

FULL MARATHON

1 P Green 2:35:34 Newmarket Joggers AC; 2 R Lees 2:41:13 Clayton Le Moors Harriers; 3 H Beasley 2:48:32 St Edmunds Pacers; 4 G Swan 2:59:32 100 Marathon Club; 5 A Connor 3:04:49 Lowestoft Road Runners; 6 S Hicks 3:04:58 Ipswich Triathlon Club; 7 M Gould 3:05:05 Woking AC; 8 R Blake 3:05:17; 9 D Rixon 3:07:04 Dovedale Harriers; 10 C Hannant 3:07:47 Arena 80 AC; 11 S Easto 3:08:23 Peel Road Runners; 12 P Penfold 3:12:59 Arena 80 AC; 13 A Main 3:13:36 Swanley & District; 14 N Clarke 3:14:04 Newmarket Joggers; 15 M Egerton 3:14:34; 16 J Kulak 3:16:03; 17 S Cook 3:16:49; 18 J Mayne 3:18:16 Alvis Running Club; 19 I Slater 3:20:35 Lowestoft Road Runners; 20 P Soanes 3:21:20 Runners Centre Tri; 21 S Smith 3:21:35 Striders of Croydon; 22 C Blackford 3:21:39 Benfleet Running Club; 23 A Gravett 3:22:58 Striders of Croydon; 24 J Austin 3:23:56 Benfleet; 25 J Shaddock 3:24:39; 26 A Wilmot 3:24:44 100 Marathon Club; 27 M Newbitt 3:25:11 100 Marathon Club; 28 J Buck 3:25:37; 29 D Fellman 3:25:57 Ipswich Jaffa; 30 G Baker 3:27:21; 31 M Seger 3:27:24; 32 K Pickles 3:28:17; 33 D Stead 3:28:49 Pudsey Pacers; 34 A Hoyle 3:29:18; 35 J Rowley 3:29:50 Lowestoft Road Runners; 36 S McKenna 3:29:59 Maidstone Harriers; 37 M Clarke 3:30:29 Northampton Phoenix; 38 S Haddleton 3:30:47 Fairland Valley Spartans; 39 P Viveash 3:31:12 The Stragglers; 40 B Mist 3:34:09 Altringham & District AC; 41 G Davies 3:35:34 Lowestoft Road Runners; 42 F McSloy 3:35:48; 43 R Kemp 3:36:01 Stowmarket Striders; 44 D Dolan 3:37:13 Woodbridge Shufflers RRC; 45 J Kirby 3:37:48 Striders of Croydon; 46 J Rodgers 3:39:30; 48 R Dye 3:39:54 Bungay Black Dog; 49 L Jones 3:39:57 mazing Feet RC; 50 R McLaren 3:40:05; 51 G Rae 3:40:33; 52 P Tatton 3:40:50 Nottfast RC; 53 J Rowe 3:42:47 Hillingdon AC; 54 J Fairay 3:42:47; 55 R Manly 3:42:57 Diss AC; 56 K Roper 3:43:05; 57 D Birch 3:43:39 Norwich Road Runners; 58 C Freeman 3:43:47 Amazing Feet; 59 D Fazackerley 3:44:35 Dovedale Harriers; 60 A Allsop 3:46:56 Waveney Valley; 61 A Cowper-Johnson 3:46:56; 62 N Carter 3:48:46 Lowestoft Road Runners; 63 P Burns 3:49:17 Witham Running Club; 64 C Bird 3:50:07; 65 S Owen 3:51:35; 67 R Davis 3:52:31; 68 I MacKenzie 3:53:05; 69 D Hoben 3:54:11 Striders of Croydon; 70 A Morris 3:56:36; 71 G Munding 3:57:11 Brandon Fernhoppers; 72 D Wood 3:58:22 Invicta East Kent; 73 I Geering 3:59:04; 74 R Hardstone 3:59:13; 75 B Barden 4:03:04; 76 J Willer

4:03:05 F V Startans; 77 A Waterhouse 4:03:06 Elsworth Harriers; 78 H Gatenby 4:05:28; 79 D Cawdron 4:05:30; 80 D Addinell 4:05:51; 81 J Howard 4:08:52; 82 I Kainth 4:09:10 Birchfield Harriers; 83 M Proudler 4:12:15 Amazing Feet RC; 84 K Schvener 4:13:29 Road Runners Club; 85 R Wilson 4:15:01 Collingwood AC; 86 O Waye 4:15:10 Road Runners Club; 87 N Seymour 4:15:26; 88 M Harper 4:16:35; 89 G Kettle 4:16:35 VCB; 90 T Loftus 4:17:34; 91 P Nutley 4:20:32 St Edmund Pacers; 92 D Toms 4:20:59 Brandon Fern Hoppers; 93 S Gudgeon 4:21:38 Darwen Dashers; 94 S New 4:23:54 Penarth & Dinas; 95 D Sommers 4:27:48; 96 E Good 4:36:58 100 Marathon Club; 97 R Charlton 4:44:36 Chivers Hartley RC; 98 K Rudlin 4:48:03 Striders; 99 B Smith 4:48:57 Veterans AC; 100 C Kent 5:10:07 100 Club; 101 D Carter 5:32:57 100 Marathon Club; 102 T Town 5:32:57 WOFM; 103 L Eckersley 5:32:57 WOFM; 104 B Iddles 5:51:59 100 Marathon Club; 105 J Brown 5:52:05.

HALF MARATHON

1 D Hurren 1:15:49 Con AC; 2 C Merritt 1:16:32 Bungay Black Dog; 3 D Fiske 1:18:42 Norwich Road Runners; 4 S Barrett 1:19:43 Bungay Black Dog; 5 P Tremain 1:20:28 Stringfield Striders; 6 P Andrews 1:21:29 City Of Norwich; 7 T Powell 1:22:39 Suffolk Police; 8 J Coleby 1:23:28 NPOSC "Runners"; 9 S Andrews 1:23:38 Gt Yarmouth Road Runners; 10 G Hales 1:24:07 Norwich Road Runners; 11 D Minister 1:24:38 Bungay Black Dog; 12 T Garrity 1:26:09; 13 S Schuurman 1:26:22 Waveney Valley AC; 14 C Walker 1:26:29; 15 G Hutton 1:27:03 Norwich Road Runners; 16 J Clarke 1:28:09 City Of Norwich; 17 J Dirilenzo 1:28:18; 18 A Fretwell 1:28:39 Norwich Road Runners; 19 B Kemp 1:28:43 St Edmund Pacers; 20 P Silom 1:28:54 Lowestoft Road Runners; 21 D Copland 1:29:24 Meteors; 22 T Alabaster 1:29:37 Witham Running Club; 23 R Hewitt 1:29:55 Meteors; 24 G Holmes 1:30:24 Lowestoft Road Runners; 25 S Edey 1:30:31 Norwich Road Runners; 26 N Miaulis 1:30:46 Woodbridge Shufflers; 27 D Brooks 1:30:48 Thurrock Harriers; 28 P Downing 1:30:54 Wheelchair Competitor; 29 P Harvey 1:31:00 Lowestoft R R; 30 J Copley 1:31:18; 31 K Williams 1:31:35 Norwich Post Office Sports; 32 G Dunham 1:31:35 NPOSC Runners; 33 M Waymark 1:31:52; 34 R Craig 1:32:03 North Norfolk Beach Runners; 35 T Epps 1:32:06 Wymondham AC; 36 T Bonnett 1:32:22 Bungay Black Dog; 37 A Stock 1:32:37; 38 C Durrant 1:32:58 Lowestoft R R; 39 M Reeve 1:33:12; 40 T Whinnett 1:33:14; 41 R Mawer 1:33:16

Lowestoft RR; 42 J Prime 1:33:25 Bungay Black Dog; 43 G Kent 1:33:49; 44 J Barkas 1:33:57 Lowestoft R R; 45 D Amos 1:34:00; 46 M Smith 1:34:07 Wymondham AC; 47 M Wilson 1:34:10; 48 S Denby 1:34:11 City of Norwich RR; 49 J Daniels 1:34:18 Lowestoft Road Runners; 50 M Greenwood 1:34:25 Diss A C; 51 S Long 1:34:40; 52 R Page 1:34:46 Arena 80 AC; 53 M Chamberlain 1:34:52 Norwich Post Office Sports Cf; 54 S Young 1:34:53 NPOSC Runners; 55 M Osborn 1:34:54 Road Runners Club; 56 M Sharman 1:35:04 Waveney Valley A C; 57 L Moody 1:35:09 E V A C; 58 J Casey 1:35:17 Bungay Black Dog; 59 D Baker 1:35:25 Stamford Harriers; 60 J Wharton 1:35:30 Bungay Black Dog; 61 S Garner 1:35:31 Norwich Road Runners; 62 M Dann 1:35:40; 63 D Pryce 1:35:54 Waveney Valley AC; 64 S Allen 1:35:58 Norwich Road Runners; 65 J Fisher 1:36:09; 66 D Buckingham 1:36:51 Ely Runners; 67 D Tuck 1:36:57; 68 O Castledine 1:36:58; 69 M Rochester 1:36:58 Writtle College Runners; 70 A Nelson 1:37:31 RAF; 71 M Rowe 1:37:43 Hillingdon AC; 72 R Taylor 1:37:46 St Edmund Pacers; 73 P Jenkins 1:37:55 Runners Center Tri Club; 74 R Pilch 1:38:04; 75 D Rushton 1:38:29; 76 T Hicks 1:38:41; 77 S Firman 1:38:49 Norwich Sport Village; 78 N Rix 1:38:50 Bungay Black Dog; 79 T Abbott 1:38:52 Bungay High School; 80 D Wright 1:39:11 The Stragglers; 81 C Sadler 1:39:22 Suffolk Police; 82 M Diebel 1:39:27 Lingfield Running Club; 83 R Scarfe 1:39:38 Wymondham; 84 H Kemp 1:39:57 N R R; 85 A Mackie 1:40:06 Dead Penguins; 86 B Darnell 1:40:08 Diss AC; 87 A Morris 1:40:11; 88 L Elliott 1:40:12 Gt Yarmouth Road Runners; 89 P Thomas 1:40:15 Colchester Harriers; 90 C Knights 1:40:19 Bungay Black Dog; 91 T Horrex 1:40:24 Norwich Road Runners; 92 M Arnold 1:40:32 Norwich Road Runners; 93 A Reeve 1:40:33; 94 K Fisher 1:40:38 Ipswich Jaffa; 95 K Day 1:40:41 St Edmund Pacers; 96 J Brawn 1:41:09 Northampton Phoenix; 97 J Seabrook 1:41:12; 98 S Clark 1:41:13; 99 P McMorran 1:41:47 SLOBS; 100 S Buggs 1:41:55 Bungay Black dog; 101 N Edge 1:41:57 Bungay Black Dog; 102 T Clark 1:42:05 Norwich RR; 103 R Hopkins 1:42:16 Arena 80; 104 F Wijnands 1:42:23 The Meteors; 105 S Gudgeon 1:42:28 Darwen Dashers; 106 M Walsh 1:42:29; 107 R Judd 1:42:35 Sibs + One; 108 E Greenland 1:42:53 North Norfolk Beach Runners; 109 G Laundon 1:43:20 SCVAC; 110 N Wells 1:43:29 Road Runners Club; 111 K Last 1:43:30; 112 M Browne 1:43:31; 113 R Wellbum 1:43:35 Road Runners

Club; 114 J Jarvis 1:43:37; 115 K Granfield 1:43:39; 116 F Marsh 1:43:40 SLOBS; 117 W Goreham 1:43:41; 118 D Willis 1:43:49 Hunts AC; 119 A Muggridge 1:44:11; 120 R James 1:44:17; 121 C Whale 1:44:19 Bungay Black Dog; 122 J Goodwin 1:44:27; 123 L Daniel 1:44:28; 124 B Wilkinson 1:45:07 Norwich Road Runners; 125 S Thomson 1:45:12; 126 A Hagger 1:45:19; 127 J Dyer 1:45:24 Fairlands Valley Spartans; 128 D Speed 1:45:29; 129 K Wilson 1:45:38; 130 V Holloway 1:45:39; 131 S Dormer 1:45:54 Brandon Fern Hoppers; 132 S Brown 1:45:56; 133 C Southwell 1:45:56 Norwich Road Runners; 134 K Walker 1:46:12; 135 M Huggins 1:46:14; 136 A Finch 1:46:43; 137 R Tomsett 1:46:48; 138 J Hughes 1:46:50 Arena 80 AC; 139 C Williams 1:46:59; 140 Bob Paul 1:47:10 Bungay Black Dog; 141 J Copeman 1:47:17; 142 K Patterson 1:47:22 St Edmund Pacers; 143 C Russell 1:47:39 Road Runners Club; 144 N Gilham 1:47:57 Bungay Black Dog; 145 Colin Wilkie 1:48:28 Collingwood AC; 146 M Kesseling 1:48:29 Bungay Black Dog; 147 D Ashcroft 1:48:30 Norwich Union; 148 R Pulford 1:48:42 Diss A C; 149 J McFarlane 1:48:43 100 Club; 150 R Hobson 1:48:52 Woodbridge Shufflers; 151 R Van der Merwe 1:49:05; 152 M Sprake 1:49:08 Bungay Black Dog; 153 S Walsh 1:49:10; 154 J Pratt 1:49:13 Woodbridge Shufflers; 155 C Jeckell 1:49:21 North Waleham R C; 156 K Moore 1:49:22; 157 J Potter 1:49:37 Waveney Valley AC; 158 B Walsh 1:49:41 City of Norwich; 159 C Capps 1:49:43 Norwich Sport Village RC; 160 J Ramsay 1:49:45; 161 L Walpole 1:49:48; 162 C Betts 1:49:58; 163 D Betts 1:50:00; 164 T Harrison 1:50:33 Bungay Black Dog; 165 P Davis 1:50:39 Sutton In Ashfield Harriers; 166 A Hardy 1:50:44; 167 J Gledhill 1:51:10 RAF; 168 S Cushing 1:51:13 North Norfolk Beach runners; 169 I Crisp 1:51:16 Diss AC; 170 A Bridge 1:51:17; 171 J Harvey 1:51:17; 172 A Norton 1:51:32 Bungay High Cycling Club; 173 M MacDonald 1:51:32 Bungay High Cycling Club; 174 P Kent 1:52:03; 175 G Cordery 1:52:07 Road Runners Club; 176 A Smith 1:52:13 Bungay Black Dog; 177 M Entwistle 1:52:17 Riverside Runners; 178 T Bingham 1:52:36 Suffolk Police; 179 T Barham 1:52:43; 180 S Eagleton 1:52:49; 181 N Crisp 1:52:52 Diss AC; 182 M Duffield 1:53:00; 183 B Whitehead 1:53:16 Stringfield Striders; 184 M Norris 1:53:17 Woodbridge Shufflers; 185 P Friend 1:53:30; 186 R Hodges 1:53:36; 187 P Idle 1:53:50 Suffolk Police; 188 P Urry 1:53:51; 189 A Burbridge 1:54:15 Norwich & Peterborough BS; 190 M Farrar 1:54:20; 191 C Doak 1:54:34; 192 S Money 1:54:45; 193 D

Starland 1:54:46 City of Norwich AC; 194 G Warne 1:55:06; 195 R Simons 1:55:07 Waveney Valley; 196 D Lay 1:55:09 Ipswich Jaffa; 197 B Claydon 1:55:17 Felixstowe RR; 198 R Bream 1:55:18 St Edmund Pacers; 199 B Pidgeon 1:55:21; 200 E Waters 1:55:35; 201 J Oakins 1:55:44; 202 R Potter 1:55:51; 203 D Fox 1:58:11 N R R; 204 P Cork 1:58:12 Norwich Road Runners; 205 L Abel 1:58:30; 206 S Wright 1:46:34; 207 F Taylor 1:56:36 Norwich Road Runners; 208 J Diebel 1:56:43 Wingfield Running Club; 209 J Wurr 1:56:56 Norwich Road Runners; 210 J Webb 1:57:42; 211 S Davies 1:57:55 St Edmund Pacers; 212 L Rampling 1:58:03 Essex Police AC; 213 V Allen 1:58:13; 214 G Moore 1:58:38; 215 J Baker 1:58:57 Stamford Harriers; 216 P Kerridge 1:59:07; 217 D Collinson 1:59:09; 218 M Hansell 2:00:05; 219 R Andrews 2:00:06 Gt Yarmouth Road Runners; 220 L Goldspink 2:00:19 Essex Police AC; 221 A Barley 2:00:20 Essex Police AC; 222 A Porter 2:00:28 Lowestoft Road Runners; 223 R Farrar 2:00:47; 224 L Barrowman 2:02:05; 225 J Bell 2:02:59; 226 S Edwards 2:03:10; 227 H Tydd 2:03:20; 228 B Joel 2:03:40 Gt Yarmouth Road Runners; 229 C Holland 2:03:48; 230 M Womack 2:03:51; 231 J Goodwin 2:03:58 Eye Kuk Sool Won; 232 P Hurren 2:04:00; 233 A Simmonds 2:04:15 Norwich Road Runners; 234 D Attoe 2:04:16 Norwich Road Runners; 235 A Spong 2:04:41 Gt Yarmouth Road Runners; 236 D Dawson 2:05:08; 237 D Hart 2:05:19 Bungay Black Dog; 238 J Barrow 2:05:43 North Norfolk Beach Runners; 239 V Nutley 2:06:18 St Edmund Pacers; 240 S Sharp 2:06:44 Ras Tanura RR; 241 R Sharp 2:06:44 Ras Tanura RR; 242 P Ramsey 2:07:04; 243 Q Keeling 2:07:37 Cromsham Harriers; 244 J Hayden 2:09:19; 245 D Stephens 2:09:20 Gt Yarmouth Road Runners; 246 L Jones 2:09:50 Norwich Roebok Runners; 247 W Foster 2:09:50 Bungay High Cycling Club; 248 A Snowsell 2:11:00; 249 D Cook 2:11:22 Bungay Black Dog; 250 B Keable 2:11:32 Beccles Weight Training; 251 D Foster 2:11:43; 252 M Adams 2:11:44; 253 N Batchelor 2:11:44; 254 S Rudrum 2:12:29 Gt Yarmouth Road Runners; 255 M Rudrum 2:12:30 Gt Yarmouth Road Runners; 256 S Whiting 2:14:07; 257 F Reader 2:15:45 Sports Village; 258 H Cook 2:17:55; 259 A Webster 2:17:55; 260 M Goodwin 2:18:07; 261 S Smith 2:18:41 Norwich Road Runners; 262 G George 2:23:23 Wymondham AC; 263 S McMorran 2:26:50 Bungay High School; 264 D Edwards 2:27:19; 265 L Barkaby 2:32:48; 266 J Buck 2:47:30; 267 P Rowe 3:10:36 Wayland Runners