston Runners	F47	75.92%	621	81
81	0:34:50	JAY, Adrian	Coltishall Jaguars	M39	63.29%	453	82
82	0:34:53	WARMAN, CHRISTOPHER		M28	61.49%	489	83
83	0:34:55	ARMES, Michael	Norwich Road Runners	M44	65.45%	389	84
84	0:34:57	BRANNAN, Terry	Wymondham Athletic Club	M66	79.34%	564	85
85	0:35:00	CLARK, MARIE	Norwich Road Runners	F36	68.85%	464	86
86	0:35:03	HAYLETT, Robert		M23	61.19%	371	87
87	0:35:15	YEOMANS, Martin	Norwich Road Runners	M58	72.66%	331	88
88	0:35:22	TUFTS, Mark	Wymondham Athletic Club	M41	63.22%	417	89
89	0:35:34	HARE, Mitchell		M22	60.30%	598	90
90	0:35:38	SLOWTHER, Denver		M36	60.59%	684	91
91	0:35:40	COLEBY, Jonathan		M36	60.53%	510	92
92	0:35:41	MCCABE, DEREK	City of Norwich AC	M43	63.58%	482	93
93	0:35:45	WALWYN, Stephen		M20	60.00%	448	94
94	0:35:51	COLLYER, Richard	Coltishall Jaguars	M41	62.37%	467	95
95	0:36:02	BYE, Barry	Ryston Runners	M61	73.11%	327	96
96	0:36:08	NORMAN, Phil		M33	59.36%	622	97
97	0:36:10	CRUTCHLEY, Ian	Wymondham Athletic Club	M44	63.19%	606	98
98	0:36:12	HAMMOND, Andrew		M53	67.74%	628	99
99	0:36:16	ROBERTSON, Alan		M53	67.62%	640	100
100	0:36:20	BEE, Glen		M47	64.34%	495	101
101	0:36:26	MILLETT, Tony	Norwich Road Runners	M56	69.05%	347	102
102	0:36:27	FRETWELL, Andrew	Norwich Road Runners	M49	65.13%	484	103
103	0:36:28	GOWING, Peter	Reepham Runners	M41	61.32%	504	104
104	0:36:28	JAMES, MARTIN		M46	63.61%	672	105
105	0:36:29	WHITING, Mark		M49	65.08%	438	106
106	0:36:30	ALLISON, Sandra		F45	71.08%	307	107
107	0:36:31	ADAMS, Matthew		M30	58.74%	405	108
108	0:36:33	THOULESS, Gavin	Norwich Road Runners	M40	60.74%	314	109
109	0:36:34	BULL, Michelle	Norwich Road Runners	F39	67.49%	486	110
110	0:36:36	BALDWIN, Steve	Norfolk Gazelles	M27	58.60%	659	111
111	0:36:39	COOPER, Phil	Norfolk Gazelles	M45	62.82%	530	112
112	0:36:43	GREENFIELD, Simon		M44	62.24%	680	113
113	0:36:43	BYE, Rod	Coltishall Jaguars	M48	64.16%	583	114
114	0:36:54	ELFLET, Mark	Lowestoft Road Runners	M46	62.86%	413	115
115	0:36:57	BASSETT, Stephen	Ryston Runners	M37	58.84%	440	116
116	0:36:59	SIMPSON, David	Coltishall Jaguars	M56	68.03%	590	117
117	0:37:02	DAVIES, Thomas		M17	57.92%	567	118

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118	0:37:03	MCKINNA, Simon		M37	58.68%	386	119
119	0:37:04	ADAMS, Neil		M32	57.86%	626	120
120	0:37:07	ELLIS, Matt	City of Norwich AC	M37	58.57%	592	121
121	0:37:08	HIGH, Richard	Norwich Road Runners	M38	58.95%	629	122
122	0:37:08	BARCLAY, David	Norfolk Gazelles	M48	63.44%	383	123
123	0:37:09	COLEMAN, GRAHAM	Wymondham Athletic Club	M47	62.93%	493	124
124	0:37:10	COOKE, SUE	City of Norwich AC	F47	71.05%	387	125
125	0:37:11	LOVE, Michael		M47	62.87%	566	126
126	0:37:13	TURNER, Graeme		M22	57.63%	372	127
127	0:37:16	JONAS, Billy		M53	65.81%	644	128
128	0:37:17	CUDE, Anthony		M33	57.53%	682	129
129	0:37:17	COLLYER, LUCY	North Norfolk Beach Runners	F42	67.85%	407	130
130	0:37:18	TIMM, Michael		M23	57.50%	378	131
131	0:37:18	SMITH, JULIAN		M40	59.52%	563	132
132	0:37:21	GAY, Christopher	Great Yarmouth & District AC	M46	62.11%	473	133
133	0:37:23	MORGAN, Jo	BITTON ROAD RUNNERS	F35	63.95%	498	134
134	0:37:25	SALMON, David	Norwich Road Runners	M51	64.47%	394	135
135	0:37:27	BRADLEY, Sarah	Norwich Road Runners	F46	69.89%	344	136
136	0:37:28	BAGNALL, Martin	Coltishall Jaguars	M46	61.91%	328	137
137	0:37:37	COX, RUSSELL	Wymondham Athletic Club	M43	60.31%	421	138
138	0:37:39	GROVE, Paul	Coltishall Jaguars	M45	61.15%	698	139
139	0:37:42	STEVENSON, Tracey	Norfolk Gazelles	F41	66.54%	382	140
140	0:37:44	LAWRECOLNCE, Jeremy	Coltishall Jaguars	M51	63.93%	670	141
141	0:37:45	FLETCHER, RICHARD		M26	56.82%	488	142
142	0:37:47	RUNSBY, Karl		M26	56.77%	377	143
143	0:37:47	MILLET, Anne	Norwich Road Runners	F53	73.88%	346	144
144	0:37:49	ROBINS, Lesley	Ryston Runners	F37	64.23%	441	145
145	0:37:50	DURRANT, Jude		F40	65.76%	301	146
146	0:37:55	PAMPLIN, Diane		F59	78.27%	333	147
147	0:37:57	WATINSON-POWELL, Anna		M19	56.52%	620	148
148	0:37:58	HITCHENS, Julian		M22	56.49%	353	149
149	0:38:00	BRIDGES, Glenn		M35	56.44%	551	150
150	0:38:03	PAGE, RICK		M47	61.44%	609	151
151	0:38:03	HANNANT, Emily	Coltishall Jaguars	F20	62.54%	607	152
152	0:38:03	COX, JULIET	Wymondham Athletic Club	F34	62.54%	420	153
153	0:38:06	JAMES, Matthew		M19	56.29%	671	154
154	0:38:07	THOMAS, Neil	Bungay Black Dog R C	M41	58.66%	416	155
155	0:38:15	MCNNAMARA, Andrew	Great Yarmouth & District AC	M26	56.07%	664	156
156	0:38:18	WARD, BERES	City of Norwich AC	F53	72.89%	572	157
157	0:38:22	CRANE, Michelle		F43	66.49%	528	158
158	0:38:23	FORKES, John	EVAC	M63	70.01%	610	159
159	0:38:24	LAIDLAW, Fergus		M26	55.86%	575	160
160	0:38:26	LAMBERT, John	Ipswich Jaffa	M64	70.63%	595	161
161	0:38:38	FRADLEY-WILDE, Rob		M60	67.52%	556	162
162	0:38:46	ADCOCK, MATTHEW		M27	55.33%	691	163
163	0:38:52	CORDIE, Ian		M41	57.53%	462	164
164	0:38:56	MORGAN, Keith		M45	59.14%	499	165
165	0:38:57	BAIRD, Stuart		M36	55.43%	401	166
166	0:38:58	CUSHING, Sally	Norwich Road Runners	F44	66.01%	363	167
167	0:39:01	SAUERZAPF, BOBBIE	Bungay Black Dog R C	F50	69.53%	312	168
168	0:39:02	COPPEN, Luke		M29	54.95%	678	169
169	0:39:03	REYNOLDS, Mark		M24	54.93%	362	170
170	0:39:04	WOODHOUSE, Paul		M46	59.38%	455	171
171	0:39:10	JAY, Sarah	Coltishall Jaguars	F43	65.13%	454	172
172	0:39:11	HARDS, Amanda		F42	64.56%	380	173
173	0:39:11	BYE, Mark		M19	54.74%	584	174
174	0:39:15	SOUTHWELL, CHRIS	North Norfolk Beach Runners	M61	67.12%	317	175
175	0:39:19	KINCH, Brenda	North Norfolk Beach Runners	F64	79.90%	596	176
176	0:39:22	PAMPLIN, John		M59	65.66%	332	177
177	0:39:22	SIVELL, ROBERT	Dereham Runners	M28	54.48%	525	178

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178	0:39:31	WATERS, Gemma		F29	60.22%	364	179
179	0:39:33	HAYNES, Alison	Coltishall Jaguars	F30	60.17%	631	180
180	0:39:34	COUPLAND, Ross		M24	54.21%	366	181
181	0:39:35	HILL, Leslie	Norfolk Gazelles	M47	59.06%	675	182
182	0:39:37	COOPER, Lucy	Norfolk Gazelles	F42	63.85%	542	183
183	0:39:38	ENGLAND, John	Great Yarmouth & Disrict AC	M61	66.47%	511	184
184	0:39:40	HARDS, Nick		M47	58.93%	381	185
185	0:39:40	COOPER, SONYA		F37	61.23%	532	186
186	0:39:44	CONQUEST, Philip		M53	61.72%	687	187
187	0:39:53	POTTER, Judy	Bungay Black Dog R C	F64	78.77%	608	188
188	0:39:56	BARTRAM, Dennis	Wymondham Athletic Club	M59	64.72%	457	189
189	0:40:01	LEE, GAVIN	Coltishall Jaguars	M32	53.60%	679	190
190	0:40:07	FEE, Brenda	Shaftesbury Barnet	F62	76.50%	487	191
191	0:40:08	WOOD, Charles	Norwich Road Runners	M51	60.11%	379	192
192	0:40:10	HORREX, Trevor	Norwich Road Runners	M49	59.11%	423	193
193	0:40:18	ARMSTRONG, Darren		M35	53.22%	605	194
194	0:40:21	PANNELL, Mark		M46	57.49%	308	195
195	0:40:28	MANLY, Veronica	Diss AC	F61	74.97%	468	196
196	0:40:28	EDWARDS, Johnathon	Coltishall Jaguars	M46	57.32%	354	197
197	0:40:33	CLARK, Neil	Norwich Road Runners	M37	53.61%	463	198
198	0:40:34	COPLAND, Rebecca	Norwich Road Runners	F21	58.66%	350	199
199	0:40:36	COPLAND, Jill	Norwich Road Runners	F50	66.82%	351	200
200	0:40:37	HOPKINS, MARY	Coltishall Jaguars	F48	65.60%	485	201
201	0:40:38	WILLIS, Paul		M52	59.85%	699	202
202	0:40:38	HEALD, CLAIRE		F38	60.25%	521	203
203	0:40:40	BYE, Jackie	Coltishall Jaguars	F51	67.34%	582	204
204	0:40:49	BEATTIE, Bob	Norwich Road Runners	M62	65.18%	558	205
205	0:40:51	KELF, John	Norfolk Gazelles	M41	54.74%	476	206
206	0:40:55	BATES, Angus		M37	53.13%	577	207
207	0:41:10	JECKELL, Andrew		M22	52.10%	623	208
208	0:41:11	BIRD, Diane		F46	63.55%	433	209
209	0:41:11	HICK, Nigel		M23	52.08%	392	210
210	0:41:15	NISBET, Simon		M37	52.70%	402	211
211	0:41:20	EVANS, David		M47	56.56%	422	212
212	0:41:21	WALWYN, Peter		M68	68.59%	447	213
213	0:41:22	BURRAGE, Andrew	Norfolk Gazelles	M55	60.28%	513	214
214	0:41:23	DAWSON, Nicholas		M54	59.75%	593	215
215	0:41:23	RUSSELL, Paul		M34	51.83%	509	216
216	0:41:25	HOWARD, LISA	Norwich Road Runners	F33	57.46%	369	217
217	0:41:25	TOWNSEND, Tom		M31	51.79%	656	218
218	0:41:28	HIGGINS, Janet	City of Norwich AC	F51	66.04%	418	219
219	0:41:30	SINCLAIR, Jeremy		M56	60.62%	409	220
220	0:41:33	COLMAN, Ivan	Norwich Road Runners	M47	56.26%	400	221
221	0:41:36	NEALE, Janet	Coltishall Jaguars	F50	65.21%	336	222
222	0:41:44	STARKINGS, Mark		M42	53.97%	546	223
223	0:41:51	CLOVER, Nicola		F40	59.45%	547	224
224	0:41:53	WILLIAMS, Eric	Norwich Road Runners	M59	61.71%	385	225
225	0:41:55	DILREW, Julie		F48	63.56%	492	226
226	0:41:58	WEST, JOANNE	Coltishall Jaguars	F45	61.82%	520	227
227	0:41:58	BURNS, Julian		M53	58.44%	431	228
228	0:41:59	MILLARD, Ray		M62	63.37%	616	229
229	0:42:00	CRANE, Clive		M57	60.44%	529	230
230	0:42:00	ROLPH, Pat		M49	56.53%	337	231
231	0:42:03	HOLLISTER, Heather	Tri Anglia	F58	69.83%	660	232
232	0:42:04	BRIERLEY, WENDY		F37	57.74%	638	233
233	0:42:08	POINTER, Stephen		M23	50.91%	370	234
234	0:42:08	THETFORD, JONATHAN		M37	51.60%	345	235
235	0:42:11	BARKER, Faye	Lowestoft Road Runners	F30	56.41%	591	236
236	0:42:15	FRASER, Susan	Great Yarmouth & Disrict AC	F50	64.21%	326	237
237	0:42:18	WOLFE, Maureen		F50	64.13%	500	238

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Place	Time	Name	Team	Age Category	Age Grading	Race	Race
238	0:42:21	CRISP, Basil	Norfolk Gazelles	M58	60.48%	339	239
239	0:42:22	HUTCHEON, Brenda	Coltishall Jaguars	F61	71.61%	458	240
240	0:42:24	HARDY, Carol	Norfolk Gazelles	F48	62.84%	587	241
241	0:42:26	BATCHELOR, Audrey	Norfolk Gazelles	F56	67.77%	359	242
242	0:42:28	NIGHTINGALE, Laura		F21	56.04%	562	243
243	0:42:30	SMITH, Susan	Norwich Road Runners	F35	56.25%	334	244
244	0:42:33	COX, Robert		M47	54.94%	459	245
245	0:42:39	WOODHOUSE, Libby		F44	60.31%	456	246
246	0:42:39	COCKERTON, Neil		M33	50.29%	658	247
247	0:42:44	GIBBONS, Marta	Tri Anglia	F30	55.69%	667	248
248	0:42:56	FREEZER, David		M22	49.96%	537	249
249	0:43:04	NICHOLSON, Daniel		M33	49.80%	373	250
250	0:43:14	GAINSFORD, Ruth		F44	59.50%	403	251
251	0:43:19	COX, Chris		M44	52.76%	524	252
252	0:43:27	DICKINSON, Steve		M44	52.60%	560	253
253	0:43:29	DADY, Sylvia	Great Yarmouth Road Runners	F29	54.73%	470	254
254	0:43:30	BROWN, Cheryl		F42	58.15%	540	255
255	0:43:43	MOXON, Jon		M33	49.06%	635	256
256	0:43:43	BRITT, Tony		M53	56.10%	330	257
257	0:43:51	DAVIES, ANDY		M45	52.50%	568	258
258	0:44:00	HURREN, Teresa		F42	57.49%	576	259
259	0:44:22	KEENAN, Joanne		F33	53.64%	589	260
260	0:44:23	LITTLEWOOD, Olga		F31	53.62%	574	261
261	0:44:27	STARKINGS, Andy		M38	49.25%	545	262
262	0:44:27	MCCABE, KATE		F36	54.21%	483	263
263	0:44:27	LATHAM, RICHARD	Coltishall Jaguars	M21	48.25%	535	264
264	0:44:30	MOORE, Brian	Norwich Road Runners	M59	58.08%	322	265
265	0:44:32	NEWMAN, Margaret		F38	54.97%	461	266
266	0:44:33	GIBBONS, Nick		M40	49.83%	668	267
267	0:44:33	BARTRUM, Jenny		F55	63.89%	460	268
268	0:44:39	RUSSELL, Andrew		M47	52.36%	685	269
269	0:44:39	MOORE, Lynda	Norwich Road Runners	F56	64.40%	321	270
270	0:44:50	FIDDY, Rachel	Norwich Road Runners	F30	53.08%	603	271
271	0:44:52	MORREY, Alison		F46	58.34%	669	272
272	0:44:54	BARTRUM, Ian		M60	58.10%	618	273
273	0:44:56	SINCLAIR, Anne		F52	61.52%	408	274
274	0:44:57	BAKER, STEPHEN		M53	54.56%	696	275
275	0:44:58	RYMARZ, CHRIS	Norwich Road Runners	M34	47.70%	342	276
276	0:45:04	NEAL, Dee	Coltishall Jaguars	F50	60.20%	555	277
277	0:45:04	LINDSEY, ALISON	Norwich Road Runners	M43	50.34%	335	278
278	0:45:05	NEAVE, Philip	Bungay Black Dog R C	M68	62.91%	341	279
279	0:45:06	LUBBOCK, Kim	Norfolk Gazelles	F44	57.04%	424	280
280	0:45:08	SAUNDERS, Marianne	Norfolk Gazelles	F40	55.13%	450	281
281	0:45:14	BRAAT, Lisa	Lowestoft Road Runners	F33	52.61%	526	282
282	0:45:18	O'CONNELL, Pat		F51	60.45%	388	283
283	0:45:23	GOOCH, JACKIE	Coltishall Jaguars	F46	57.67%	536	284
284	0:45:28	CLEMENTS, ?		M50	52.62%	597	285
285	0:45:38	PERKINS, JENNIFER		F44	56.37%	541	286
286	0:45:44	ADAMS, Yvonne		F43	55.78%	686	287
287	0:45:45	LONDON, Julie	Norfolk Gazelles	F42	55.29%	425	288
288	0:45:45	ACKLAND, Sacha	ETON MANOR	F34	52.01%	515	289
289	0:45:46	BARRETT, Nicola		F31	52.00%	398	290
290	0:45:47	WILCOCK, Shirley	Coltishall Jaguars	F48	58.19%	519	291
291	0:45:50	ATKINSON, Claire		F31	51.92%	571	292
292	0:45:50	KNIGHTS, JULIA	Norwich Road Runners	F33	51.92%	436	293
293	0:46:03	KEAN-COCKBURN, Peter	Coltishall Jaguars	M50	51.96%	615	294
294	0:46:04	WATERS, KAREN	Bungay Black Dog R C	F40	54.01%	651	295
295	0:46:05	RAYNER, BRUCE	Bungay Black Dog R C	M50	51.92%	650	296
296	0:46:08	FARROW, Linda	City of Norwich AC	F62	66.52%	523	297
297	0:46:10	CUSHION, Mark		M45	49.87%	611	298

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298	0:46:14	BAMBACH, Peter		M55	53.94%	581	299
299	0:46:15	HOLLAND, Martin	Ryston Runners	M70	62.74%	435	300
300	0:46:24	HAWES, Suzanne		F24	51.29%	391	301
301	0:46:26	JUDSON, Patricia		F53	60.12%	469	302
302	0:46:29	HARTLEY, MARIE		F40	53.52%	319	303
303	0:46:38	THORNHILL, David		M34	45.99%	588	304
304	0:46:48	BOON, Pete		M41	47.78%	491	305
305	0:46:48	CASSON, PETER		M41	47.78%	444	306
306	0:47:04	WALWYN, Rosamund		F56	61.09%	446	307
307	0:47:11	BELSON, Janine		F30	50.43%	602	308
308	0:47:12	CUSHWAY, DAVID		M31	45.44%	601	309
309	0:47:22	TURNER, Sonya		F38	51.68%	338	310
310	0:47:37	ROGERS, Rosemary	Norfolk Gazelles	F49	56.46%	415	311
311	0:47:41	BIRD, Amii		F23	49.91%	434	312
312	0:47:44	RUSSELL, John		M60	54.65%	508	313
313	0:47:47	NICHOLSON, JOHN		M34	44.89%	374	314
314	0:47:47	HUGGETT, Sonya		F32	49.80%	642	315
315	0:47:48	HUGGETT, Adrian		M49	49.67%	643	316
316	0:47:53	WILKINSON, Barry		M62	55.56%	573	317
317	0:48:08	DAVIES, RUTH		F43	53.00%	569	318
318	0:48:08	WILSON, Philly	wreake runners	F67	67.78%	349	319
319	0:48:40	HALL, Shan		M32	44.07%	356	320
320	0:48:45	JACKSON, Yvonne		F42	51.89%	625	321
321	0:48:54	PALMER, Andrew		M44	46.73%	442	322
322	0:49:00	CARROLL, Leigh		M32	43.77%	600	323
323	0:49:11	WEST, Victoria		F21	48.38%	358	324
324	0:49:13	RYLES, Sue	Great Yarmouth & Disrict AC	F55	57.83%	694	325
325	0:49:16	BETTINSON, Jennifer		F32	48.30%	522	326
326	0:49:16	SMITH, STUART		M51	48.96%	507	327
327	0:49:36	JEFFERIES, Michael		M24	43.24%	665	328
328	0:49:37	BAGNALL, Kathryn		F47	53.22%	666	329
329	0:49:40	HARE, Peter		M51	48.57%	599	330
330	0:49:58	CLEGG, Dawn	Great Yarmouth & Disrict AC	F52	55.33%	329	331
331	0:50:11	FENECH, Charles		M63	53.55%	570	332
332	0:50:28	CLARK, Diane	Great Yarmouth & Disrict AC	F50	53.75%	490	333
333	0:50:40	HITCHENS, Rebecca		F56	56.75%	352	334
334	0:51:05	KING, Sally		F45	50.79%	559	335
335	0:51:07	DAZELEY, RICHARD		M37	42.53%	689	336
336	0:51:12	GOODING, Maureen		F60	58.58%	480	337
337	0:51:17	DUNCAN, RICHARD	Norwich Road Runners	M45	44.89%	506	338
338	0:51:17	GRIFFITHS, Carla	Reepham Runners	F36	46.99%	585	339
339	0:51:17	CRAMP, Stephen		M59	50.40%	472	340
340	0:51:23	LANSDOWNE, Brendon		M33	41.74%	406	341
341	0:51:44	WEST, Elizabeth		F21	46.00%	357	342
342	0:51:47	FROST, Tracey		F43	49.26%	295	343
343	0:51:47	MASON, Vicky		F37	46.90%	298	344
344	0:52:11	ENGLAND, Maureen	Great Yarmouth & Disrict AC	F65	60.93%	512	345
345	0:52:21	THOULESS, Colin	Norwich Road Runners	M72	56.87%	313	346
346	0:52:26	EGMORE, Jenni	Reepham Runners	F42	48.24%	429	347
347	0:52:45	SULLIVAN, Genette	Norwich Road Runners	F43	48.36%	306	348
348	0:52:46	BEESON, Clive		M42	42.68%	445	349
349	0:52:47	BAILEY, Colin		M39	41.77%	296	350
350	0:53:01	FALGATE, Sharon		F38	46.17%	375	351
351	0:53:19	HART, Carol		F42	47.44%	300	352
352	0:53:25	BAKER, Lisa		F47	49.44%	695	353
353	0:53:33	HAGGARTY, Elaine	Great Yarmouth & Disrict AC	F53	52.13%	474	354
354	0:53:34	GOFF, James		M35	40.04%	614	355
355	0:53:34	COLE, Kieron		M37	40.58%	613	356
356	0:53:53	LINDSAY, JULIE	BLACK WIDDOW	F46	48.57%	478	357
357	0:53:53	HINDLE, DEBBIE	BLACK WIDDOW	F50	50.35%	479	358

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358	0:53:58	BOND, Trish		F58	54.41%	594	359
359	0:53:58	CLEMENTS, Margaret		M58	47.46%	612	360
360	0:54:18	GOODWIN, Denise	Great Yarmouth & District AC	F51	50.43%	662	361
361	0:54:21	GOWING, Geoff	Reepham Runners	M67	51.59%	399	362
362	0:54:33	LEE, Susan	Norwich Road Runners	F46	47.98%	323	363
363	0:54:41	HUNTER, Sarah		F45	47.45%	690	364
364	0:55:09	BOREHAM, Annette		F36	43.69%	632	366
365	0:55:14	LYTH, Kim		F20	43.08%	393	367
366	0:55:14	ARMSTRONG, Jenny	North Norfolk Beach Runners	F35	43.28%	604	368
367	0:58:50	GARRETT, Julie	Norwich Road Runners	F41	42.64%	297	369
368	0:59:07	READER, Frank		M63	45.46%	502	370
369	1:00:35	MILLER, Louis		M79	54.37%	652	371
370	1:00:59	HALL, Catherine		F30	39.02%	355	372
371	1:02:10	PANNELL, Amy		F21	38.28%	303	373
372	1:02:44	BRIGHTMAN, Pat	Great Yarmouth & District AC	F57	46.32%	501	374

There were 372 finishers in the All Competitors category.