

Provisional Results for All Competitors in finish order.

WORSTEAD FESTIVAL '5' 2012

Friday 27 July 2012. 7:00 pm

PLACE	TIME	NAME	CLUB	CAT	Grade	Entry No
1	0:26:17	ROBERTSON, Iain	CITY OF NORWICH AC	M37	0.8271	821
2	0:26:25	PRESTON, James	WYMONDHAM A C	M23	0.8119	888
3	0:27:33	SKIPPER, Joe	Manchester Tri Club	M24	0.7785	932
4	0:27:42	O'NEILL, James	RYSTON RUNNERS	M32	0.7743	610
5	0:27:54	JONES, Andy	CITY OF NORWICH AC	M42	0.8072	775
6	0:28:10	BROOM, John	Barnsley Harriers	M42	0.7996	886
7	0:28:19	ARNOLD, Nigel	NORFOLK GAZELLES	M54	0.8732	669
8	0:29:05	SMITH, Stuart	Norwich Road Runners	M34	0.7375	805
9	0:29:09	MORRELL, Toby	TRI-ANGLIA	M31	0.7358	686
10	0:29:13	BENSLEY, NICHOLAS	RYSTON RUNNERS	M42	0.7708	836
11	0:29:17	CRASKE, Adam	BUNGEY BLACKDOGS	M25	0.7324	781
12	0:29:21	WADE, LAWRENCE	Colt Jags	M38	0.7459	722
13	0:29:36	MARTIN, Paul	Norwich Road Runners	M35	0.7246	847
14	0:29:52	CLUES, Mark	TRI-ANGLIA	M44	0.7652	633
15	0:29:54	JOHNSON, Richard	Norwich Road Runners	M36	0.7221	939
16	0:30:06	BLAZEY, Paul	Norwich Road Runners	M26	0.7126	922
17	0:30:07	SCOTT, Chris	Lowestoft Road Runners	M36	0.7169	815
18	0:30:14	CHURCHILL, Paul		M41	0.7396	867
19	0:30:15	FRENCH, Marie	RYSTON RUNNERS	F32	0.7867	835
20	0:30:18	GARRETT, Mark	Norwich Road Runners	M49	0.7836	602
21	0:30:23	HAYNES, Mark	Colt Jags	M35	0.7059	908
22	0:30:34	LETZER, BENJAMIN	Colt Jags	M34	0.7017	904
23	0:30:36	HONEYMAN, RYAN		M34	0.7009	690
24	0:30:48	WATERS, Adrian	NORFOLK GAZELLES	M45	0.7475	647
25	0:31:03	MOUNTAIN, JASON	WYMONDHAM A C	M30	0.6908	751
26	0:31:10	TANDY, David	Norwich Road Runners	M42	0.7226	705
27	0:31:13	TERRY, Andrew	WYMONDHAM A C	M41	0.7163	881
28	0:31:14	MICHAEL, Desmond	BARNET AND DISTRICT AC	M62	0.8518	736
29	0:31:24	GUYTON, James	WYMONDHAM A C	M37	0.6924	855
30	0:31:25	WHITE, Richard	WYMONDHAM A C	M51	0.7679	852
31	0:31:27	ARMES, Michael	Norwich Road Runners	M47	0.7433	917
32	0:31:29	PASK, Matthew	WYMONDHAM A C	M45	0.7313	862
33	0:31:32	PIMLOTT, Chris	Waveney Valley Athletics\Club	M37	0.6894	825
34	0:31:43	BEARDMORE, Roger	WYMONDHAM A C	M52	0.7668	878
35	0:31:48	SEYMOUR, Chris	Stowmarket Striders	M43	0.7134	935
36	0:31:52	KANE, Robert		M20	0.6731	933
37	0:31:52	GIBBS, Wayne	Colt Jags	M36	0.6775	706
38	0:31:58	TOWNSHEND, Thomas	Norwich Road Runners	M34	0.671	764
39	0:32:07	BRIGHTY, Keith	Norwich Road Runners	M49	0.7392	703
40	0:32:17	BROWNING, Colin	Norwich Road Runners	M47	0.7241	823
41	0:32:21	BEADLE, JAMES		M34	0.663	810
42	0:32:23	WRIGHT, Kevin		M35	0.6623	928
43	0:32:25	EDRIDGE, Darren	Colt Jags	M44	0.705	689
44	0:32:28	DUNGAR, Amy	WYMONDHAM A C	F30	0.733	850
45	0:32:32	BRIDGES, Doug	NORFOLK GAZZELS	M41	0.6873	697
46	0:32:45	PORTER, Meluyn	Colt Jags	M45	0.703	912
47	0:32:54	BRIGHTY, Joshua	Norwich Road Runners	M21	0.6519	907
48	0:32:55	WATERING, Graham		M40	0.6744	882
49	0:33:05	STURGESS, Ian	WYMONDHAM A C	M54	0.7474	915
50	0:33:05	HOUCHEEN, BEN	REEPHAM RUNNING CLUB	M28	0.6483	642
51	0:33:06	HURREN, Dale	Norwich Road Runners	M54	0.747	634
52	0:33:15	GILL, Richard		M34	0.6451	896
53	0:33:18	SMITH, Alexandra	Norwich Road Runners	F37	0.7294	684
54	0:33:18	CHAMBERLAIN, Michael	Norwich Road Runners	M50	0.7185	601

55	0:33:19	ELY, Steve	Norwich Road Runners	M41	0.6711	892
56	0:33:21	BULLOCK, Chris		M38	0.6564	627
57	0:33:22	BUSHELL, Alan	Colt Jags	M41	0.6701	788
			GREAT YARMOUTH ROAD			
58	0:33:24	DAVY, Stephen	RUNNERS	M60	0.781	800
59	0:33:27	DENNINGTON, Ben	Colt Jags	M28	0.6412	879
60	0:33:28	EDWARDS, CHRIS	REEPHAM RUNNING CLUB	M52	0.7267	834
61	0:33:38	GODFREY, Dominic		M24	0.6377	770
62	0:33:40	DUNGAR, Craig		M29	0.6371	927
63	0:33:41	COLLYER, Richard	Colt Jags	M44	0.6785	725
64	0:33:47	HARVEY, Phillip		M41	0.6619	780
65	0:33:49	MORRIS-JONES, Richard	REEPHAM RUNNING CLUB	M42	0.666	923
66	0:33:56	CHORLEY, Chris	BUNGEY BLACKDOGS	M49	0.6997	696
67	0:33:58	WOODS, Tim	NORFOLK GAZELLES	M50	0.7044	796
68	0:33:58	BOWMAN, Ken	Colt Jags	M65	0.8074	641
69	0:34:00	ADAMS, Neil		M35	0.6308	768
70	0:34:06	BLAKE, Dean	Colt Jags	M38	0.642	630
71	0:34:15	RANDALL, GRANT	Colt Jags	M46	0.6773	719
72	0:34:20	ELLIS, VINCE	CITY OF NORWICH AC	M56	0.7328	856
73	0:34:21	KELLAWAY, DAVID	TRI-ANGLIA	M51	0.7023	694
74	0:34:22	TUFTS, Mark	WYMONDHAM A C	M44	0.665	615
75	0:34:23	BOWDEN, Nicholas	REEPHAM RUNNING CLUB	M56	0.7317	665
76	0:34:32	PLATTEN, Neil		M43	0.6569	838
77	0:34:35	SCOTTER, Kate	TRI-ANGLIA	F29	0.6881	895
78	0:34:38	GARWOOD, Kevin	WYMONDHAM A C	M48	0.6802	795
79	0:34:39	BYE, ELLIE	Colt Jags	F24	0.6868	755
80	0:34:40	CHADWICK, Scott	Colt Jags	M35	0.6187	766
81	0:34:46	BETTS, Mark	Norwich Road Runners	M40	0.6385	644
82	0:34:54	BEACHAMP, Gary		M49	0.6803	606
83	0:34:59	KINGABY, BILL	Waveney Valley Athletics\Club	M60	0.7457	918
84	0:35:02	BARDWELL, SHARON	Norwich Road Runners	F42	0.722	710
85	0:35:03	WOODYATT, Paul	CITY OF NORWICH AC	M50	0.6826	759
86	0:35:13	COOPER, Phillip	REEPHAM RUNNING CLUB	M51	0.685	651
87	0:35:25	NOCKELS, Darren		M41	0.6313	763
			GREAT YARMOUTH ROAD			
88	0:35:28	HARTLEY, John	RUNNERS	M46	0.654	934
89	0:35:32	JOHNSON, MICHAEL	Norwich Road Runners	M43	0.6385	718
90	0:35:36	COLMAN, Mark		M42	0.6326	716
91	0:35:41	RING, Mark	Norwich Road Runners	M45	0.6452	859
92	0:35:45	LEE, Martin	Norwich Road Runners	M43	0.6346	937
93	0:35:58	CUTTING, Nigel		M27	0.5963	793
94	0:35:59	JAY, Adrian	Colt Jags	M42	0.6259	656
95	0:36:01	READER, Jonathan	Colt Jags	M33	0.5955	740
96	0:36:03	FRARY, Matthew	CITY OF NORWICH AC	M43	0.6293	924
97	0:36:06	WHITING, Mark		M52	0.6737	737
98	0:36:13	YOUNG, Tyrone		M28	0.5922	742
99	0:36:18	HANNANT, Emily	Colt Jags	F23	0.6556	901
100	0:36:21	HUNTON, Steve		M44	0.6287	938
101	0:36:23	MARDEN, STEWART	Colt Jags	M45	0.6328	846
102	0:36:27	COLLIER, Tom	Lowestoft Road Runners	M32	0.5884	891
103	0:36:32	BRIDGES, Glenn		M38	0.5992	708
104	0:36:32	SMITH, JULIAN		M43	0.621	791
105	0:36:33	HAMMOND, Andrew		M56	0.6883	678
106	0:36:33	JARVEY, Paul		M41	0.6118	617
107	0:36:34	SHERMAN, SCOTT	Stowmarket Striders	M19	0.5866	828
108	0:36:37	CUSHING, Sally	Norwich Road Runners	F47	0.7212	849
			GREAT YARMOUTH ROAD			
109	0:36:38	PECK, Andrew	RUNNERS	M42	0.6148	723
110	0:36:43	RAMSBOTTOM, Claire	Norwich Road Runners	F38	0.6667	714
111	0:36:46	HARVEY, Roy	WYMONDHAM A C	M49	0.6457	676
112	0:36:47	JONES, Deb	Colt Jags	F37	0.6603	769

113	0:36:48	ROBINSON, WILLIAM	Colt Jags	M17	0.5828	649
114	0:36:50	WAKE, POLLY	REEPHAM RUNNING CLUB	F39	0.67	638
115	0:36:52	PAGE, RICK		M50	0.649	914
116	0:36:54	LINES, Rob	TRI-ANGLIA	M44	0.6193	691
117	0:36:55	HARDINGHAM, Graham	NORFOLK GAZELLES	M51	0.6535	783
			GREAT YARMOUTH ROAD			
118	0:36:59	MOUNTAIN, MARK	RUNNERS	M39	0.5961	700
119	0:37:05	ADCOCK, Trevor	NORFOLK GAZELLES	M63	0.7247	900
120	0:37:08	GAINSFORD, Patrick		M21	0.5776	790
121	0:37:11	HOOD, Keith	WYMONDHAM A C	M53	0.6595	925
122	0:37:14	BAGNALL, Martin	Colt Jags	M49	0.6376	761
123	0:37:14	BURCH, MELANIE	Colt Jags	F39	0.6628	702
124	0:37:15	LARWOOD, Dale		M28	0.5758	872
125	0:37:17	COX, RUSSELL	WYMONDHAM A C	M46	0.6222	611
126	0:37:18	MCKEE, Gavin	Colt Jags	M41	0.5995	910
127	0:37:19	JESNEY, JOANNE		F40	0.6667	929
128	0:37:20	MILLETT, Anne	Norwich Road Runners	F56	0.7702	699
			GREAT YARMOUTH ROAD			
129	0:37:22	GEORGE, Toni	RUNNERS	F37	0.65	876
130	0:37:39	DYKE, Keith		M59	0.6865	758
131	0:37:42	PIPER, Dean		M31	0.5689	845
132	0:37:49	SORENSEN, TONY		M32	0.5672	747
133	0:37:51	RICHARDSON, Tony		M53	0.6479	894
			GREAT YARMOUTH and DISRTICT			
134	0:38:02	GAY, Christopher	AC	M49	0.6242	853
135	0:38:04	LEE, GAVIN	Colt Jags	M35	0.5634	801
136	0:38:04	SPENCER, Geoff		M46	0.6094	794
137	0:38:09	CARVER, Dawn	Norwich Road Runners	F48	0.6984	632
138	0:38:16	SHARMAN, Glenn		M50	0.6253	609
139	0:38:18	POINTER, Stephen		M26	0.56	621
140	0:38:20	NEAL, STEVE	Colt Jags	M48	0.6145	658
141	0:38:21	JORDAN, Lisa		F41	0.6542	704
142	0:38:23	EDWARDS, Johnathon	Colt Jags	M49	0.6185	813
143	0:38:24	TITCHINER, Brian	DEREHAM RUNNERS	M50	0.6231	861
144	0:38:25	STEVENSON, Tracey	NORFOLK GAZELLES	F44	0.6696	806
145	0:38:30	SMITH, ANNA		F39	0.641	745
146	0:38:32	BARRETT, Mike	DEREHAM RUNNERS	M56	0.6529	863
147	0:38:33	ROSS, ALASTAIR		M33	0.5564	743
148	0:38:33	GALEA, Dom		M23	0.5564	868
149	0:38:36	REYNOLDS, Matthew	Lowestoft Road Runners	M29	0.5557	744
150	0:38:37	BRADLEY, Vikki	WYMONDHAM A C	F28	0.6162	750
151	0:38:40	THOMAS, Neil	BUNGEY BLACKDOGS	M44	0.591	605
152	0:38:42	HARDSY, Amanda		F45	0.6704	778
153	0:38:45	SMITH, Michael	WYMONDHAM A C	M66	0.7156	902
154	0:38:48	BYE, Jackie	Colt Jags	F54	0.7265	753
155	0:38:57	DURRANT, Jude	REEPHAM RUNNING CLUB	F43	0.6549	626
156	0:39:01	ATKINSON, Claire		F34	0.6099	673
157	0:39:02	ELLEN, Anne	NORFOLK GAZELLES	F56	0.7367	757
158	0:39:08	HARE, Mitchell		M25	0.5481	926
159	0:39:12	BRADLEY, Sarah	Norwich Road Runners	F49	0.6858	782
160	0:39:12	MINNS, PAUL		M47	0.5963	930
161	0:39:15	HARROD, PAUL		M32	0.5465	824
162	0:39:20	PARKER, Andrew		M47	0.5943	936
163	0:39:23	HOUCHEM, Joe		M26	0.5446	943
164	0:39:25	MOORE, DEBBIE	Colt Jags	F46	0.664	668
165	0:39:27	HEMP, Kevin		M43	0.5751	643
166	0:39:29	SAUERZAPF, Bobbie	BUNGEY BLACKDOGS	F53	0.707	695
167	0:39:30	PANNELL, James		M16	0.543	623
168	0:39:32	EGMORE, Jenni	REEPHAM RUNNING CLUB	F45	0.6563	666
169	0:39:35	NASH, OLIVER		M33	0.5419	869
170	0:39:42	BEAR, Angie	WYMONDHAM A C	F55	0.7169	675

171	0:39:57	WOOD, Charles	Norwich Road Runners	M54	0.6189	906
172	0:40:00	ABLETT, Lewis		M20	0.5362	860
173	0:40:11	JOHNSTON, Frank		M43	0.5646	760
174	0:40:13	WARD, BERES	WYMONDHAM A C	F56	0.715	819
175	0:40:18	SPRUCE, NOEL	North Norfolk Beach Runners	M67	0.6958	803
176	0:40:27	BAUMBACH, Peter		M58	0.6332	726
177	0:40:35	RUMSBY, Karl	REEPHAM RUNNING CLUB	M29	0.5285	773
178	0:40:40	MANLY, Veronica	EATSTERN VETS	F64	0.7725	639
179	0:40:45	LEE, Danielle	Colt Jags	F16	0.584	802
180	0:40:54	HORREX, Trevor	Norwich Road Runners	M52	0.5946	604
181	0:40:57	DILREW, Julie	REEPHAM RUNNING CLUB	F51	0.6687	734
182	0:41:10	JOHNSTONE, KIRSTY	BARNET AND DISTRICT AC	F51	0.6652	735
183	0:41:14	SYMONDS, Robin	Norwich Road Runners	M52	0.5898	877
184	0:41:24	PILCH, Richard		M65	0.6624	657
185	0:41:26	BIRD, Diane		F49	0.6488	875
186	0:41:29	WEST, Joe	Colt Jags	M24	0.517	792
187	0:41:32	WOODHOUSE, Gill	DEREHAM RUNNERS	F64	0.7564	622
188	0:41:35	EVANS, David		M50	0.5754	618
189	0:41:37	WATERS, Michelle	NORFOLK GAZELLES	F44	0.6181	646
190	0:41:37	JOHNSON, Pete	NORFOLK GAZELLES	M58	0.6155	680
191	0:41:43	JOHNSON, Timothy	WYMONDHAM A C	M24	0.5141	660
192	0:41:44	TURNER, Sonya		F41	0.6011	628
193	0:41:44	COOKE, Christine	Colt Jags	F53	0.6689	670
194	0:41:50	POINTER, Stephen		M26	0.5127	621
195	0:41:50	CRISP, Basil	NORFOLK GAZELLES	M61	0.6297	608
196	0:41:50	HAYLETT, Robert		M26	0.5127	620
197	0:41:53	GEDGE, KAREN	BUNGEY BLACKDOGS	F47	0.6305	746
198	0:42:05	PANNELL, Mark		M49	0.5642	624
199	0:42:09	BRADLEY, Patsy	WYMONDHAM A C	F52	0.6559	752
200	0:42:12	DILREW, DAVID		M56	0.5962	789
201	0:42:16	TIFFIN, Donald		M65	0.6488	767
202	0:42:19	LOINES, DAMIEN		M35	0.5069	732
203	0:42:21	SCARFE, Robert	WYMONDHAM A C	M59	0.6103	688
204	0:42:31	COLE, JILL	Colt Jags	F56	0.6763	663
205	0:42:37	SIMPSON, David	Colt Jags	M59	0.6065	820
206	0:42:39	BUSHELL, Adele	Colt Jags	F45	0.6083	787
207	0:42:40	EDWARDS, STEPHANIE		F24	0.5577	814
208	0:42:45	BULMAN, Richard	REEPHAM RUNNING CLUB	M61	0.6162	687
209	0:42:47	KING-TOMILI, Mel		F41	0.5864	739
210	0:42:54	HOLLISTER, HEATHER	Colt Jags	F61	0.7072	650
211	0:43:08	GIBSON, NICOLA	Norwich Road Runners	F36	0.5587	893
212	0:43:08	GODWIN, LISA	Norwich Road Runners	F41	0.5816	711
213	0:43:10	WEST, JOANNE	REEPHAM RUNNING CLUB	F48	0.6172	786
214	0:43:10	COPELAND, Jill	Norwich Road Runners	F53	0.6467	864
215	0:43:10	KING, Robert		M36	0.5002	839
216	0:43:16	WARNES, Tom	Uknetrunners	M33	0.4957	897
217	0:43:22	RACKHAM, Craig		M24	0.4946	818
218	0:43:23	GRAVELING, Anne		F59	0.6841	870
219	0:43:30	DAVY, Sylvia	GREAT YARMOUTH ROAD RUNNERS	F32	0.547	799
220	0:43:36	MARSHALL, IAN		M47	0.5362	664
221	0:43:38	TARRANT, Toni	DEREHAM RUNNERS	F45	0.5946	807
222	0:43:50	CREASOR, Mike	Road Runners Club	M74	0.6973	826
223	0:43:52	GAINSFORD, Ruth		F47	0.602	777
224	0:43:54	KINGSMILL, John	Norwich Road Runners	M54	0.5632	941
225	0:43:57	FOXCARTER, RICHARD		M41	0.5088	733
226	0:43:57	MUNDFORD, Simon		M52	0.5534	738
227	0:43:58	ARMSTRONG, Marianne		F32	0.5412	942
228	0:44:02	SMITH, STUART		M54	0.5615	762
229	0:44:07	BRAY, KEVIN		M40	0.5032	842
230	0:44:12	BIRD, Amii		F26	0.5384	874

231	0:44:14	BEALES, James		M35	0.4849	890
232	0:44:15	HICKS, Clare	Colt Jags	F37	0.5489	730
233	0:44:16	NEAL, DEE	Colt Jags	F53	0.629	659
234	0:44:23	?		?	?	
235	0:44:24	SNELL, Simon		M43	0.511	920
236	0:44:29	JACKSON, ROSEMARY	Colt Jags	F57	0.6532	631
237	0:44:32	SYMON, Lisa		F28	0.5344	857
238	0:44:32	BATCHELOR, Audrey	NORFOLK GAZELLES	F59	0.6664	677
239	0:44:33	OWEN, Claire	Colt Jags	F36	0.5409	765
240	0:44:35	WESTON, SHARON	REEPHAM RUNNING CLUB	F42	0.5674	667
241	0:44:36	STRATTON, Andrew		M51	0.5409	840
242	0:44:38	SAUNDERS, Marianne	NORFOLK GAZELLES	F43	0.5715	619
243	0:44:42	HALL, Edward		M62	0.5952	873
244	0:44:45	BRINGLOE, Juliette	Norwich Road Runners	F37	0.5428	843
245	0:44:47	BELCHER, ROBERT		M53	0.5476	811
246	0:44:49	HARRISON, Geoffrey		M54	0.5517	919
247	0:44:50	HUGHES, JULIE		F35	0.5332	717
248	0:44:55	MINGAY, Claire	Norwich Road Runners	F38	0.545	848
249	0:44:58	SMITH, Susan	Norwich Road Runners	F38	0.5444	614
250	0:45:07	BURGALL, Mark		M45	0.5103	749
251	0:45:07	HOWARD, LISA	Norwich Road Runners	F36	0.5341	645
252	0:45:10	MARTIN, HELEN		F30	0.5269	671
253	0:45:18	BOWERS, DEBBIE		F33	0.5253	809
254	0:45:20	BRITT, Tony		M56	0.555	829
255	0:45:20	FULLER, RICHARD		M35	0.4731	729
256	0:45:32	HOWLETT, Donna		F53	0.6131	909
257	0:45:38	WALKER, Richard		M38	0.4797	698
258	0:45:59	LETZER, Sarah	Colt Jags	F30	0.5175	903
259	0:46:11	JECKELL, Colin	Colt Jags	M58	0.5546	866
260	0:46:42	DURANT, Rebbecca	Colt Jags	F60	0.6423	662
261	0:46:49	MOORE, Brian	Norwich Road Runners	M62	0.5682	797
262	0:46:56	BRAY, Kelly		F31	0.507	844
263	0:46:58	BLAKE, Emma	Colt Jags	F35	0.509	629
264	0:46:58	DARNELL, Bob		M60	0.5554	774
265	0:47:02	LONG, Jurgon		M27	0.456	833
266	0:47:03	BEALES, Kelly		F35	0.5081	889
267	0:47:13	STRIVENS-JOYCE, Alex		M26	0.4543	884
268	0:47:22	HALL, Sue		F44	0.5431	905
269	0:47:33	COX, JULIET	WYMONDHAM A C	F37	0.5108	612
270	0:47:50	CUSHWAY, DAVID		M34	0.4484	883
271	0:47:53	HARE, LYNSEY		F27	0.497	898
272	0:47:56	CASSON, PETER		M44	0.4768	771
273	0:47:56	BOON, Pete		M44	0.4768	772
274	0:48:10	THORNHILL, David		M37	0.4513	727
275	0:48:24	HARTLEY, MARIE		F43	0.527	637
276	0:48:26	MOORE, Lynda	Norwich Road Runners	F59	0.6127	798
277	0:48:36	STAGG, CHRISTOPHER	sudbury court rc	M66	0.5705	817
278	0:48:38	SCOTT, GEORGINA	Lowestoft Road Runners	F33	0.4893	816
279	0:48:51	LUCAS, STEVE		M42	0.461	808
280	0:49:06	GARWOOD, KATHRINE	Colt Jags	F36	0.4908	827
281	0:49:21	ROWLEY, JENNIFER	REEPHAM RUNNING CLUB	F63	0.6291	682
282	0:49:36	SMITH, SARAH		F39	0.4975	720
283	0:49:37	BELCHER, KIM	Norwich Road Runners	F53	0.5626	812
284	0:49:41	NICHOLSON, SALLY		F36	0.485	724
285	0:49:49	THORNHILL, MARTIN		M39	0.4425	728
286	0:49:51	BRIDGES, JACKIE		F35	0.4796	707
287	0:49:53	STAFFORD, Jane	Norwich Road Runners	F46	0.5247	911
288	0:49:53	ARMES, Sharon	Norwich Road Runners	F43	0.5114	916
289	0:50:14	CASON, Hazel	DEREHAM RUNNERS	F55	0.5666	804
290	0:51:46	JENKINS, Paul		M49	0.4586	713
291	0:51:49	GRAY, Dean		M52	0.4693	784

292	0:52:07	RENSHAW, Diane	DEREHAM RUNNERS	F53	0.5356	674
293	0:52:07	POPP, GEORGE		M54	0.4744	940
294	0:52:10	COOKE, Stephanie		F22	0.4562	830
295	0:52:15	GRAY, Linda		F52	0.5291	785
296	0:52:31	ROWLEY, JOHN	REEPHAM RUNNING CLUB	M65	0.5222	683
297	0:52:45	ROBINSON, Pauline	Colt Jags	F51	0.5191	648
298	0:53:21	GAULT, Rebecca		F41	0.4702	636
			GREAT YARMOUTH and DISRTICT			
299	0:54:38	HAGGARTY, Elaine	AC	F56	0.5263	854
300	0:54:59	YEOMANSON, ANNETTE	Colt Jags	F42	0.46	672
301	0:55:28	OSBORNE, Andrea	North Norfolk Beach Runners	F58	0.5294	613
302	0:55:37	WOOD, JACQUIE	DEREHAM RUNNERS	F60	0.5393	871
303	0:55:41	READER, Frank		M66	0.498	741
304	0:55:41	HUTCHEON, David	Colt Jags	M68	0.5093	913
305	0:55:52	CLEMENTS, Vanessa	Colt Jags	F50	0.4856	653
306	0:56:29	WELSH, Jenny	Colt Jags	F57	0.5144	652
307	0:56:58	ROSSER, KITTY	TRI-ANGLIA	F32	0.4177	692
308	0:59:04	KING, Donna	REEPHAM RUNNING CLUB	F37	0.4112	681
309	0:59:14	MACRAE, Louise		F26	?	887
310	0:59:31	GOWING, Jean	REEPHAM RUNNING CLUB	F67	0.5482	661
311	1:01:50	PEARSON, LESTER	DISS AC	M72	0.4815	603
312	1:01:54	JARVEY, Julie		F40	0.4019	616
313	1:03:46	JAY, Sarah	Colt Jags	F46	0.4105	655