

WORSTEAD FESTIVAL'5'Results for All Competitors in finish order.

Friday 29 July 2011. 7:00 pm

Place	Time	Name	Club	Cat	Grad	Posn
1	0:25:07	HUNTINGTON, Stuart	City of Norwich AC	M22	0.8539	1
2	0:25:29	SALMON, Tommy	Notts AC	M32	0.8417	2
3	0:25:43	RUSSELL, Ben	Norwich Road Runners	M21	0.834	3
4	0:26:12	PRESTON, James	Wymondham Athletic Club	M22	0.8186	4
5	0:27:02	MERRYLEES, Chris	North Norfolk Beach Runners	M33	0.7934	5
6	0:27:21	LINOLN, Wayne	City of Norwich AC	M44	0.8356	6
7	0:27:41	HIGHAM, Paul	Norwich Road Runners	M28	0.7748	7
8	0:27:49	CHEVERTON, Robert	City of Norwich AC	M54	0.8889	8
9	0:28:11	SHARMAN, Kevin	Lowestoft Road Runners	M43	0.805	9
10	0:28:20	KETT, Robert	Norwich Road Runners	M36	0.762	10
11	0:28:35	WHALL, Paul	Lowestoft Road Runners	M18	0.7504	11
12	0:29:15	BATES, Steve	Coltishall Jaguars	M39	0.7537	12
13	0:29:27	GARRETT, Mark	Norwich Road Runners	M48	0.7999	13
14	0:29:44	BATTRICK, JOHN		M20	0.7214	14
15	0:29:47	HAYNES, Mark	Coltishall Jaguars	M34	0.7201	15
16	0:29:52	MOORE, John	Norfolk Gazelles	M51	0.8077	16
17	0:29:57	BENSLEY, NICHOLAS	Ryston Runners	M41	0.7466	17
18	0:30:00	WRIGHT, Aaron		M27	0.7149	18
19	0:30:03	BRIGHTY, Joshua	Norwich Road Runners	M20	0.7138	19
20	0:30:05	SCOTT, CHRIS	Lowestoft Road Runners	M35	0.713	20
21	0:30:09	FRENCH, Marie	Ryston Runners	F31	0.7893	21
22	0:30:11	LETZER, BENJAMIN	Coltishall Jaguars	M33	0.7106	22
23	0:30:13	MEADOWS, Jonathan	Lowestoft Road Runners	M34	0.7098	23
24	0:30:18	FINDLAY, BEN		M36	0.7125	24
25	0:30:30	WHITE, Richard	Wymondham Athletic Club	M50	0.7845	25
26	0:30:32	BROCK, Dave	Orion Harriers	M51	0.7901	26
27	0:30:36	CLUES, Mark	Tri Anglia	M43	0.7414	27
28	0:30:43	MICHAEL, Desmond	BARNET & DISTRICT AC	M61	0.8576	28
29	0:30:45	SMITH, Paul	Norwich Road Runners	M36	0.7021	29
30	0:30:59	PRESTON, Andrew	Wymondham Athletic Club	M46	0.7487	30
31	0:30:59	MULLIGAN, ANDREW	Coltishall Jaguars	M20	0.6923	31
32	0:31:00	KNOWLES, HARRY	City of Norwich AC	M56	0.8116	32
33	0:31:04	EDWARDS, Mark	Norwich Road Runners	M45	0.7411	33
34	0:31:05	PIMLOTT, Chris	Waveney Valley A C	M36	0.6946	34
35	0:31:07	BLAZEY, Paul		M25	0.6893	35
36	0:31:09	SIBLEY, Neil	Great Yarmouth Road Runners	M45	0.7391	36
37	0:31:10	VINSEN, ANDY	Wymondham Athletic Club	M32	0.6882	37
38	0:31:10	ALFORD, Nicola	City of Norwich AC	F30	0.7635	38
39	0:31:15	BETTS, Mark	Norwich Road Runners	M39	0.7054	39
40	0:31:17	YEOMANS, Martin	Norwich Road Runners	M60	0.8339	40
41	0:31:17	SUTHERLAND, Mark	LAUDERDALE LIMPERS	M19	0.6856	41
42	0:31:20	TANDY, David	Norwich Road Runners	M41	0.7136	42
43	0:31:21	HONEYMAN, RYAN		M33	0.6842	43
44	0:31:21	HOLMAN, Matty		M29	0.6842	44
45	0:31:22	SULLIVAN, PAUL	Norwich Road Runners	M44	0.7286	45
46	0:31:23	NAUGHTON, DARREN	Ryston Runners	M40	0.7074	46
47	0:31:30	THOMAS, Ian	Norfolk Gazelles	M52	0.7721	47
48	0:31:32	FRARY, Matthew	Norwich Road Runners	M38	0.6942	48
49	0:31:35	HELMORE, Jeff	Great Yarmouth Road Runners	M51	0.7638	49
50	0:31:40	HAUGHTON, Stephen		M48	0.7439	50
51	0:31:50	GRAND, Adrian	Norwich Road Runners	M46	0.7287	51
52	0:31:54	LEVERSEDGE, John	Enfield & Haringey AC	M57	0.7958	52
53	0:31:59	MACE, ZAC	Coltishall Jaguars	M37	0.6797	53
54	0:31:59	SLADDEN, Marcus	Bungay Black Dog R C	M16	0.6706	54
55	0:32:09	RICHARDSON, GLEN	NORFOLK ORIENTEERING CLUB	M32	0.6671	55

56	0:32:10	MOUNTAIN, JASON	Wymondham Athletic Club	M29	0.6668	56
57	0:32:12	EPPS, Terry	Wymondham Athletic Club	M57	0.7884	57
58	0:32:15	PECK, Andrew	Great Yarmouth Road Runners	M41	0.6933	58
59	0:32:18	ATKIN, ROBERT		M39	0.6825	59
60	0:32:22	NELSON, Glen	Tri Anglia	M57	0.7843	60
61	0:32:26	BRIGHTY, Keith	Norwich Road Runners	M48	0.7263	61
62	0:32:31	SLOWTHER, Denver	Coltishall Jaguars	M38	0.6732	62
63	0:32:32	DUNGAR, Amy	Wymondham Athletic Club	F29	0.7315	63
64	0:32:33	LAWRENCE, Damon	Norwich Road Runners	M35	0.6589	64
65	0:32:48	HARMER, MARK	Coltishall Jaguars	M37	0.6628	65
66	0:32:48	FRARY, Matthew	City of Norwich AC	M42	0.6866	66
67	0:32:51	SMITH, Alexandra	Norwich Road Runners	F36	0.7335	67
68	0:32:53	JAY, Adrian	Coltishall Jaguars	M41	0.68	68
69	0:32:59	MANN, Elies	Norwich Road Runners	F39	0.7482	69
70	0:33:00	CHILDERHOUSE, Steve	Wymondham Athletic Club	M40	0.6727	70
71	0:33:07	CHORLEY, Chris	Bungay Black Dog R C	M48	0.7113	71
72	0:33:11	BAGNALL, Martin	Coltishall Jaguars	M48	0.7099	72
73	0:33:14	WOOTTON, GARY	Tri Anglia	M44	0.6877	73
74	0:33:17	LINDSAY, Ray	Norwich Road Runners	M55	0.7492	74
75	0:33:23	GREGORY, QUIN	Reepham Runners	M50	0.7167	75
76	0:33:26	TURNER, Christopher	City of Norwich AC	M47	0.6992	76
77	0:33:31	BOWDEN, Nick	Reepham Runners	M55	0.744	77
78	0:33:34	BROWNING, Colin	Norwich Road Runners	M46	0.6911	78
79	0:33:36	LAWRENCE, Jeremy	Coltishall Jaguars	M53	0.7299	79
80	0:33:38	BOWMAN, Ken	Coltishall Jaguars	M64	0.8071	80
81	0:33:40	WILKINSON, Louise	City of Norwich AC	F49	0.7985	81
82	0:34:00	BYE, Rod	Coltishall Jaguars	M50	0.7037	82
83	0:34:12	WATERING, Graham		M39	0.6446	83
84	0:34:12	HOUCHEN, BEN		M27	0.6271	84
85	0:34:24	CHADWICK, Scott	Coltishall Jaguars	M34	0.6235	85
86	0:34:28	JONES, Tessa	City of Norwich AC	F45	0.7528	86
87	0:34:35	MORRIS-JONES, Richard	Reepham Runners	M41	0.6466	87
88	0:34:35	ADAMS, Neil		M34	0.6202	88
89	0:34:36	EDWARDS, CHRIS	Reepham Runners	M51	0.6972	89
90	0:34:37	ELLIS, Matt	Lowestoft Road Runners	M39	0.6368	90
91	0:34:38	DADY, Stephen	Great Yarmouth Road Runners	M59	0.7463	91
92	0:34:42	GOODWIN, DAN		M31	0.6181	92
93	0:34:43	GIBBS, WAYNE		M35	0.6178	93
94	0:34:45	FORD, TIM		M32	0.6172	94
95	0:34:48	BELL, Jeremy		M40	0.6379	95
96	0:34:48	BEARD, Darren		M37	0.6247	96
97	0:34:54	GIBSON, JOHN		M29	0.6146	97
98	0:34:56	COLEMAN, GRAHAM	Wymondham Athletic Club	M49	0.6796	98
99	0:34:57	MOUNTAIN, MARK	Great Yarmouth Road Runners	M38	0.6264	99
100	0:35:01	HATELY, JAMES		M31	0.6125	100
101	0:35:08	BLACKWELL, Luke		M27	0.6105	101
102	0:35:15	EDWARDS, Johnathon	Coltishall Jaguars	M48	0.6683	102
103	0:35:17	PEACH, MARK	Great Yarmouth Road Runners	M39	0.6248	103
104	0:35:18	TUFTS, Mark	Wymondham Athletic Club	M43	0.6427	104
105	0:35:19	GODWIN, LISA	Norwich Road Runners	F40	0.7045	105
106	0:35:23	COLLYER, Richard	Coltishall Jaguars	M43	0.6412	106
107	0:35:23	ROBERTS, SANDRA		F47	0.7463	107
108	0:35:25	GARWOOD, Kevin	Wymondham Athletic Club	M47	0.66	108
109	0:35:34	CUSHING, Sally	Norwich Road Runners	F46	0.7359	109
110	0:35:34	GILHAM, Richard	Norfolk Gazelles	M49	0.6675	110
111	0:35:42	OWEN, Richard		M40	0.6218	111
112	0:35:48	JOHNSON, MICHAEL	Norwich Road Runners	M42	0.6291	112
113	0:35:48	MARDEN, STEWART	Coltishall Jaguars	M44	0.6384	113
114	0:35:48	BEACHAMP, Gary		M48	0.658	114
115	0:35:52	BURCH, MELANIE	Coltishall Jaguars	F38	0.6825	115

116	0:35:56	ELFETT, Mark	Lowestoft Road Runners	M48	0.6556	116
117	0:36:04	EVANS, Louise		F38	0.6787	117
118	0:36:08	GAINSFORD, Patrick		M20	0.5936	118
119	0:36:15	WAKE, POLLY	Reepham Runners	F38	0.6753	119
120	0:36:15	RANDALL, GRANT		M45	0.6351	120
121	0:36:17	ROBINS, Lesley	Ryston Runners	F39	0.6802	121
122	0:36:20	COOPER, Phillip	Reepham Runners	M50	0.6585	122
123	0:36:27	BULL, Michelle	Norwich Road Runners	F41	0.6882	123
124	0:36:30	EDWARDS, Penny	Norwich Road Runners	F56	0.7878	124
125	0:36:31	COATES, Neil	Fetcheveryone Running Club	M41	0.6123	125
126	0:36:33	GODWIN, JOANNA	Norwich Road Runners	F37	0.6645	126
127	0:36:35	BYE, ELLIE	Coltishall Jaguars	F23	0.6505	127
128	0:36:39	GOLDSWORTHY, PAUL		M47	0.6378	128
129	0:36:47	COX, RUSSELL	Wymondham Athletic Club	M45	0.6259	129
130	0:36:47	COLMAN, Mark		M41	0.6079	130
131	0:36:48	HASLETT, Jeremy	Reepham Runners	M51	0.6555	131
132	0:36:51	BALDINY, Chris		M27	0.582	132
133	0:36:54	HANNAH, JANE		F32	0.6449	133
134	0:36:54	PANNELL, James		M15	0.5813	134
135	0:36:54	WHITING, Mark		M51	0.6537	135
136	0:36:58	POWELL, Michael	Norwich Road Runners	M62	0.7197	136
137	0:36:58	BROWN, ROSS		M36	0.584	137
138	0:36:58	SMITH, JULIAN		M42	0.6092	138
139	0:36:58	MELROSE, DAVID		M45	0.6228	139
140	0:37:06	JORDAN, Lisa		F41	0.6762	140
141	0:37:07	MARSHALL, Lorraine	City of Norwich AC	F44	0.693	141
142	0:37:09	EVANS, David		M49	0.6391	142
143	0:37:14	COOKE, SUE	City of Norwich AC	F49	0.722	143
144	0:37:17	RUSH, Steve	NNTC	M47	0.627	144
145	0:37:20	HARDINGHAM, Graham	Norfolk Gazelles	M50	0.6409	145
146	0:37:27	MILLETT, Anne	Norwich Road Runners	F55	0.76	146
147	0:37:30	TOWNSHEND, Thomas	Norwich Road Runners	M33	0.572	147
148	0:37:31	WILSON, BRENDAN	City of Norwich AC	M43	0.6047	148
149	0:37:41	GRAND, JAKE	Norwich Road Runners	M17	0.5692	149
150	0:37:42	LANE, David	Ryston Runners	M46	0.6153	150
151	0:37:43	SPENCER, Geoff		M45	0.6104	151
152	0:37:45	COX, JULIET	Wymondham Athletic Club	F36	0.6383	152
153	0:38:01	MILLETT, Tony	Norwich Road Runners	M58	0.6737	153
154	0:38:03	JONAS, Billy		M55	0.6554	154
155	0:38:08	COSTELLO, Marian		F46	0.6864	155
156	0:38:08	CARVER, Dawn	Norwich Road Runners	F47	0.6925	156
157	0:38:15	HARDS, Amanda		F44	0.6725	157
158	0:38:18	BLACKWELL, DANIEL		M29	0.56	158
159	0:38:18	SAUERZAPE, Bobbie	Bungay Black Dog R C	F52	0.7218	159
160	0:38:20	DURRANT, Jude	Reepham Runners	F42	0.6599	160
161	0:38:22	STEVENSON, Tracey	Norfolk Gazelles	F43	0.6649	161
162	0:38:22	ASHCROFT, DAMIAN		M47	0.6093	162
163	0:38:29	RAMSBOTTOM, CLAIRE	Norwich Road Runners	F37	0.6311	163
164	0:38:31	FIDDY, Rachel	Norwich Road Runners	F33	0.6178	164
165	0:38:31	SORENSEN, TONY		M31	0.5569	165
166	0:38:44	BETTS, Carol	Norfolk Gazelles	F57	0.7502	166
167	0:38:46	MILBURN, Claudia	Fenland Runners AC	F27	0.6138	167
168	0:38:47	ROSS, ALASTAIR		M32	0.553	168
169	0:38:48	BLACKWELL, Kevin	Norfolk Gazelles	M53	0.632	169
170	0:38:51	PARKER, Andrew		M46	0.5971	170
171	0:38:55	BARTRAM, Dennis	Wymondham Athletic Club	M61	0.6769	171
172	0:38:57	MARSTON, Nick		M42	0.5782	172
173	0:39:05	ELLEN, Anne	Norfolk Gazelles	F55	0.7282	173
174	0:39:07	HOWARD, Matt		M35	0.5483	174
175	0:39:11	BRADLEY, Vikki	Wymondham Athletic Club	F27	0.6073	175

176	0:39:11	HUTCHEON, David	Coltishall Jaguars	M67	0.7156	176
177	0:39:13	HORREX, Trevor	Norwich Road Runners	M51	0.6151	177
178	0:39:15	HILTON, ELAYNE	Lowestoft Road Runners	F44	0.6554	178
179	0:39:20	SIMPSON, David	Coltishall Jaguars	M58	0.6512	179
180	0:39:22	JERMY, CARLY	Norwich Road Runners	F31	0.6045	180
181	0:39:27	FLIGG, Jason	Coltishall Jaguars	M22	0.5437	181
182	0:39:29	LLOYD-THOMPSON, Gavin		M34	0.5432	182
183	0:39:31	FORKES, John	EVAC	M65	0.694	183
184	0:39:32	JOHNSTONE, KIRSTY	BARNET & DISTRICT AC	F50	0.6862	184
185	0:39:34	BROWN, CHRIS		M30	0.5421	185
186	0:39:34	CASSON, PETER		M43	0.5734	186
187	0:39:35	ATKINSON, Claire		F33	0.6012	187
188	0:39:36	DEADMAN, JULIE	SERPENTINE	F45	0.6552	188
189	0:39:40	LARWOOD, Dale		M27	0.5407	189
190	0:39:42	WOLFE, Maureen	Ryston Runners	F52	0.6963	190
191	0:39:43	SMITH, Michael	Wymondham Athletic Club	M65	0.6905	191
192	0:39:47	INGRAM, Stewart	Tri Anglia	M55	0.6268	192
193	0:39:47	ROBINSON, WILLIAM		M16	0.5391	193
194	0:39:48	CRADDOCK, BLAINE		M40	0.5578	194
195	0:39:51	PIPER, Dean		M30	0.5382	195
196	0:39:53	JESNEY, JOANNE	wreake runners	F39	0.6188	196
197	0:39:53	ALFORD, Colin		M47	0.5861	197
198	0:39:58	BYE, Jackie	Coltishall Jaguars	F53	0.6985	198
199	0:40:09	ARMSTRONG, Jenny		F37	0.6049	199
200	0:40:09	ARMSTRONG, Darren		M37	0.5415	200
201	0:40:15	HALL, LISA	St Edmunds Pacers	F32	0.5912	201
202	0:40:17	KEAN-COCKBURN, Peter	Coltishall Jaguars	M52	0.6037	202
203	0:40:17	NEAVE, Philip	Bungay Black Dog R C	M70	0.7204	203
204	0:40:19	HARDS, Nick		M49	0.5889	204
205	0:40:22	GERRARD, Hayley	Norwich Road Runners	F43	0.6319	205
206	0:40:33	PANNELL, Mark		M48	0.5809	206
207	0:40:45	LEE, Danielle	Coltishall Jaguars	F15	0.584	207
208	0:40:45	CLARK, JUSTINE		F38	0.6007	208
209	0:40:47	COOPER, SONYA		F39	0.6051	209
210	0:40:52	CUVIELLO, Steve	Wymondham Athletic Club	M42	0.5511	210
211	0:41:01	ENGLAND, John	Great Yarmouth & Disrict AC	M63	0.6552	211
212	0:41:12	DILREW, DAVID		M55	0.6053	212
213	0:41:12	HUMPREYS, Jon		M51	0.5855	213
214	0:41:15	BRADLEY, Patsy	Wymondham Athletic Club	F51	0.6639	214
215	0:41:17	BATTRICK, Peter		M58	0.6204	215
216	0:41:28	BIRD, Diane		F48	0.6425	216
217	0:41:52	NEWELL, RYAN		M35	0.5123	217
218	0:41:56	WOODHOUSE, Gill	Dereham Runners	F63	0.7404	218
219	0:41:56	HARROD, PAUL		M31	0.5115	219
220	0:42:15	POOLE, Carolyn	Norfolk Gazelles	F55	0.6736	220
221	0:42:20	SCARFE, Robert	Wymondham Athletic Club	M58	0.605	221
222	0:42:23	SMITH, Mike		M69	0.6768	222
223	0:42:23	SQUIRRELL, DAVID		M24	0.5061	223
224	0:42:24	DILREW, Julie	Reepham Runners	F51	0.6459	224
225	0:42:38	FURSE, MARK		M50	0.5612	225
226	0:42:45	KETT-BRODIE, Juli		F45	0.6069	226
227	0:42:47	LEE, GAVIN	Coltishall Jaguars	M34	0.5013	227
228	0:42:54	MCCABE, KATE		F38	0.5706	228
229	0:42:55	ROBINSON, Pauline		F50	0.6321	229
230	0:42:59	SINCLAIR, Anne		F54	0.6558	230
231	0:43:12	OWEN, Claire	Coltishall Jaguars	F35	0.5534	231
232	0:43:23	BATCHELOR, Audrey	Norfolk Gazelles	F58	0.6768	232
233	0:43:25	JECKELL, Colin	Coltishall Jaguars	M57	0.5847	233
234	0:43:29	ALFORD, Karen		F48	0.6127	234
235	0:43:31	LONDON, Michael		M20	0.4929	235

236	0:43:33	GAINSFORD, Ruth		F46	0.601	236
237	0:43:36	DADY, Sylvia	Great Yarmouth Road Runners	F31	0.5458	237
238	0:43:40	PIMLOTT, Stephanie	Waveney Valley A C	F31	0.545	238
239	0:43:44	BIRD, Amii		F25	0.5441	239
240	0:43:45	FLIGG, Gary		M50	0.5469	240
241	0:43:46	PARKER, SEAN		M35	0.4901	241
242	0:43:56	NEAL, Dee	Coltishall Jaguars	F52	0.6292	242
243	0:44:05	NASH, OLIVER		M32	0.4865	243
244	0:44:07	SMITH, STUART	Waveney Valley A C	M53	0.5559	244
245	0:44:17	BELCHER, LYNSEY	Norwich Road Runners	F27	0.5374	245
246	0:44:21	ACKLAND, Sacha	ETON MANOR	F37	0.5477	246
247	0:44:31	SCOTT, GEORGINA	Lowestoft Road Runners	F32	0.5346	247
248	0:44:33	FLIGG, Jo-anna	Coltishall Jaguars	F47	0.5927	248
249	0:44:45	TOMALIN, DAVID		M30	0.4793	249
250	0:44:51	WILTON, SHAUN		M35	0.4782	250
251	0:44:54	SNELL, Simon		M42	0.5016	251
252	0:44:56	JOHNSON, TIMOTHY		M23	0.4773	252
253	0:44:56	JORDON, Emma		F39	0.5492	253
254	0:44:56	O'BRIEN, Rosaleen		F39	0.5492	254
255	0:45:00	HICKS, Clare	Coltishall Jaguars	F36	0.5355	255
256	0:45:00	EGMORE, Jenni	Reepham Runners	F44	0.5716	257
257	0:45:02	MOORE, Brian	Norwich Road Runners	M61	0.585	258
258	0:45:04	BALDWIN, Fiona	Coltishall Jaguars	F38	0.5432	259
259	0:45:14	COOPER, Louis	Wymondham Athletic Club	M68	0.627	260
260	0:45:17	JACKSON, ROSEMARY		F56	0.635	261
261	0:45:21	HARE, Mitchell		M24	0.473	262
262	0:45:23	WARREN, Peter	City of Norwich AC	M55	0.5495	263
263	0:45:29	KELLY, Helen		F41	0.5516	264
264	0:45:32	DAGLESS, KARREN	Norwich Road Runners	F44	0.5649	265
265	0:45:35	BELCHER, ROBERT		M52	0.5335	266
266	0:45:39	GARRETT, Julie	Norwich Road Runners	F43	0.5588	267
267	0:45:42	BURFOOT, Jennifer	Norfolk Gazelles	F62	0.6716	268
268	0:45:45	WEST, LEE		M36	0.4719	269
269	0:45:46	SAYER, MaRK		M37	0.475	270
270	0:45:46	HARE, Peter		M53	0.5358	271
271	0:45:53	BARTRUM, Jenny		F57	0.6333	272
272	0:46:00	WOOD, JACQUIE	Dereham Runners	F59	0.6451	273
273	0:46:06	HART, Carol		F44	0.558	274
274	0:46:27	HOWARTH, HOLLY		F25	0.5123	275
275	0:46:29	SARSON, PADDY		M37	0.4677	276
276	0:46:37	BELCHER, KIM	Norwich Road Runners	F52	0.593	277
277	0:46:39	BUCK, JOANNA	Norwich Road Runners	F36	0.5165	278
278	0:46:39	HAYWARD, LISA	Norwich Road Runners	F39	0.529	279
279	0:46:42	WOOTON, LIZ	Norwich Road Runners	F45	0.5556	280
280	0:46:53	POPP, GEORGE		M53	0.5231	281
281	0:47:04	MORRIS, KEITH		M51	0.5125	282
282	0:47:06	BAUMBACH, Peter		M57	0.539	283
283	0:47:32	MOORE, Lynda	Norwich Road Runners	F58	0.6177	284
284	0:47:32	HUNT, LINDA		F53	0.5873	285
285	0:47:36	HUNT, Adrian	Lowestoft Road Runners	M57	0.5333	286
286	0:48:30	RICHARDSON, JAYNE		F49	0.5543	287
287	0:48:31	RICHARDSON, ALAN		M64	0.5595	288
288	0:49:29	JENKINS, Cheryl		F45	0.5243	289
289	0:49:47	JUDSON, Patricia		F55	0.5717	290
290	0:50:05	PENFOLD, ANNE		F38	0.4888	291
291	0:50:11	HARRIS, SALLY		F35	0.4764	292
292	0:50:11	LONG, Jurgon		M26	0.4274	293
293	0:50:11	HARE, LYNSEY		F26	0.4742	294
294	0:50:11	LONG, David		M62	0.5301	295
295	0:50:22	SINCLAIR, Jeremy		M58	0.5085	296

296	0:50:37 BELCHER, KERRY	Norwich Road Runners	F29	0.4701	297
297	0:51:16 KING, Sally		F47	0.5151	298
298	0:51:22 SOUTHGATE, Natalie	Reepham Runners	F41	0.4884	299
299	0:51:47 SULLIVAN, Genette	Norwich Road Runners	F45	0.501	300
300	0:51:47 ENGLAND, Maureen	Great Yarmouth & Disrict AC	F67	0.6301	301
301	0:52:02 SMITH, SARAH		F38	0.4705	302
302	0:52:59 HAYES, HELEN		F35	0.4512	303
303	0:53:16 GOODING, Maureen		F62	0.5762	304
304	0:53:17 CHILSON, BEVERLEY		F45	0.4869	305
305	0:53:31 BROWN, SHELLEY		F40	0.4649	306
306	0:54:08 RANDALL, Rachel		F39	0.4559	307
307	0:54:08 LOCKE, ELIZABETH		F44	0.4752	308
308	0:54:32 SMITH, STEVE		M43	0.416	309
309	0:55:03 KING, DONNA	Reepham Runners	F36	0.4377	310
310	0:55:05 HOWARD, LISA	Norwich Road Runners	F35	0.434	311
311	0:55:05 CLAXTON, Mhairi	Norwich Road Runners	F38	0.4444	312
312	0:55:36 JACKSON, Alison		F46	0.4707	313
313	0:55:57 BIRD, CAROLINE		F28	0.4253	314
314	0:55:57 STALLABRASS, SHIRLEY		F56	0.5139	315
315	0:57:04 BRIGHTMAN, Pat	Great Yarmouth & Disrict AC	F59	0.52	316
316	0:58:07 HASKETH-BOSTON, JESSICA		F33	0.4095	317
317	0:58:21 BOND, JANE	Tri Anglia	F50	0.4649	318
318	0:58:21 GOODWIN, Sheryl		F40	0.4264	319
319	1:00:20 GRIFFITHS, Carla		F38	0.4057	320
320	1:01:11 POTTER, ELIZABETH		F54	0.4607	321
321	1:02:07 READER, Frank		M65	0.4415	322
322	1:04:32 FISKE, CHARLOTTE		F23	0.3688	323
323	1:04:35 BUDEY, CLAIRE		F43	0.395	324
324	1:04:35 FISKE, GUY		M51	0.3735	325
325	1:24:00 BOON, Pete		M43	0.2701	326