

Mens 5k 11 September 2005

| Position | Time | Name | Club | Category | Age | Sex |
|----------|---------|----------------------|-----------------------------|----------|-----|-----|
| 1 | 0:15:56 | Lewis, Adam | Norwich Road Runners | | 27 | M |
| 2 | 0:16:08 | Bailey, Iain | City Of Norwich | | 26 | M |
| 3 | 0:16:10 | Scotter, Robert | City Of Norwich | | 30 | M |
| 4 | 0:16:19 | Sales, Richard | City Of Norwich | V40 | 43 | M |
| 5 | 0:16:37 | Jones, Andrew | City Of Norwich | | 36 | M |
| 6 | 0:16:47 | Sanford, Paul | Norfolk Gazelles | | 27 | M |
| 7 | 0:16:52 | Grocott, Lee | Harwich Runners | | 16 | M |
| 8 | 0:16:57 | Preston, James | City Of Norwich | | 16 | M |
| 9 | 0:17:01 | Utting, Wayne | Norwich Road Runners | | 28 | M |
| 10 | 0:17:21 | Dunham, Glen | City Of Norwich | V40 | 40 | M |
| 11 | 0:17:37 | Dungar, Craig | City Of Norwich | | 22 | M |
| 12 | 0:17:39 | Smith, Paul | Norwich Road Runners | | 30 | M |
| 13 | 0:17:41 | Johnson, Pete | Norfolk Gazelles | V50 | 51 | M |
| 14 | 0:17:48 | Bailey, Cliff | Thetford Athletic Club | V45 | 45 | M |
| 15 | 0:17:51 | Cooper, Ian | Thetford Athletic Club | V45 | 46 | M |
| 16 | 0:17:54 | Blake, Richard | Great Yarmouth Road Runners | V55 | 55 | M |
| 17 | 0:17:55 | Wadey, Simon | Harwich Runners | V40 | 42 | M |
| 18 | 0:17:56 | Hendrey, Neil | Norwich Road Runners | | 30 | M |
| 19 | 0:18:07 | Balfe, Stephen | City Of Norwich | | 24 | M |
| 20 | 0:18:10 | Witcher, Paul | | V40 | 41 | M |
| 21 | 0:18:11 | Preston, Andrew | Wymondham Athletic Club | V40 | 40 | M |
| 22 | 0:18:14 | Bunn, Andrew | Norwich Road Runners | | 36 | M |
| 23 | 0:18:22 | Howard, David | City Of Norwich | V45 | 49 | M |
| 24 | 0:18:26 | White, Richard | | V40 | 44 | M |
| 25 | 0:18:35 | Garrett, Mark | Norwich Road Runners | V40 | 42 | M |
| 26 | 0:18:37 | Yeomans, Martin | Norwich Road Runners | V50 | 54 | M |
| 27 | 0:18:48 | Brown, Lewis | Harwich Runners | | 17 | M |
| 28 | 0:18:50 | Howe, Gary | Thetford Athletic Club | | 37 | M |
| 29 | 0:18:57 | Woodyatt, Paul | City Of Norwich | V40 | 43 | M |
| 30 | 0:19:00 | Nelson, Peter | | | 35 | M |
| 31 | 0:19:03 | Prest, Luke | City Of Norwich | | 23 | M |
| 32 | 0:19:07 | Thomas, David | City Of Norwich | | 22 | M |
| 33 | 0:19:29 | Knights, Neville | Dereham Runners | V45 | 45 | M |
| 34 | 0:19:30 | Cole, Kraig | | | 30 | M |
| 35 | 0:19:33 | Caddy, Luke | | | 23 | M |
| 36 | 0:19:37 | Kemp, Stephen | Norwich Road Runners | V45 | 48 | M |
| 37 | 0:19:39 | Holland, Alan | Wymondham Athletic Club | V55 | 58 | M |
| 38 | 0:19:46 | Purdy, Vincent | Road Runners Club | | 29 | M |
| 39 | 0:19:47 | Sturgess, Ian | Wymondham Athletic Club | V45 | 47 | M |
| 40 | 0:19:47 | Harvey, Roy | Wymondham Athletic Club | V40 | 42 | M |
| 41 | 0:19:48 | Knights, Matthew | Norwich Road Runners | | 31 | M |
| 42 | 0:19:52 | Docherty, Colin | City Of Norwich | | 25 | M |
| 43 | 0:20:00 | Rushton, David | | V45 | 45 | M |
| 44 | 0:20:15 | Chamberlain, Michael | Norwich Road Runners | V40 | 44 | M |

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| 45 | 0:20:22 | Burton, Edward | Wymondham Athletic Club | V40 | 40 | M |
| 46 | 0:20:31 | Ratchford, David | Brandon Fern Hoppers | V40 | 43 | M |
| 47 | 0:20:39 | Adams, Geoff | Wymondham Athletic Club | V50 | 52 | M |
| 48 | 0:20:49 | Thouless, Gavin | Norwich Road Runners | | 36 | M |
| 49 | 0:20:55 | Blackwell, Kevin | Flegg Athletic | V45 | 47 | M |
| 50 | 0:21:08 | Davis, Daryll | | | 37 | M |
| 51 | 0:21:10 | Joy, Kevin | Dereham Runners | V50 | 51 | M |
| 52 | 0:21:17 | Bradshaw, Ernie | Dereham Runners | V55 | 59 | M |
| 53 | 0:21:27 | Weston, Kelvin | Dereham Runners | V40 | 42 | M |
| 54 | 0:21:43 | Saines, Rob | North Norfolk Beach Runners | V60 | 64 | M |
| 55 | 0:21:51 | Lubbock, David | City Of Norwich | V40 | 40 | M |
| 56 | 0:22:07 | Wilson, Robin | | V50 | 51 | M |
| 57 | 0:22:20 | Colman, Ivan | Norfolk Gazelles | V40 | 43 | M |
| 58 | 0:22:32 | Gilbert, David | Lowestoft Road Runners | V60 | 61 | M |
| 59 | 0:22:39 | Hammond, Andrew | | V45 | 49 | M |
| 60 | 0:22:41 | Ocallaghan, James | | | 23 | M |
| 61 | 0:22:51 | Green, Brian | | | 31 | M |
| 62 | 0:23:09 | Willson, David | | V40 | 43 | M |
| 63 | 0:23:19 | Neave, Philip | Bungay Black Dog | V55 | 56 | M |
| 64 | 0:24:25 | Harvey, Michael | North Norfolk Beach Runners | V50 | 50 | M |
| 65 | 0:25:30 | Turner, Mike | Liverpool Harriers | V60 | 66 | M |
| 66 | 0:26:19 | Frost, Ken | Brandon Fern Hoppers | V60 | 71 | M |
| 67 | 0:26:23 | Armitage, Graig | | V40 | 41 | M |
| 68 | 0:26:24 | Potter, David | Bungay Black Dog | V60 | 62 | M |
| 69 | 0:26:48 | Ashton, Robert | | V50 | 50 | M |
| 70 | 0:26:48 | Robinson, James | | | 21 | M |
| 71 | 0:28:46 | West, Sean | | | 38 | M |
| 72 | 0:29:09 | Thouless, Colin | Norwich Road Runners | V60 | 69 | M |