

Worstead Festival '5'
Friday July 26th 2013

Results for All Competitors in finish order.

Place	Time	Name	Team	Cat	Age	Entrant
					Grad	No
1	0:26:57	MILLET, Simon	Norwich Road Runners	M26	0.7959	63
2	0:27:27	BATESON, RICHARD	Coltishall Jaguars	M32	0.7814	715
3	0:27:33	ROGERS, DAMION	City of Norwich AC	M21	0.7785	288
4	0:27:41	MIDDLETON, Daniel	Norwich Road Runners	M31	0.7748	126
5	0:27:42	CANNELL, Steven	Coltishall Jaguars	M24	0.7743	289
6	0:28:39	SMITH, Stuart	Norwich Road Runners	M35	0.7486	492
7	0:28:59	YAXLEY, Mick	Norwich Road Runners	M52	0.8391	291
8	0:29:06	HONEYMAN, Ryan		M35	0.7371	39
9	0:29:08	TERRY, Andrew		M42	0.7731	221
10	0:29:22	BALFE, Stephen	City of Norwich AC	M32	0.7304	245
11	0:29:23	WADE, Lawrence	Coltishall Jaguars	M39	0.7503	226
12	0:29:25	MOORE, John	Norfolk Gazelles	M53	0.8337	244
13	0:29:49	BLAZEY, Paul	Norwich Road Runners	M27	0.7193	179
14	0:29:57	LAKE, Todd	Dereham Runners AC	M49	0.7927	150
15	0:30:30	BENSLEY, Nicholas	Ryston Runners	M43	0.7438	250
16	0:30:32	BEADLE, James	Reepham Runners	M35	0.7025	253
17	0:30:42	WADE, Chris	North Norfolk Beach Runners	M24	0.6986	441
18	0:30:52	GARRETT, Mark	Norwich Road Runners	M50	0.7752	573
19	0:30:53	FRENCH, Marie	Ryston Runners	F33	0.7705	249
20	0:30:54	NICHOLSON, Paul	west norfolk ac	M40	0.7184	235
21	0:31:02	GILBERT, Ashley	Dereham Runners AC	M28	0.6911	274
22	0:31:08	GREENLAND, Eddie	Wymondham AC	M48	0.7566	196
23	0:31:11	ELY, Steve	Norwich Road Runners	M42	0.7222	225
24	0:31:12	JAMES, Robert	Bungay Black Dog	M42	0.7218	173
25	0:31:15	ALFORD, Eddie	Reepham Runners	M26	0.6863	240
26	0:31:29	SHEARER, Alistair		M38	0.6953	212
27	0:31:36	PATEL, Emma	City of Norwich AC	F32	0.7531	202
28	0:31:37	MCMORRIS, Will		M34	0.6784	132
29	0:31:37	FRARY, Matthew	Norwich Road Runners	M40	0.7022	162
30	0:31:38	BETTS, Mark	Norwich Road Runners	M40	0.7018	837
31	0:31:39	TANDY, David	Norwich Road Runners	M43	0.7168	85
32	0:31:47	WHITE, Richard		M52	0.7652	170
33	0:31:49	SULLIVAN, Paul	Norwich Road Runners	M46	0.7291	214
34	0:31:51	HAYLOCK, Chris	Lowestoft RR	M41	0.702	141
35	0:31:55	SCHOFIELD, Becky	Tri-Anglia	F30	0.7456	276
36	0:31:56	ROBILLIARD, Colin	Coltishall Jaguars	M60	0.8169	109
37	0:32:05	WATERS, Adrian	Norfolk Gazelles	M46	0.723	296
38	0:32:07	MICHAEL, Desmond	Barnet & District	M63	0.8367	51
39	0:32:11	HARMER, Mark	Coltishall Jaguars	M39	0.685	135
40	0:32:12	ARMES, Michael	Norwich Road Runners	M48	0.7316	36
41	0:32:16	PASK, Matthew		M46	0.7189	231
42	0:32:17	PORRITT, Oliver	petts woodrunners	M32	0.6644	151
43	0:32:23	YOUNGS, Kevin	Norfolk Gazelles	M64	0.8383	961
44	0:32:37	WATERING, Graham		M40	0.6806	203
45	0:32:40	ARMSRTONG, Emily	Norwich Road Runners	F24	0.7285	56
46	0:32:44	BYE, Rod	Coltishall Jaguars	M52	0.743	62
47	0:32:45	MORRIS-JONES, RICHARD	Reepham Runners	M43	0.6927	712
48	0:32:49	EDWARDS, Chris	Reepham Runners	M53	0.7473	134
49	0:32:52	NELSON, Glen	Tri-Anglia	M59	0.7864	188
50	0:33:04	LEARY, Rowena	Norfolk Gazelles	F28	0.7197	241
51	0:33:14	BLAKE, Dean	Coltishall Jaguars	M39	0.6633	25
52	0:33:16	SPEIRS, Craig		M36	0.649	198
53	0:33:16	HURREN, Dale	Norwich Road Runners	M55	0.7496	880
54	0:33:25	PORTER, Melvyn	Coltishall Jaguars	M46	0.6942	120
55	0:33:32	RICKETTS, Cat	Norwich Road Runners	F35	0.7129	154
56	0:33:34	BOWDEN, Nick	Reepham Runners	M57	0.7563	948
57	0:33:36	BOWMAN, Ken	Coltishall Jaguars	M65	0.8162	138
58	0:33:42	ELLIS, Vince	City of Norwich AC	M57	0.7533	86

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59	0:33:47	JOHNSON, Pete	Norfolk Gazelles	M59	0.7651	959
60	0:33:56	DADY, Stephen	Wymondham AC	M61	0.7763	779
61	0:34:03	HAYES, Dan	South London Harriers	M41	0.6567	284
62	0:34:03	CHORLEY, Chris	Bungay Black Dog	M50	0.7027	559
63	0:34:05	SMITH, Alexandra	Norwich Road Runners	F38	0.7182	404
64	0:34:20	KELLAWAY, David	Dereham Runners AC	M52	0.7083	185
65	0:34:26	JAY, Adrian	Coltishall Jaguars	M43	0.6589	194
66	0:34:27	BUSHEL, Alan	Coltishall Jaguars	M42	0.6537	34
67	0:34:32	QUINN, Greg	Reepham Runners	M52	0.7042	282
68	0:34:35	JERMY, Ian		M38	0.633	246
69	0:34:36	YEOMANS, Martin	Norwich Road Runners	M62	0.7689	499
70	0:34:37	CHADWICK, Scott	Coltishall Jaguars	M36	0.6237	153
71	0:34:42	THOMPSON, Peter	Norfolk Gazelles	M57	0.7316	38
72	0:34:43	BEAUCHAM, Gary		M50	0.6892	105
73	0:34:45	TAYLER, Mark	Norwich Road Runners	M60	0.7507	45
74	0:34:49	EDWARDS, Penny	Norwich Road Runners	F58	0.8433	236
75	0:34:49	COOPER, Philip	Reepham Runners	M52	0.6985	528
76	0:34:54	BAKER, Andrew	Great Yarmouth Road Runners	M45	0.6597	242
77	0:34:57	MOORE, Chris	Norfolk Gazelles	M52	0.6959	174
78	0:35:05	LAWRENCE, Shane	L.A.FOLA (LUXEMBOURG)	M56	0.7171	416
79	0:35:08	BIRD, Jon	Norwich Road Runners	M48	0.6705	59
80	0:35:10	JOHNSON, Michael	Norwich Road Runners	M44	0.6499	8
81	0:35:19	JACKSON, Aarron	Dereham Runners AC	M21	0.6073	275
82	0:35:20	MARDEN, Stewart	Coltishall Jaguars	M51	0.6827	91
83	0:35:21	METCAFE, Pete		M35	0.6067	298
84	0:35:23	BARDWELL, Sharon	Norwich Road Runners	F43	0.7209	37
85	0:35:29	FRARY, Matt		M44	0.6441	283
86	0:35:32	HUNTER, Gareth	Lowestoft RR	M34	0.6036	210
87	0:35:35	YORATH, Rhys		M15	0.6028	171
88	0:35:41	LAWRENCE, Jeremy	Coltishall Jaguars	M55	0.6988	459
89	0:35:44	MANN, Elies	Norwich Road Runners	F41	0.7021	215
90	0:35:46	CLARK, Michael		M33	0.5997	527
91	0:35:52	PARR, Tim		M39	0.6146	222
92	0:36:12	ING, Allan	Lowestoft RR	M58	0.7076	234
93	0:36:19	BARRETT, Michael	Dereham Runners AC	M57	0.699	76
94	0:36:20	HAMMOND, Andrew	Norfolk Gazelles	M57	0.6987	60
95	0:36:25	SEARSON, Fiona		F41	0.6889	233
96	0:36:31	COOK, Roly		M51	0.6606	195
97	0:36:36	NORRIS, Anthony	Coltishall Jaguars	M43	0.6199	107
98	0:36:47	HARE, Mitchell		M26	0.5831	272
99	0:36:47	ENGLISH, Simon	Norwich Road Runners	M39	0.5993	220
100	0:36:50	BELL, Jeremy		M41	0.6071	422
101	0:36:53	GRAY, ALEX		M27	0.5815	285
102	0:36:54	ELFLETT, Mark	Lowestoft RR	M50	0.6484	520
103	0:36:57	HAWES, ANDREW	Reepham Runners	M34	0.5805	748
104	0:37:00	HARDINGHAM, Graham	Norfolk Gazelles	M52	0.6573	67
105	0:37:07	KING, Richard		M43	0.6112	954
106	0:37:08	YOUNG, Tyrone		M29	0.5776	228
107	0:37:16	WHITING, Mark		M53	0.6581	22
108	0:37:20	MILLETT, Anne	Norwich Road Runners	F57	0.7783	46
109	0:37:21	MOORE, Keith	Dereham Runners AC	M49	0.6357	129
110	0:37:22	JARVEY, Paul		M42	0.6027	115
111	0:37:23	WEST, Joe	Coltishall Jaguars	M25	0.5737	230
112	0:37:25	CORBOULD, Stephen	Norfolk Gazelles	M54	0.6608	144
113	0:37:32	BONE, John	Great Yarmouth Road Runners	M66	0.7388	263
114	0:37:37	COX, Russell	Wymondham AC	M47	0.6214	125
115	0:37:38	BULL, Michelle	City of Norwich AC	F43	0.6778	71
116	0:37:43	GIDDINGS, Callum		M24	0.5687	271
117	0:37:49	GARNER, Dudley	Norfolk Gazelles	M31	0.5672	146
118	0:37:50	DYKE, Keith		M60	0.6895	209
119	0:37:53	LARWOOD, Dale		M29	0.5662	292

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120	0:37:55	CLARK, Justine		F40	0.6562	17
121	0:37:55	JAY, Sarah	Coltishall Jaguars	F47	0.6964	193
122	0:37:58	GOWING, Peter	Reepham Runners	M45	0.6064	502
123	0:38:03	CLARK, Steven		M46	0.6096	18
124	0:38:16	BATTRICK, Peter		M60	0.6817	149
125	0:38:21	GODWIN, Joanna`	Norwich Road Runners	F39	0.6435	31
126	0:38:22	TITCHINER, Brian	Dereham Runners AC	M51	0.6288	84
127	0:38:22	WILSON, Kirk	Norwich Road Runners	M44	0.5957	57
128	0:38:28	BURCHAM, Andrew		M32	0.5576	178
129	0:38:29	ALLEN, Paul	Coltishall Jaguars	M27	0.5573	262
130	0:38:34	ELLEN, ANNE	Norfolk Gazelles	F57	0.7534	731
131	0:38:36	CUSHING, Sally	Norwich Road Runners	F48	0.6902	117
132	0:38:39	HAINES, David	Dereham Runners AC	M65	0.7095	128
133	0:38:45	LEE, Gavin	Coltishall Jaguars	M36	0.5572	260
134	0:38:49	STUDLEY, Penny	Great Yarmouth & District AC	F40	0.641	946
135	0:38:52	WEGG, Markus	Lowestoft RR	M42	0.5795	69
136	0:38:55	MILLER, John	Norwich Road Runners	M51	0.6199	116
137	0:38:57	BYE, Jackie	Coltishall Jaguars	F55	0.7307	61
138	0:38:57	GOLDEN, Ian	Norwich Road Runners	M44	0.5867	58
139	0:38:58	RICHARDSON, Pauline	Great Yarmouth Road Runners	F53	0.7164	899
140	0:39:00	STUBBS, Sarah	Coltishall Jaguars	F38	0.6277	247
141	0:39:01	ROPER, Martin	Norwich Road Runners	M54	0.6337	101
142	0:39:17	ADCOCK, TREVOR	Norfolk Gazelles	M64	0.691	266
143	0:39:21	GAOCHER, Kevin		M51	0.613	9
144	0:39:25	THOOLESS, Gavin	Norwich Road Runners	M44	0.5798	458
145	0:39:26	WHITE, Simon		M38	0.5552	103
146	0:39:39	YORATH, Ceri		M44	0.5764	172
147	0:39:41	HARPER, Stacey	Norwich Road Runners	F35	0.6024	10
148	0:39:53	HARMER, Russell		M32	0.5378	208
149	0:39:58	GAY, Christopher	Great Yarmouth & District AC	M50	0.5987	96
150	0:40:02	JOHNSTONE, Kirsty	Barnet & District	F52	0.6905	52
151	0:40:04	HIGHE, Robert		M25	0.5353	201
152	0:40:07	KING, Sharon		F53	0.6958	953
153	0:40:09	GEORGE, Mike		M45	0.5734	207
154	0:40:12	MORTON, Stuart		M43	0.5643	16
155	0:40:12	CUBBITT, Rachel	Norwich Road Runners	F27	0.592	47
156	0:40:14	ROSS, Alastair		M34	0.5331	77
157	0:40:14	MINNS, Paul		M48	0.5855	257
158	0:40:25	BRAY, Kevin		M41	0.5532	112
159	0:40:27	WARDEN, Mellisa	Georgia Ultra Trail Running Society	F32	0.5883	281
160	0:40:27	SAUERZAPF, Bobbie	Bungay Black Dog	F54	0.6968	553
161	0:40:32	MACWILLIAN, Tim	Wymondham AC	M51	0.5951	50
162	0:40:35	ARMSTRONG, JeN	North Norfolk Beach Runners	F39	0.6081	268
163	0:40:35	SMITH, Michael	Wymondham AC	M67	0.6909	248
164	0:40:35	GIBSON, Nicola	Norwich Road Runners	F37	0.5985	81
165	0:40:44	MANLY, Veronica	eastern vets	F65	0.7805	137
166	0:40:47	SYMONDS, Robin	Norwich Road Runners	M53	0.6013	121
167	0:40:52	BIRD, Amii		F27	0.5823	182
168	0:40:55	ENGLISH, Deborah	Norwich Road Runners	F34	0.5816	219
169	0:40:55	SHARMAN, Glen		M51	0.5896	436
170	0:40:55	GRAY, Donna	Norwich Road Runners	F43	0.6234	159
171	0:40:55	FRASER, Susan	Great Yarmouth & District AC	F54	0.6889	40
172	0:40:55	HORREX, Trevor	Norwich Road Runners	M53	0.5993	950
173	0:40:55	FLOAT, Mary	Reepham Runners	F36	0.5889	224
174	0:40:55	EGMORE, Jenni	Reepham Runners	F46	0.6397	947
175	0:40:55	HALL, Lisa		F34	0.5816	211
176	0:40:55	DADY, Sylvia	Wymondham AC	F33	0.5816	756
177	0:41:05	BRIGHYY, Keith	Norwich Road Runners	M50	0.5824	295
178	0:41:07	BRADLEY, Sarah	Norwich Road Runners	F50	0.6598	87
179	0:41:07	AMOS, David		M53	0.5964	958

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180	0:41:10	BRADLEY, Alan	Norwich Road Runners	M50	0.5812	88
181	0:41:15	CUTTING, NIGEL		M28	0.52	286
182	0:41:15	ROBINSON, William	Coltishall Jaguars	M18	0.52	851
183	0:41:19	NERNEY, Paul		M33	0.5191	42
184	0:41:20	STAFFORD, Jane	Norwich Road Runners	F47	0.6389	118
185	0:41:23	WOOD, Charles	Norwich Road Runners	M55	0.6026	157
186	0:41:24	TIMM, Michael	Reepham Runners	M27	0.5181	181
187	0:41:31	RUMSBY, Karl	Reepham Runners	M30	0.5166	21
188	0:41:33	GRAY, Dean		M53	0.5902	94
189	0:41:35	QUARMBY, Sean		M44	0.5496	213
190	0:41:35	HIGH, Christopher		M40	0.5339	204
191	0:41:36	BURROWS, Naomi		F27	0.572	265
192	0:41:36	WRAGG, Sonya	Coltishall Jaguars	F42	0.6081	440
193	0:41:36	BURCH, Melanie	Coltishall Jaguars	F40	0.5981	156
194	0:41:45	GERBER, Paul	Coltishall Jaguars	M46	0.5556	82
195	0:41:47	CALLAGHAN, Mark		M40	0.5313	32
196	0:41:51	MEADOWS, Jonathon	Lowestoft RR	M36	0.5159	177
197	0:41:51	KOROVILAS, Natasha	Lowestoft RR	F38	0.5849	176
198	0:42:00	BIRD, Dianne		F50	0.6459	183
199	0:42:03	FAIRCHILD, Michael	Coltishall Jaguars	M59	0.6147	143
200	0:42:04	COLE, Jill	Coltishall Jaguars	F57	0.6907	273
201	0:42:04	KENT, Trudi	Norwich Road Runners	F44	0.6115	252
202	0:42:05	CURRIE, IAN		M45	0.5471	410
203	0:42:06	BUSHELL, Adele	Coltishall Jaguars	F46	0.6217	20
204	0:42:06	SIMPSON, Dennis		M53	0.5825	297
205	0:42:09	EVANS, David		M51	0.5723	14
206	0:42:15	OSBORNE, Andi	North Norfolk Beach Runners	M59	0.6118	945
207	0:42:16	TARRANT, Toni	Dereham Runners AC	F46	0.6192	576
208	0:42:16	SMITHSON, Paul		M49	0.5617	155
209	0:42:19	FREEZER, David		M26	0.5069	65
210	0:42:19	AMES, Matthew		M38	0.5173	64
211	0:42:20	VALENTINE, Nigel		M42	0.532	55
212	0:42:22	COLLYER, Dawn	Coltishall Jaguars	F33	0.5617	53
213	0:42:22	COLLYER, Richard	Coltishall Jaguars	M45	0.5434	30
214	0:42:25	BAUMBACH, Peter		M59	0.6094	127
215	0:42:28	CONQUEST, Philip		M57	0.5978	205
216	0:42:36	HOLLISTER, Heather	Coltishall Jaguars	F62	0.7204	952
217	0:42:37	LAWES, Neil		M42	0.5285	106
218	0:42:43	HILTON, Elayne	Lowestoft RR	F46	0.6127	495
219	0:42:47	BARBER, Owen	Coltishall Jaguars	M48	0.5506	95
220	0:42:48	NEAVE, Philip	Bungay Black Dog	M64	0.6343	944
221	0:42:50	KINCH, Brenda	North Norfolk Beach Runners	F68	0.7719	123
222	0:42:52	SMITH, Claire	Norwich Road Runners	F43	0.5951	7
223	0:42:56	MILLETT, TONY	Norwich Road Runners	M60	0.6076	267
224	0:43:00	O'SULLIVAN, Cheryl		F36	0.5604	54
225	0:43:04	TIFFIN, Don	Bungay Black Dog	M66	0.6438	243
226	0:43:04	MACRAE, Louise	Norwich Road Runners	F26	0.5526	180
227	0:43:11	MEARS, MELANIE ANN		F51	0.6342	287
228	0:43:13	PILCH, Richard		M66	0.6416	28
229	0:43:15	BOLAM, Georgina	WIMBLEDON HERCULES	F15	0.5502	709
230	0:43:17	BOLAM, Jeremy	North Norfolk Beach Runners	M54	0.5713	693
231	0:43:18	KENT, Karen	Wymondham AC	F46	0.6045	164
232	0:43:19	WADE, Julie	Reepham Runners	F45	0.599	189
233	0:43:19	SNELL, Simon	Coltishall Jaguars	M44	0.5276	70
234	0:43:22	BRAY, Kelly	Norwich Road Runners	F32	0.5487	78
235	0:43:31	RASKOVIC, Jacqueline	Norwich Road Runners	F44	0.5911	66
236	0:43:35	OWEN, Roy		M64	0.6229	227
237	0:43:41	EDWARDS, Jonathan	Coltishall Jaguars	M50	0.5477	111
238	0:43:41	SMITH, Krysia	Coltishall Jaguars	F37	0.556	110
239	0:43:43	HARRISON, Geoffrey		M55	0.5704	960
240	0:43:47	ARMSTRONG, MAnianne		F33	0.5435	261

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241	0:43:50	OWEN, Claire	Coltishall Jaguars	F37	0.5541	152
242	0:43:53	FRARY, Marie		F43	0.5813	163
243	0:43:57	WEST, Joanne	Reepham Runners	F49	0.6117	229
244	0:44:02	BARTRAM, Dennis	Wymondham AC	M63	0.6103	949
245	0:44:13	FULLER, Richard		M36	0.4883	269
246	0:44:26	HART, Carol		F46	0.589	33
247	0:44:37	HIGH, Richard	Norwich Road Runners	M42	0.5048	124
248	0:44:47	HUDSON, Phil	ware joggers	M56	0.5618	89
249	0:44:54	EULENSTEIN, Olaf	Reepham Runners	M48	0.5246	158
250	0:44:54	TAYLER, Caroline	Norwich Road Runners	F56	0.6404	44
251	0:44:56	MOORE, Susan	Norfolk Gazelles	F58	0.6534	175
252	0:45:03	BOWERS, Debbie	Reepham Runners	F34	0.5282	255
253	0:45:10	LOINS, Woody		M36	0.478	279
254	0:45:11	NEAL, Dee	Coltishall Jaguars	M54	0.5473	290
255	0:45:15	BRINGLOE, JULIE	Norwich Road Runners	F38	0.541	832
256	0:45:15	HALL, Edward		M63	0.5939	254
257	0:45:24	WARREN, Peter	Norwich Road Runners	M57	0.5591	2
258	0:45:29	HOWARD, Leon		M17	0.4716	200
259	0:45:34	HOWARD, Lisa	Norwich Road Runners	F37	0.533	841
260	0:45:36	FENWICK, Hayley		F33	0.5219	140
261	0:45:41	BELCHER, Robert		M54	0.5413	191
262	0:45:47	ASSUNCAO, Marta	Lowestoft RR	F38	0.5347	130
263	0:45:50	DAWSON, Nicholas		M58	0.5588	145
264	0:46:03	YOCKNEY, Simon		M38	0.4754	102
265	0:46:04	BURFOOT, JENNIFER	Norfolk Gazelles	F64	0.6819	411
266	0:46:11	METCALF, Kerry		F31	0.5153	192
267	0:46:12	DEAN, Emma	Coltishall Jaguars	F36	0.5216	26
268	0:46:14	FOXCARTER, Richard		M42	0.4871	278
269	0:46:15	GREEN, Nick		M42	0.487	280
270	0:46:31	ROWLEY, John	Reepham Runners	M66	0.5961	48
271	0:46:34	CREASOR, Mike		M75	0.6652	43
272	0:46:35	CARTER, Jake		M19	0.4604	169
273	0:46:45	STRATTON, Andrew	Wymondham AC	M52	0.5202	19
274	0:46:52	MANSFIELD, GUY		M36	0.4607	264
275	0:46:56	DURANT, Rebecca	Coltishall Jaguars	F61	0.6464	524
276	0:46:58	CUSHWAY, David		M35	0.4567	24
277	0:46:59	CUSHWAY, Janine		F34	0.5065	23
278	0:47:00	JACKSON, Rosemary	Coltishall Jaguars	F58	0.6247	865
279	0:47:04	CASSON, Peter		M45	0.4892	199
280	0:47:16	GAINSFORD, Ruth		F48	0.5637	136
281	0:47:24	KRUMHOLZ, Jeremy	Norfolk Gazelles	M40	0.4684	217
282	0:47:27	BARTRUM, Jenny		F59	0.6254	167
283	0:47:31	OTTAWAY, Gemma		F30	0.5008	142
284	0:47:37	COUSENS, Andrew		M56	0.5284	74
285	0:47:43	ROWLEY, Jennifer	Reepham Runners	F64	0.6584	49
286	0:47:55	UNKNOWN,		NDB	0	119
287	0:48:06	BRITT, Tony	uknetrunner	M57	0.5278	98
288	0:48:16	CARTER, Ian		M50	0.4957	168
289	0:48:23	BAILEY, Ali		F23	0.4918	218
290	0:48:23	HOUCHEN, Joe		M47	0.4832	206
291	0:48:42	HOWLETT, Donna		F54	0.5788	190
292	0:48:47	GOOCH, Jackie	Coltishall Jaguars	F50	0.5561	160
293	0:48:51	HARE, Lynsey		F28	0.4871	270
294	0:48:54	RENSHAW, Diane	Dereham Runners AC	F54	0.5764	447
295	0:48:55	O'TOOLE, Craig		M27	0.4385	239
296	0:49:14	COOK, Sharon	Wymondham AC	F42	0.5138	15
297	0:49:19	NICHOLSON, Sally		F37	0.4925	29
298	0:49:37	OWEN, Mary		F63	0.6257	238
299	0:49:47	CASON, Hazel	Dereham Runners AC	F56	0.5776	148
300	0:50:00	JOHNSON, Timothy		M25	0.429	421
301	0:50:02	WILLIS, Alison		F57	0.5807	75

Worstead Festival '5'
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302	0:50:06	M'CARTNEY, Margaret		F53	0.5572	293
303	0:50:06	MOORE, Elizabeth	Clapham Pioneers	F55	0.5681	294
304	0:50:06	ASHFORD, Andrea	Norwich Road Runners	F39	0.4926	90
305	0:50:06	JONES, Liz		F34	0.475	571
306	0:50:16	BUTCHER, Julie		F51	0.5448	113
307	0:50:16	ROBINSON, Pauline	Coltishall Jaguars	F52	0.55	858
308	0:50:22	GARWOOD, Katherine	Coltishall Jaguars	F37	0.4822	100
309	0:50:36	THORNHILL, David		M38	0.4326	11
310	0:50:38	THORNHILL, Martin		M40	0.4384	13
311	0:50:40	MIDDLETON, Trinie	Reepham Runners	F52	0.5456	277
312	0:50:40	QUIGLEY, Jillian		F32	0.4697	1000
313	0:50:54	COLMAN, Melinda	Norwich Road Runners	F54	0.5538	5
314	0:50:54	COLEMAN, Ivan	Norwich Road Runners	M51	0.4739	6
315	0:51:01	ARMES, Sharon	Norwich Road Runners	F44	0.5042	35
316	0:51:39	GRAY, Linda		F53	0.5405	92
317	0:51:40	GRAY, Melissa		F28	0.4606	93
318	0:52:03	DARNELL, Bob		M61	0.5061	80
319	0:52:15	HOSKINS, Lee		M23	0.4105	256
320	0:52:20	YEOMANSO, Annette	Coltishall Jaguars	F43	0.4874	131
321	0:53:21	HILL, Clare		F54	0.5283	259
322	0:53:34	GOSHAWK, Saara		F42	0.4722	957
323	0:53:35	HAYES, Helen		F37	0.4533	79
324	0:53:46	JACKSON, Alison		F48	0.4955	99
325	0:53:47	ROSSER, Kitty	Tri-Anglia	F33	0.4425	223
326	0:54:26	FREEBURN, Rodney	Wymondham AC	M75	0.5691	197
327	0:54:47	BLANCH, Tina	Dereham Runners AC	F44	0.4695	187
328	0:54:50	FENECH, Charles		M67	0.5114	73
329	0:54:56	HAGGARTY, Elaine	Great Yarmouth & District AC	F57	0.5289	97
330	0:55:53	JUDSON, Trish		F57	0.52	486
331	0:55:54	FRADLEY, Jess		F23	0.4257	104
332	0:57:51	READER, Frank		M67	0.4847	72
333	0:58:10	KING, DONNA	Reepham Runners	F38	0.4209	831
334	0:58:30	GOWING, Jean	Reepham Runners	F68	0.5652	951
335	0:58:44	CAMPBELL, LOUISE		F36	0.4103	400
336	0:59:56	SYMONDS, Janet	Norwich Road Runners	F46	0.4367	122
337	1:00:12	BRIGHTMAN, Pat	Great Yarmouth & District AC	F61	0.504	68
338	1:02:07	KING, Sue	Reepham Runners	F56	0.4629	186
339	1:09:17	MILLER, Louis		M83	0.5109	503