

## New Years Day 2007 - 10k

Place	Time	Name	Team	Cat	m/km	EntrantNo
1	0:32:48	GOOSE, Mitch	City of Norwich Athletic Club	Senior Men	03:16.8	92
2	0:32:55	MERCKEL, Dan	Oxford City AC	Senior Men	03:17.5	150
3	0:33:03	LEWIS, Adam	City of Norwich Athletic Club	Senior Men	03:18.3	236
4	0:33:42	LINCOLN, Wayne	City of Norwich Athletic Club	vet men 40-44	03:22.2	249
5	0:34:13	HOPKINS, Craig	City of Norwich Athletic Club	Senior Men	03:25.3	271
6	0:34:15	HUNTINGTON, Stuart	City of Norwich Athletic Club	Senior Men	03:25.5	412
7	0:34:53	MOORE, Richard	Waveney Valley Athletic Club	vet men 40-44	03:29.3	286
8	0:35:02	LENTON, Tim	Norfolk Gazelles	Senior Men	03:30.2	411
9	0:35:04	DAVIDSON, Neil	City of Norwich Athletic Club	Senior Men	03:30.4	407
10	0:35:20	SMITH, Paul	Norwich Road Runners	Senior Men	03:32.0	200
11	0:35:35	JORDAN, Richard	Stowmarket Striders	vet men 45-49	03:33.5	268
12	0:37:01	SHERRY, Karl	Norwich Road Runners	vet men 40-44	03:42.1	421
13	0:37:05	FISKE, Derek	Norwich Road Runners	vet men 40-44	03:42.5	205
14	0:37:09	HOUGHTON, Andrew		vet men 45-49	03:42.9	259
15	0:37:19	DAVIES, Paul	Norwich Road Runners	Senior Men	03:43.9	261
16	0:37:30	SENIOR, Ruth	City of Norwich Athletic Club	Senior ladies	03:45.0	204
17	0:37:42	GOODRUM, Paul		Senior Men	03:46.2	161
18	0:37:59	YOUNGS, Kevin	Norfolk Gazelles	vet men 55-59	03:47.9	101
19	0:38:07	BLAKE, Richard	Great Yarmouth Road Runners	vet men 55-59	03:48.7	162
20	0:38:15	WHITE, Richard	Wymondham Athletic Club	vet men 45-49	03:49.5	132
21	0:38:30	HOWE, Gary	Thetford Athletic Club	Senior Men	03:51.0	159
22	0:38:32	CLARKE, Jane	Norfolk Gazelles	vet ladies45-49	03:51.2	239
23	0:38:41	GARRETT, Mark	Norwich Road Runners	vet men 40-44	03:52.1	107
24	0:38:49	IVE, Martin	Ryston Runners	vet men 40-44	03:52.9	272
25	0:38:51	BOLAM, Jeremy	North Norfolk Beach Runners	vet men 45-49	03:53.1	295
26	0:39:01	JONES, Michael	Stowmarket Striders	Senior Men	03:54.1	95
27	0:39:02	AUGER, Peter		Senior Men	03:54.2	50
28	0:39:02	MILLETT, Simon	Norwich Road Runners	Senior Men	03:54.2	208
29	0:39:03	NIMMOCK, Dani	City of Norwich Athletic Club		03:54.3	248
30	0:39:03	VAN MINDEN, Nils	Norwich Road Runners	Senior Men	03:54.3	221
31	0:39:03	KNIGHTS, Sarah	City of Norwich Athletic Club	Senior ladies	03:54.3	245
32	0:39:03	YEOMANS, Martin	Norwich Road Runners	vet men 55-59	03:54.3	242
33	0:39:19	NELSON, Peter		Senior Men	03:55.9	217
34	0:39:29	SULLIVAN, Paul	Norwich Road Runners	vet men 40-44	03:56.9	408
35	0:39:30	BAIN, Andy	Waveney Valley Athletic Club	Senior Men	03:57.0	290
36	0:39:32	SADLER, Michael	North Norfolk Beach Runners	vet men 40-44	03:57.2	274
37	0:39:37	BETTS, Mark	Norwich Road Runners	Senior Men	03:57.7	183
38	0:39:40	SHAND, Neil		Senior Men	03:58.0	85
39	0:39:46	VARLEY, Matt		Senior Men	03:58.6	276
40	0:39:48	STAPLEY, Richard	Guernsey	vet men 40-44	03:58.8	81
41	0:39:52	NEAL, Nikki	Belgrave	Senior ladies	03:59.2	172
42	0:40:05	CURL, Tracey	Norwich Road Runners	vet ladies40-44	04:00.5	403
43	0:40:06	ROPER, Goy	Norwich Road Runners	vet men 40-44	04:00.6	404
44	0:40:17	COOPER, Jim	Bungay black dog athletic club	vet men 45-49	04:01.7	100

45	0:40:41	CROUCHER, Anthony	Great Yarmouth Road Runners	Senior Men	04:04.1	140
46	0:40:44	ALFORD, Nicola	City of Norwich Athletic Club	Senior ladies	04:04.4	247
47	0:40:51	EMERY, Trevor	North Norfolk Beach Runners	vet men 50-54	04:05.1	178
48	0:40:57	EMMETT, Lynn	City of Norwich Athletic Club	Senior ladies	04:05.7	266
49	0:41:00	EDRIDGE, DARREN	Coltishall Jaguars	Senior Men	04:06.0	209
50	0:41:13	HILL, R	Ipswich Jaffa	vet men 55-59	04:07.3	210
51	0:41:15	ANDERSON, Kirstie		Senior ladies	04:07.5	413
52	0:41:18	MACROSSON, Ker	Stowmarket Striders	vet men 50-54	04:07.8	269
53	0:41:24	EDYE, Simon	Norwich Road Runners	vet men 50-54	04:08.4	123
54	0:41:25	HAYES, Jim	North Norfolk Beach Runners	vet men 60 +	04:08.5	21
55	0:41:26	HAMMOND, Nicky	Stowmarket Striders	Senior ladies	04:08.6	424
56	0:41:33	KINGSMILL, John	Norwich Road Runners	vet men 45-49	04:09.3	179
57	0:41:58	AUGER, Stephen		Senior Men	04:11.8	49
58	0:42:04	BATES, STEVE	Coltishall Jaguars	Senior Men	04:12.4	175
59	0:42:06	HOWE, Jonathan	Norwich Road Runners	vet men 45-49	04:12.6	177
60	0:42:19	WATERS, Melvin	Norwich Road Runners	vet men 50-54	04:13.9	262
61	0:42:26	CHORLEY, Chris	Bungay black dog athletic club	vet men 40-44	04:14.6	97
62	0:42:33	ALDIS, David	City of Norwich Athletic Club	vet men 55-59	04:15.3	410
63	0:42:35	ADCOCK, Trevor	Norfolk Gazelles	vet men 55-59	04:15.5	176
64	0:42:43	AUGER, Martin		vet men 50-54	04:16.3	48
65	0:42:47	WHITELEY, Nigel		vet men 40-44	04:16.7	291
66	0:42:54	KNIGHTS, Neville	Dereham Runners Athletic Club	vet men 45-49	04:17.4	273
67	0:43:00	BAINGER, Graham	Norwich Road Runners	vet men 50-54	04:18.0	225
68	0:43:05	POWELL, Darren	Tri Anglia	vet men 40-44	04:18.5	56
69	0:43:12	BYE, Barry	Ryston Runners	vet men 55-59	04:19.2	23
70	0:43:14	MATTHEWS, Russell		vet men 45-49	04:19.4	71
71	0:43:15	STONE, Christine		Senior ladies	04:19.5	427
72	0:43:17	PARKER, Nigel		vet men 40-44	04:19.7	414
73	0:43:18	LAYTON, Emma		Senior ladies	04:19.8	116
74	0:43:25	DADY, Stephen		vet men 50-54	04:20.5	166
75	0:43:33	DYE, Richard	Bungay black dog athletic club	vet men 45-49	04:21.3	296
76	0:43:35	WOOLCARD, Laura		Senior ladies	04:21.5	237
77	0:43:37	O'CALLAGHAN, Peter	Wymondham Athletic Club	Senior Men	04:21.7	252
78	0:43:40	WOODS, Tim		vet men 45-49	04:22.0	240
79	0:43:50	QUANTRILL, Vicky	Great Yarmouth Road Runners	Senior ladies	04:23.0	117
80	0:44:12	MASON, Shawn	Great Yarmouth and District	Senior Men	04:25.2	260
81	0:44:13	NAVRADY, Jeremy	Ryston Runners	vet men 40-44	04:25.3	216
82	0:44:17	BLACKWELL, Kevin	Norfolk Gazelles	vet men 45-49	04:25.7	125
83	0:44:23	HAZELL, Jerry		vet men 40-44	04:26.3	139
84	0:44:24	BUCKLEY, Nikola	Dereham Runners Athletic Club	Senior ladies	04:26.4	191
85	0:44:29	SMITH, Darren	Ryston Runners		04:26.9	58
86	0:44:37	NELSON, GLEN	Tri Anglia	vet men 50-54	04:27.7	264
87	0:44:37	SMITH, Alexandra	Norwich Road Runners	Senior ladies	04:27.7	152
88	0:44:43	THOMPSON, Peter	Norfolk Gazelles	vet men 50-54	04:28.3	238
89	0:44:47	NIXON, Mark		Senior Men	04:28.7	418
90	0:44:57	MORTON, Tim	Bungay black dog athletic club	vet men 45-49	04:29.7	145
91	0:44:57	GORDON-GRAY, Anthony	Norfolk Gazelles	vet men 55-59	04:29.7	401

92	0:44:57	VAUGHAN, David		vet men 40-44	04:29.7	283
93	0:45:04	TAYLER, Mark	Norwich Road Runners	vet men 50-54	04:30.4	9
94	0:45:05	JONES, Wendy	St Edmunds Pacers	vet ladies40-44	04:30.5	201
95	0:45:06	THOULESS, Gavin	Norwich Road Runners	Senior Men	04:30.6	34
96	0:45:31	WILSON, Robin	Bungay black dog athletic club	vet men 50-54	04:33.1	153
97	0:45:32	PRESLAND, Steve	Ely Runners	vet men 50-54	04:33.2	194
98	0:45:33	MANN, Elies	Norwich Road Runners	Senior ladies	04:33.3	182
99	0:45:34	GRAND, Adie	Norwich Road Runners	vet men 40-44	04:33.4	148
100	0:45:35	LESLIE, Garham		Senior Men	04:33.5	42
101	0:45:47	BYE, Rod	Coltishall Jaguars	vet men 45-49	04:34.7	292
102	0:45:48	POTTER-CAMPBELL, Emma	Dereham Runners Athletic Club	Senior ladies	04:34.8	214
103	0:45:50	BYE, Barry	Ryston Runners	vet men 55-59	04:35.0	23
104	0:45:54	SOPER, Mike	St Edmunds Pacers	Senior Men	04:35.4	73
105	0:46:02	MILNES, Christopher	Ryston Runners	vet men 45-49	04:36.2	168
106	0:46:06	WALKER, Gareth		Senior Men	04:36.6	278
107	0:46:10	CROSS, Simon		Senior Men	04:37.0	119
108	0:46:14	LACEY, Dominic		Senior Men	04:37.4	275
109	0:46:14	TAYLOR, Ian	Stratton Striders	vet men 45-49	04:37.4	299
110	0:46:23	MANLY, Veronica		vet ladies 55-59	04:38.3	115
111	0:46:33	MILLETT, Tony	Norwich Road Runners	vet men 50-54	04:39.3	416
112	0:46:38	CIARLA, Giuseppe		Senior Men	04:39.8	294
113	0:46:49	BRADLEY, Alan	Norwich Road Runners	vet men 40-44	04:40.9	105
114	0:47:02	MILLETT, Anne	Norwich Road Runners	vet ladies50-54	04:42.2	207
115	0:47:02	JOHNSON, Pete	Norfolk Gazelles	vet men 50-54	04:42.2	2
116	0:47:03	BRIGHTY, KEITH	Norwich Road Runners	vet men 40-44	04:42.3	258
117	0:47:24	GEE, Kevin		vet men 45-49	04:44.4	230
118	0:47:28	HORREX, Trevor	Norwich Road Runners	vet men 45-49	04:44.8	174
119	0:47:30	DYDE, Alasdair	south cheshire harriers	vet men 40-44	04:45.0	146
120	0:47:38	MACGREGOR, Ross	barrow runners	Senior Men	04:45.8	69
121	0:47:40	IRVINE, Andy	Cambridge and Coleridge	Senior Men	04:46.0	129
122	0:47:45	HAYWARD, Geoff	North Norfolk Beach Runners	vet men 60 +	04:46.5	188
123	0:47:50	BUDDS, Roger	Norwich Road Runners	vet men 55-59	04:47.0	297
124	0:47:50	FINES, Richard		Senior Men	04:47.0	118
125	0:47:50	BETTS, Carol	Norfolk Gazelles	vet ladies50-54	04:47.0	89
126	0:48:01	GILHAM, Nigel	Bungay black dog athletic club	vet men 50-54	04:48.1	169
127	0:48:01	MAWER, Roger	Lowestoft Road Runners	vet men 60 +	04:48.1	7
128	0:48:03	FREEMAN, Jane		vet ladies50-54	04:48.3	38
129	0:48:09	NORMAN , Pauline	Lowestoft Road Runners	vet ladies 55-59	04:48.9	187
130	0:48:09	MCENIERY, Carmel	Cambridge and Coleridge	Senior ladies	04:48.9	130
131	0:48:10	BARLOW, William		Senior Men	04:49.0	251
132	0:48:12	RAYNER, Bruce	Bungay black dog athletic club	vet men 45-49	04:49.2	154
133	0:48:17	FRASER, Alex	North Norfolk Beach Runners	vet men 60 +	04:49.7	99
134	0:48:19	LAYTON, Edward			04:49.9	232
135	0:48:19	LAYTON, Will		Senior Men	04:49.9	233
136	0:48:22	WOODHOUSE, Gill	Dereham Runners Athletic Club	vet ladies 55-59	04:50.2	13
137	0:48:26	DURRANT, Jude		Senior ladies	04:50.6	246
138	0:48:30	BALL, Malcolm	North Norfolk Beach Runners	vet men 60 +	04:51.0	35

139	0:48:39	FLEMING, John		Senior Men	04:51.9	147
140	0:48:43	WARD, Katie		Senior ladies	04:52.3	195
141	0:48:56	TYLER, Tim		vet men 50-54	04:53.6	231
142	0:49:00	PHILPOTT, Esther		Senior ladies	04:54.0	265
143	0:49:01	GROVES, Paul	Coltishall Jaguars	vet men 40-44	04:54.1	241
144	0:49:07	TAVERNER, Paul		vet men 40-44	04:54.7	203
145	0:49:08	BRACEY, Dexter	Norwich Road Runners	Senior Men	04:54.8	121
146	0:49:13	SPENCER, Eric	City of Norwich Athletic Club	vet men 55-59	04:55.3	402
147	0:49:16	BURRAGE, Andrew	Norfolk Gazelles	vet men 50-54	04:55.6	163
148	0:49:16	RAYNER, Clare		Senior ladies	04:55.6	41
149	0:49:21	VERNEY, Andrew	Tri Anglia	vet men 40-44	04:56.1	267
150	0:49:27	HUGHES, Gary		Senior Men	04:56.7	32
151	0:49:37	MUTCH, Kerry	Great Yarmouth Road Runners	vet ladies40-44	04:57.7	193
152	0:49:37	MARSH, Jason		Senior Men	04:57.7	110
153	0:49:41	RICHARDSON, John	Dereham Runners Athletic Club	vet men 50-54	04:58.1	1
154	0:49:43	FISH, Anne	Stowmarket	vet ladies 55-59	04:58.3	223
155	0:49:44	CROSS, Samuel		Senior Men	04:58.4	19
156	0:49:49	BRADLEY, Sarah	Norwich Road Runners	vet ladies40-44	04:58.9	106
157	0:49:55	TAYLER, Caroline	Norwich Road Runners	vet ladies45-49	04:59.5	8
158	0:50:00	FOX, Colin		Senior Men	05:00.0	29
159	0:50:01	THOMAS, Neil	islywn running club	Senior Men	05:00.1	186
160	0:50:03	STEVENS, Tracy		Senior ladies	05:00.3	96
161	0:50:04	BROSTER, Linsey	Dereham Runners Athletic Club	Senior ladies	05:00.4	426
162	0:50:12	GREEN, Ian		Senior Men	05:01.2	126
163	0:50:16	HAMMOND, Andrew		vet men 50-54	05:01.6	138
164	0:50:17	SARGEANT, Sarah	Lowestoft Road Runners	Senior ladies	05:01.7	422
165	0:50:21	STAPLEY, Carol-anne	Guernsey	Senior ladies	05:02.1	80
166	0:50:23	FISH, Grayhame	Stowmarket Striders	vet men 55-59	05:02.3	224
167	0:50:27	ANDERSON, Paul	Great Yarmouth Road Runners	vet men 50-54	05:02.7	91
168	0:50:27	LOWTHER, Sue	Bungay black dog athletic club	Senior ladies	05:02.7	184
169	0:50:30	STONE, Matthew		Senior Men	05:03.0	423
170	0:50:32	BROWNE, Tom		vet men 40-44	05:03.2	256
171	0:50:36	COBB, John		Senior Men	05:03.6	211
172	0:50:37	FISKEN, Mathew		Senior Men	05:03.7	300
173	0:50:38	BLANTINGHAM, Richard		Senior Men	05:03.8	234
174	0:50:42	OSBORNE, Andrea	North Norfolk Beach Runners	vet ladies50-54	05:04.2	5
175	0:50:51	SYMONDS, Lisa		Senior ladies	05:05.1	40
176	0:50:58	JONES, Huw		vet men 40-44	05:05.8	192
177	0:51:12	MILLER, BRIAN		vet men 55-59	05:07.2	36
178	0:51:13	MORTON, Marie	stopsley striders	vet ladies 55-59	05:07.3	235
179	0:51:17	SHEAD, Sheila		vet ladies 55-59	05:07.7	157
180	0:51:20	WALKER, Alan	Road Runners Club	vet men 60 +	05:08.0	180
181	0:51:23	BIAGER, Kim		Senior ladies	05:08.3	181
182	0:51:23	MARKS, David	Norwich Road Runners	Senior Men	05:08.3	171
183	0:51:26	DALLAS, Michael		vet men 40-44	05:08.6	257
184	0:51:33	BROOKES, Anthony		vet men 60 +	05:09.3	135
185	0:51:45	MORTON, Alison	Bungay black dog athletic club	vet ladies40-44	05:10.5	144

186	0:51:47	BROCKLEHURST, Anna	barrow runners	Senior ladies	05:10.7	70
187	0:51:50	LLOYD, Paul		Senior Men	05:11.0	409
188	0:51:51	GILBERT, Sarah	Waveney Valley Athletic Club	Senior ladies	05:11.1	17
189	0:51:54	MAY, Melvin	Norwich Road Runners	vet men 50-54	05:11.4	280
190	0:51:54	PHILLIPPO, Helen	Norwich Road Runners	Senior ladies	05:11.4	94
191	0:51:58	MARTIN, Alistair		vet men 50-54	05:11.8	12
192	0:52:04	STURDY, Lindsey		Senior ladies	05:12.4	151
193	0:52:08	BYE, Jackie	Coltishall Jaguars	vet ladies45-49	05:12.8	293
194	0:52:10	LE, Quang		Senior Men	05:13.0	143
195	0:52:10	WITHEY, Sally	City of Norwich Athletic Club	Senior ladies	05:13.0	244
196	0:52:15	KINCH, Brenda	North Norfolk Beach Runners	vet ladies 60 +	05:13.5	137
197	0:52:15	WHITE, Anthony	Norwich Road Runners	vet men 55-59	05:13.5	284
198	0:52:16	MORTON, Mike		vet men 45-49	05:13.6	254
199	0:52:16	THORNBURGH, Roger	maidstone harriers	vet men 60 +	05:13.6	198
200	0:52:22	GILBERT, David	Waveney Valley Athletic Club	vet men 40-44	05:14.2	18
201	0:52:30	WARD, Beres		vet ladies50-54	05:15.0	228
202	0:52:37	RACKHAM, Jane	Norwich Road Runners	vet ladies45-49	05:15.7	432
203	0:52:47	SCARFE, Robert	Wymondham Athletic Club	vet men 50-54	05:16.7	428
204	0:52:52	SAUERZEPF, Bobbie	Bungay black dog athletic club	vet ladies45-49	05:17.2	98
205	0:52:53	SMITH, Ann	Waveney Valley Athletic Club	Senior ladies	05:17.3	287
206	0:53:12	NEWMAN, Edward		Senior Men	05:19.2	270
207	0:53:15	BURRAGE, Carolyn	Norfolk Gazelles	vet ladies50-54	05:19.5	164
208	0:53:16	TWINEM, Richard		vet men 55-59	05:19.6	288
209	0:53:17	LADDIMAN, Hazel	Norfolk Gazelles	vet ladies45-49	05:19.7	429
210	0:53:20	KELF, Jason	Norfolk Gazelles	Senior Men	05:20.0	285
211	0:53:24	BLACK, Jason		Senior Men	05:20.4	281
212	0:53:27	GHEYI, Sanjay	Tri Anglia	vet men 40-44	05:20.7	279
213	0:53:36	DAYKIN, Robert		vet men 60 +	05:21.6	83
214	0:53:41	ENGLAND, John	Great Yarmouth and District	vet men 55-59	05:22.1	420
215	0:53:42	NEAL, Graeme	Belgrave harriers	vet men 40-44	05:22.2	173
216	0:53:42	INGRAM, Stewart	Diss Athletic Club	vet men 55-59	05:22.2	219
217	0:53:43	STARLING, Jacqui		vet ladies40-44	05:22.3	74
218	0:53:44	RIBBANDS, Derek	Great Yarmouth Road Runners	vet men 45-49	05:22.4	289
219	0:53:45	HARROP, Jacquie		vet ladies40-44	05:22.5	431
220	0:53:46	WARREN, Peter	Dulwich Runners	vet men 50-54	05:22.6	44
221	0:53:51	MOXON, David		vet men 45-49	05:23.1	53
222	0:53:59	HARVEY, Michael	North Norfolk Beach Runners	vet men 50-54	05:23.9	298
223	0:54:14	MAXWELL, Anthony		vet men 50-54	05:25.4	11
224	0:54:15	BARLOW, Kate	Wymondham Athletic Club	vet ladies50-54	05:25.5	103
225	0:54:19	FARRAR, Anna		vet ladies45-49	05:25.9	111
226	0:54:22	BAXTER, David		Senior Men	05:26.2	37
227	0:54:23	PEPPERNEILL, Mark		vet men 45-49	05:26.3	243
228	0:54:23	NEAL, Janet		vet ladies45-49	05:26.3	77
229	0:54:25	DENNIS, Michael	Dereham Runners Athletic Club	vet men 40-44	05:26.5	263
230	0:54:26	LUBBOCK, Sandra		vet ladies40-44	05:26.6	196
231	0:54:34	CROOSS, Stephen		vet men 50-54	05:27.4	20
232	0:54:40	ANDERSON, Tony	Great Yarmouth Road Runners	Senior Men	05:28.0	131

233	0:54:46	SPINKS, Roger	Ipswich Jaffa	vet men 60 +	05:28.6	277
234	0:54:53	BELL, Eleni		Senior ladies	05:29.3	86
235	0:54:56	BARTRUM, Laurence		Senior Men	05:29.6	206
236	0:54:58	SALMON, Helen	Wymondham Athletic Club	vet ladies40-44	05:29.8	65
237	0:55:19	BAILEY, Margaret	Wymondham Athletic Club	vet ladies 55-59	05:31.9	149
238	0:55:22	DOWNING, Terry		vet men 50-54	05:32.2	72
239	0:55:30	O'LEARY, Ann	Great Yarmouth Road Runners	vet ladies50-54	05:33.0	415
240	0:55:34	DADY, Sylvia		Senior ladies	05:33.4	165
241	0:55:34	WRIGHT, Lucy	Wymondham Athletic Club	Senior ladies	05:33.4	6
242	0:55:34	SMITH, Mike	Wymondham Athletic Club	vet men 60 +	05:33.4	255
243	0:55:38	MAYHEW, Sandra	Stowmarket Striders	vet ladies40-44	05:33.8	425
244	0:55:41	PROFFITT, Ed		Senior Men	05:34.1	220
245	0:55:42	BRITT, Tony		vet men 50-54	05:34.2	93
246	0:55:53	HARRISON, Peter	Great Yarmouth Road Runners	vet men 60 +	05:35.3	218
247	0:56:03	MCNICOL, Rebekah	Thetford Athletic Club	vet ladies40-44	05:36.3	79
248	0:56:03	KINSELLA, Nigel		vet men 40-44	05:36.3	213
249	0:56:17	GROEN, Jack		vet men 55-59	05:37.7	430
250	0:56:22	DILREW, Julie		vet ladies45-49	05:38.2	229
251	0:56:27	STEVENS, Michael		vet men 50-54	05:38.7	405
252	0:56:28	PRINCE, Sarah		Senior ladies	05:38.8	68
253	0:56:31	NEAVE, PHILIP	bungay black dog athletic club	vet men 55-59	05:39.1	4
254	0:56:36	WILLIAMS, Debbie	Newmarket Joggers	vet ladies40-44	05:39.6	202
255	0:56:40	GILL, Joan	Ryston Runners	vet ladies 55-59	05:40.0	15
256	0:56:43	WELLS, Dennis	Wymondham Athletic Club	vet men 55-59	05:40.3	82
257	0:57:03	BETTS, David	Norfolk Gazelles	vet men 50-54	05:42.3	88
258	0:57:09	SHAND, Susan		Senior ladies	05:42.9	84
259	0:57:11	WILDING, Keith	Great Yarmouth Road Runners	vet men 60 +	05:43.1	158
260	0:57:19	WEBSDALE, Steve		vet men 40-44	05:43.9	55
261	0:57:20	ETHERINGTON, Stephen		vet men 45-49	05:44.0	133
262	0:57:22	MATLOCK, Rosemary	Thetford Athletic Club	vet ladies45-49	05:44.2	222
263	0:58:02	HAWKSHAW, Catherine		vet ladies40-44	05:48.2	500
264	0:58:03	HOLLAND, Marti	Ryston Runners	vet men 60 +	05:48.3	102
265	0:58:18	BLOOMFIELD, Christine	Norfolk Gazelles	vet ladies50-54	05:49.8	63
266	0:58:18	JUPP, Orla	Dereham Runners Athletic Club	Senior ladies	05:49.8	128
267	0:58:40	MILLER, Louis		vet men 60 +	05:52.0	122
268	0:59:21	FARROW, Linda	Norfolk Gazelles	vet ladies 55-59	05:56.1	141
269	0:59:25	THOULESS, Colin	Norwich Road Runners	vet men 60 +	05:56.5	33
270	0:59:31	LARDER, Claire		Senior ladies	05:57.1	76
271	0:59:31	ROWE, Siobhan		vet ladies40-44	05:57.1	113
272	0:59:53	PUGH, David		vet men 55-59	05:59.3	417
273	0:59:59	SEWELL, Helen	Ryston Runners	vet ladies 60 +	05:59.9	14
274	1:00:01	FROST, Martin	City of Norwich Athletic Club	vet men 40-44	06:00.1	190
275	1:00:24	NORRY, Rita	Thetford Athletic Club	vet ladies45-49	06:02.4	160
276	1:00:32	PERRY, Lucy	Wymondham Athletic Club	vet ladies40-44	06:03.2	25
277	1:00:48	WILCOX, Jacqueline		vet ladies40-44	06:04.8	136
278	1:00:50	HALL, Barry		vet men 45-49	06:05.0	59
279	1:01:05	ETHERINGTON, Gary		Senior Men	06:06.5	134

280	1:01:11	ENGLAND, Maureen	Great Yarmouth and District	vet ladies 60 +	06:07.1	419
281	1:01:15	POTTER, Susan	bungay black dog athletic club	vet ladies45-49	06:07.5	197
282	1:01:26	CROSS, Isabella		Senior ladies	06:08.6	120
283	1:01:32	SMITH, Shushana		vet ladies40-44	06:09.2	189
284	1:02:05	DAY, Brian	Wymondham Athletic Club	vet men 60 +	06:12.5	282
285	1:03:11	FENECH, Charles		vet men 60 +	06:19.1	167
286	1:03:33	GODDARD-GAZE, Kim	Norfolk Gazelles	vet ladies40-44	06:21.3	47
287	1:03:35	CRAMP, Stephen	North Norfolk Beach Runners	vet men 55-59	06:21.5	87
288	1:04:52	HORNBY, Simone	Wymondham Athletic Club	Senior ladies	06:29.2	156
289	1:05:06	NURSYE, Susan		vet ladies 55-59	06:30.6	226
290	1:05:15	SULLIVAN, Genette	Norwich Road Runners	vet ladies40-44	06:31.5	406
291	1:05:49	BARLOW, Ray		vet men 55-59	06:34.9	104
292	1:06:04	HARBORD, CHRISTOPHER	Great Yarmouth Road Runners	vet men 60 +	06:36.4	24
293	1:06:20	GERRARD, Hayley	Norfolk Gazelles	Senior ladies	06:38.0	90
294	1:06:54	MILLER, Louis		vet men 60 +	06:41.4	122
295	1:08:02	ELLIOTT, Keith	Bournville Runners	vet men 50-54	06:48.2	253
296	1:08:39	THORNBURGH, Hilary		vet ladies 60 +	06:51.9	199
297	1:08:47	SANSON, John		vet men 60 +	06:52.7	67
298	1:08:47	FERGUSON, Alex		vet ladies40-44	06:52.7	66
299	1:09:40	POWELL, Penny		vet ladies45-49	06:58.0	27
300	1:10:47	NUNNEY, Anorea		vet ladies45-49	07:04.7	114
301	1:10:58	BALDRY, Diane	huntingsdon athletic club	vet ladies50-54	07:05.8	57
302	1:14:06	FERRARI, Caroline		vet ladies40-44	07:24.6	227
303	1:15:37	SPIBY, Phill		vet men 45-49	07:33.7	45
304	1:15:37	COPELAND, Maurice	North Norfolk Beach Runners	vet men 60 +	07:33.7	10
305	1:18:20	STANWAY, Tony		Senior Men	07:50.0	250
306		MORLEY, Stephen		vet men 50-54		142