

Mens 5k 12 September 2004

Position	Time	Name	Club	Category	Age	Sex
1	0:15:42	Fowlie, Darren	Norfolk Gazelles		30	M
2	0:15:49	Lincoln, Wayne	City Of Norwich		38	M
3	0:15:57	Bailey, Iain	City Of Norwich		25	M
4	0:16:01	Sales, Richard	City Of Norwich		42	M
5	0:16:07	Shepherd, Alan	Morpeth Harriers		35	M
6	0:16:28	Lenton, Tim	Norfolk Gazelles		31	M
7	0:16:31	Goose, Ray	City Of Norwich		40	M
8	0:16:33	Baldwin, Steve			23	M
9	0:16:34	Crocott, Lee	Harwich Runners		15	M
10	0:16:36	Sandford, Paul	Norfolk Gazelles		26	M
11	0:16:39	Arnold, Nigel	Norfolk Gazelles		46	M
12	0:16:54	Kelleher, Ed	City Of Norwich		18	M
13	0:16:56	Dunham, Glen	City Of Norwich		39	M
14	0:17:05	Glaysheer, Stefan	City Of Norwich		42	M
15	0:17:31	Hicks, Andrew	Lowestoft Road Runners		44	M
16	0:17:36	Goose, Carl	City Of Norwich		18	M
17	0:17:48	Preston, James	Wymondham Athletic Club		18	M
18	0:17:50	Johnson, Pete	Norfolk Gazelles		50	M
19	0:17:56	Lindsay, Raymond	Norwich Road Runners		49	M
20	0:18:01	Dungar, Craig	City Of Norwich		21	M
21	0:18:04	Millett, Simon	Norwich Road Runners		18	M
22	0:18:06	Hoye, Kenneth	Chelmsford Athletic Club		28	M
23	0:18:11	Preston, Andrew	Wymondham Athletic Club		39	M
24	0:18:39	Heath, James	St Edmunds Pacers		44	M
25	0:18:40	Wadey, Simon	Colchester Anr Tendring Athletic Club		41	M
26	0:18:42	Hendrey, Neil	Norwich Road Runners		29	M
27	0:18:45	White, Richard			43	M
28	0:18:51	Rose, Stuart	City Of Norwich		47	M
29	0:19:04	Powell, Michael	Norwich Road Runners		55	M
30	0:19:04	Chouarche, Oliver			34	M
31	0:19:09	Thompson, Peter	Norfolk Gazelles		48	M
32	0:19:15	King, Robert	Norwich Road Runners		29	M
33	0:19:21	Howard, David	City Of Norwich		48	M
34	0:19:36	Croucher, Anthony	Great Yarmouth & Distric Athletics Club		19	M
35	0:19:43	Meredith, Rhys	Norwich Road Runners		18	M
36	0:19:44	Chamberlain, Michael	Norwich Road Runners		43	M
37	0:20:01	Garrett, Mark	Norwich Road Runners		41	M
38	0:20:11	Dewison, Paul	Cambridge & Coleridge Athletic Club		51	M
39	0:20:26	Sexton, Mark	Norfolk Gazelles		36	M
40	0:20:32	Lansdell, Jeff	Wymondham Athletic Club		34	M
41	0:20:34	Hall, Michael	Wymondham Athletic Club		33	M
42	0:20:38	Huggins, Malcolm	Lowestoft Road Runners		36	M
43	0:20:42	Weston, Kelvin	Dereham Runners		41	M
44	0:20:43	Joy, Kevin	Dereham Runners		50	M

45	0:20:45	Knights, Matthew		30	M
46	0:20:51	Prest, Luke		22	M
47	0:20:59	Millett, Tony	Norwich Road Runners	51	M
48	0:21:01	Smith, Mike	Wymondham Athletic Club	62	M
49	0:21:06	Frary, Matthew		35	M
50	0:21:15	Horrex, Trevor	Norwich Road Runners	44	M
51	0:21:27	Simpson, Dennis	Norwich Road Runners	44	M
52	0:21:44	Theobald, Anthony		63	M
53	0:21:54	Beukes, Jaco		28	M
54	0:22:01	Keeble, John	Diss Athletic Club	58	M
55	0:22:02	Neave, Philip	Bungay Black Dog	55	M
56	0:22:13	Dady, Stephen		52	M
57	0:22:26	Preston, Ryan	Wymondham Athletic Club	15	M
58	0:22:35	Durrant, Paul		24	M
59	0:22:37	Tufts, Mark	Wymondham Athletic Club	36	M
60	0:22:40	Bowles, Simon		35	M
61	0:22:42	Hares, Simon		44	M
62	0:22:46	Hill, James	Norfolk Gazelles	21	M
63	0:22:52	Kelf, Jon	Norfolk Gazelles	36	M
64	0:22:57	Pamplin, John		54	M
65	0:23:03	Cox, Robert		42	M
66	0:23:04	Bates, Carl		37	M
67	0:24:11	Baldwin, Chris	Norfolk Gazelles	26	M
68	0:24:17	Spinks, Roger	Ipswich Jaffa	61	M
69	0:24:21	Jones, Tom		33	M
70	0:24:30	Moore, Brian	Norwich Road Runners	54	M
71	0:24:33	Harvey, Michael	North Norfolk Beach Runners	49	M
72	0:24:42	Chambers, Mike	St Edmunds Pacers	63	M
73	0:25:23	Evans, Tony	Waveney Valley Athletic Club	48	M
74	0:25:25	Fowler, Steven		45	M
75	0:25:59	Burfoot, Roy	Eastern Vets Athletic Club	56	M
76	0:26:08	Double, Reginald	Eastern Vets Athletic Club	69	M