

Sunday 28 September 2008. 10:30 am Sunday 28 September 2008. 10:30 am

Place	Time	Name	Team	Cat2	Grad
1	0:16:26	BUNN, Andrew	Norwich Road Runners	Senior Men	03:17.2
2	0:18:29	HAYNES, MARK	Coltishall Jaguars	Senior Men	03:41.8
3	0:18:33	WHITE, Richard	Wymondham Athletic Club	Vet men 45-49	03:42.6
4	0:18:46	BLAKE, Richard	Great Yarmouth Road Runners	Vet men 55-59	03:45.2
5	0:18:52	GRAND, Adie	Norwich Road Runners	Vet men 40-44	03:46.4
6	0:18:58	NELSON, Peter		Senior Men	03:47.6
7	0:19:06	TYLER, Rhys	Thetford Athletic Club	Senior Men	03:49.2
8	0:19:09	EDRIDGE, DARREN	Coltishall Jaguars	Vet men 40-44	03:49.8
9	0:19:12	JERMY, Sean	Great Yarmouth and District	Senior Men	03:50.4
10	0:19:14	FISH, Michael		Senior Men	03:50.8
11	0:19:19	YEOMANS, Martin	Norwich Road Runners	Vet men 55-59	03:51.8
12	0:19:31	HARDINGHAM, Kevin	Norfolk Gazelles	Vet men 50-54	03:54.2
13	0:19:45	READER, Jonathon	Coltishall Jaguars	Senior Men	03:57.0
14	0:19:47	CATLEUGH, Hugh	Coltishall Jaguars	Senior Men	03:57.4
15	0:19:59	WAITY, Philip	Thetford Athletic Club	Senior Men	03:59.8
16	0:20:02	SAMUEL, Max		Senior Men	04:00.4
17	0:20:06	HAYES, Jim	North Norfolk Beach Runners	Vet men 60+	04:01.2
18	0:20:06	HILL, Mike	Tri Anglia	Vet men 40-44	04:01.2
19	0:20:26	FRARY, Matt		Senior Men	04:05.2
20	0:20:29	BUSSEY, Peter	Norwich Road Runners	Vet men 45-49	04:05.8
21	0:20:33	HARRISON, Paul		Vet men 50-54	04:06.6
22	0:20:34	MCCALL, Marion	St Edmunds Pacers	Senior Ladies	04:06.8
23	0:20:37	POWLES, Kevin	Norwich Road Runners	Vet men 40-44	04:07.4
24	0:20:38	HOWARD, Matt		Senior Men	04:07.6
25	0:20:44	HARDINGHAM, Graham	Norfolk Gazelles	Vet men 45-49	04:08.8
26	0:20:49	VOGLER, Clem	Dereham Runners Athletic Club	Vet men 60+	04:09.8
27	0:20:58	TYLER, Lucy	Thetford Athletic Club	Senior Ladies	04:11.6
28	0:21:10	THOULESS, Gavin	Norwich Road Runners	Senior Men	04:14.0
29	0:21:15	STANKIEWICZ, Rob	Norham RC	Vet men 50-54	04:15.0
30	0:21:24	SMITH, Alexandra	Norwich Road Runners	Senior Ladies	04:16.8
31	0:21:35	DUGDALE, Daisy		Senior Ladies	04:19.0
32	0:21:45	KOCH, Marcus		Vet men 45-49	04:21.0
33	0:21:52	SLOWTHER, Denver		Senior Men	04:22.4
34	0:21:53	SHERIFFS, Iain		Senior Men	04:22.6
35	0:21:58	STEVENS, Tracy	Wymondham Athletic Club	Senior Ladies	04:23.6
36	0:22:02	WARNE, Neil		Senior Men	04:24.4
37	0:22:04	KENNELLY, Andrew		Vet men 40-44	04:24.8
38	0:22:08	DALY, Shaun		Vet men 45-49	04:25.6
39	0:22:15	GRAND, Jake	Norwich Road Runners	Senior Men	04:27.0
40	0:22:20	JARVIS, Ian	North Norfolk Beach Runners	Vet men 40-44	04:28.0
41	0:22:22	HORREX, Trevor	Norwich Road Runners	Vet men 45-49	04:28.4
42	0:22:24	BULL, Michelle	Norwich Road Runners	Senior Ladies	04:28.8
43	0:22:25	ALBOROUGH, Maria		Senior Ladies	04:29.0
44	0:22:42	MOORE, Debbie	Norfolk Gazelles	Vet ladies 40-44	04:32.4
45	0:22:45	TYLER, Tony	Thetford Athletic Club	Vet men 45-49	04:33.0
46	0:22:56	FULCHER, Paul		Vet men 45-49	04:35.2
47	0:22:57	HANNANT, Emily	Coltishall Jaguars	Senior Ladies	04:35.4
48	0:23:06	MELVILLE, Hamish		Vet men 45-49	04:37.2
49	0:23:25	MILNES, Christopher	Ryston Runners	Vet men 50-54	04:41.0
50	0:23:33	HORNER, Alison	Coltishall Jaguars	Senior Ladies	04:42.6
51	0:23:37	LAIN, Vivienne	Reepham Runners	Vet ladies 40-44	04:43.4
52	0:23:40	FULLER, Jerry		Senior Men	04:44.0
53	0:23:41	HAGUE, Myles		Senior Men	04:44.2
54	0:23:45	WOODHOUSE, Gill	Dereham Runners Athletic Club	Vet ladies 60+	04:45.0
55	0:23:59	LEDGER, Robert		Vet men 40-44	04:47.8
56	0:24:04	FULTON, Mandy	Norwich Road Runners	Senior Ladies	04:48.8
57	0:24:11	BELL, Russell		Senior Men	04:50.2
58	0:24:14	MINNS, Paul		Vet men 40-44	04:50.8
59	0:24:40	COOMBES, Isobel		Senior Ladies	04:56.0
60	0:24:49	DEVLIN, Carol		Vet ladies 40-44	04:57.8

61	0:24:55	ARDEN, Jeff		Vet men 50-54	04:59.0
62	0:25:09	MILNES, Alison	Ryston Runners	Vet ladies 45-49	05:01.8
63	0:25:21	WHISKENS, Mark		Vet men 40-44	05:04.2
64	0:25:25	NEAVE, PHILIP	bungay black dog athletic club	Vet men 60+	05:05.0
65	0:25:40	OGHENEGWEKE, Helen	Norwich Road Runners	Senior Ladies	05:08.0
66	0:25:44	DADY, Sylvia		Senior Ladies	05:08.8
67	0:25:50	MARTIN, Anne	Wymondham Athletic Club	Vet ladies 60+	05:10.0
68	0:26:06	THETFORD, Jonathan		Senior Men	05:13.2
69	0:26:15	WILCOCK, Shirley	Coltishall Jaguars	Vet ladies 45-49	05:15.0
70	0:26:19	DURRANT, Becky	Coltishall Jaguars	Vet ladies 55-59	05:15.8
71	0:26:26	FISHER, Jill	Norfolk Gazelles	Vet ladies 50-54	05:17.2
72	0:26:37	SAUNDERS, Marianne	Norfolk Gazelles	Senior Ladies	05:19.4
73	0:26:40	COOPER, Neil		Vet men 45-49	05:20.0
74	0:26:42	EWIN, Robert		Vet men 60+	05:20.4
75	0:26:43	RACKHAM, Beverley		Vet ladies 45-49	05:20.6
76	0:26:44	WRIGHT, Lucy	Wymondham Athletic Club	Senior Ladies	05:20.8
77	0:26:44	WARNCKEN, Steve		Vet men 50-54	05:20.8
78	0:26:46	SWALLOW, Tammy		Vet ladies 40-44	05:21.2
79	0:27:14	LOXTON, Terry		Senior Men	05:26.8
80	0:27:24	JACKSON, Yvonne		Vet ladies 40-44	05:28.8
81	0:27:40	TIMSON, Oliver		Senior Men	05:32.0
82	0:27:42	BROGAN, Patricia		Vet ladies 55-59	05:32.4
83	0:27:42	JOHNSON, Linda		Vet ladies 50-54	05:32.4
84	0:27:43	CARTER, Penny		Vet ladies 45-49	05:32.6
85	0:27:44	COOPER, Sue		Vet ladies 45-49	05:32.8
86	0:27:52	THURGILL, Sonia		Senior Ladies	05:34.4
87	0:28:00	BURFOOT, Jennifer	Norfolk Gazelles	Vet ladies 55-59	05:36.0
88	0:28:02	LEE, Lynn		Senior Ladies	05:36.4
89	0:28:19	FRARY, Bernice		Senior Ladies	05:39.8
90	0:28:26	POINTER, Annie	Wymondham Athletic Club	Vet ladies 45-49	05:41.2
91	0:28:41	NEESHAM, Jemma	bungay black dog athletic club	Senior Ladies	05:44.2
92	0:28:43	CARROLL, Brian		Senior Men	05:44.6
93	0:28:44	O'BRIEN, Alison		Vet ladies 40-44	05:44.8
94	0:29:07	CHAPMAN, Lucy		Senior Ladies	05:49.4
95	0:29:11	DOLAN, Catherine		Senior Ladies	05:50.2
96	0:29:14	MACLEOD, Hannah		Senior Ladies	05:50.8
97	0:29:24	VIRANI, Sabine		Vet ladies 40-44	05:52.8
98	0:29:25	GEITNER, Amanda		Senior Ladies	05:53.0
99	0:29:55	WHISKENS, Julie		Senior Ladies	05:59.0
100	0:30:11	SENIOR, Jean		Vet ladies 50-54	06:02.2
101	0:30:19	ROOTS, Julian		Vet men 45-49	06:03.8
102	0:30:42	FENECH, Charles		Vet men 60+	06:08.4
103	0:30:49	HOLLINGSWORTH, Jennifer		Senior Ladies	06:09.8
104	0:30:55	THOULESS, Colin	Norwich Road Runners	Vet men 60+	06:11.0
105	0:31:19	VEIRA, Helen		Senior Ladies	06:15.8
106	0:31:28	WATLING, Ruth		Vet ladies 50-54	06:17.6
107	0:33:24	SMITH, Sally Anne		Senior Ladies	06:40.8
108	0:33:29	KJERSTI, Marius		Senior Men	06:41.8
109	0:34:10	HARDMAN, Sallie		Vet ladies 40-44	06:50.0
110	0:35:05	MINOKS, Adam		Senior Men	07:01.0
111	0:35:32	ALDOUS, Sara		Senior Ladies	07:06.4
112	0:36:15	BARLEY, Sarah		Vet ladies 40-44	07:15.0
113	0:44:27	VICK, Sarah		Senior Ladies	08:53.4
114	0:44:40	DYER, Elizabeth		Senior Ladies	08:56.0

Entrant No Posn

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