

<u>No</u>	<u>POSITION</u>	<u>SURNAME</u>	<u>FIRST NAME</u>	<u>RUNNING CLUB</u>	<u>SEX</u>	<u>CATEGORY</u>	<u>TIME</u>
455	1	PREWER	CARL	LOWESTOFT ROAD RUNNERS	M	MOPEN	33.53
364	2	TUDDENHAM	ROBIN	SERPENTINE	M	V40	34.07
628	3	BALDELLI	BENVENUTO	CAMBRIDGE & COLERIDGE	M	V40	35.18
442	4	KEEBLE	IAN		M	MOPEN	36.24
427	5	RIX	JASON		M	MOPEN	36.29
622	6	MOORE	RICHARD	WAVENEY VALLEY AC	M	V40	36.33
369	7	ALLEN	GAVIN	HALSTEAD ROAD RUNNERS	M	MOPEN	37.10
382	8	MILK	OLIVER	WYMONDHAM AC	M	MOPEN	37.17
568	9	JARRETT	TOM	IPSWICH JAFFA	M	MOPEN	37.43
594	10	PIMLOTT	CHRIS	WAVENEY VALLEY AC	M	MOPEN	37.46
555	11	GLAYSHER	STEFAN	CONAC	M	V40	37.54
593	12	SMITH	NICK	CLOPTON EMU BREEDERS	M	MOPEN	37.55
565	13	LEDWARD	DAVE	TRI ANGLIA	M	V40	37.59
400	14	BATES	STEVE	COLTISHALL JAGUARS	M	MOPEN	38.09
498	15	MANNING	ANDREW	GT YARMOUTH ROAD RUNNERS	M	V40	38.18
477	16	PEACHER	RICKY	FRAMLINGHAM FLYERS	M	MOPEN	38.52
577	17	GILLICK	JACK IRIVING	WYMONDHAM AC	M	MOPEN	38.53
587	18	HAYES	RICHARD		M	MOPEN	38.55
634	19	GARBETT	DANNY	BEXHILL RUNNERS	M	V40	38.56
561	20	JOHNSON	PETER	NORFOLK GAZELLES	M	V50	39.17
416	21	LIVINGSTONE-LEARMONTH	MAX	SERPENTINE	M	MOPEN	39.28
630	22	HAYNES	MARK	COLTISHALL JAGUARS	M	MOPEN	39.39
623	23	KENYON	STEVE	WAVENEY VALLEY AC	M	V40	39.48
376	24	JAMES	ROBERT	BBDR	M	MOPEN	40.03
638	25	EMMETT	LYNN	CITY OF NORWICH AC	F	FV35	40.16
451	26	SABEY	DAVID	AMPTHILL & FLITWICK FLYERS	M	V40	41.04
619	27	POTTER	MARK	WAVENEY VALLEY AC	M	MOPEN	41.05
415	28	DUDGEON	SARAH	SERPENTINE	F	FOPEN	41.09
490	29	ETCHES	ADAM	ELY RUNNERS	M	MOPEN	41.14
642	30	WRIGHT	AARON		M	MOPEN	41.35
595	31	GOWEN	DALE	WAVENEY VALLEY AC	M	V40	41.38
398	32	STEWART	CLIVE	COLTISHALL JAGUARS	M	V40	41.42
615	33	COX	JOHN		M	MOPEN	41.44
453	34	WOODYATT	PAUL	CITY OF NORWICH AC	M	V40	41.58
644	35	CASELS	PAUL	RAF TRI	M	MOPEN	42.01
596	36	MINISTER	DAVID		M	V40	42.07
603	37	STURGESS	JAMES	WYMONDHAM AC	M	MOPEN	42.09
572	38	GREENLAND	EDDIE	WYMONDHAM AC	M	V40	42.10
626	39	ELLIS	VINCE	CITY OF NORWICH AC	M	V50	42.13
479	40	BAILEY	ADAM		M	MOPEN	42.16
422	41	MCCULLOUGH	RON		M	V60	42.20
467	42	CLARRY	JEMMA	ST EDMUNDS PACERS	F	FOPEN	42.22
401	43	THOMPSON	PETER	NORFOLK GAZELLES	M	V50	42.24
590	44	MEECHAM	SIMON	IPSWICH JAFFA	M	MOPEN	42.49
391	45	EARL	TIM	WAVENEY VALLEY AC	M	MOPEN	42.54
370	46	JACKSON	ALAN	IPSWICH JAFFA	M	V50	42.59
388	47	EDRIDGE	DARREN	COLTISHALL JAGUARS	M	V40	43.10
469	48	CHORLEY	CHRIS	BBDR	M	V40	43.11
580	49	COULTER	GRAHAM	IPSWICH TRIATHLON CLUB	M	MOPEN	43.22
574	50	HILL	LESLIE	NORFOLK GAZELLES	M	V40	43.39
636	51	BARBER	STEVEN	WAVENEY VALLEY AC	M	MOPEN	43.40
434	52	CATLIN	MARCUS	IPSWICH JAFFA	M	MOPEN	43.47
584	53	BANKS	PAUL	LOWESTOFT ROAD RUNNERS	M	V40	43.56
454	54	MASTERSON	PAUL		M	V40	44.11
461	55	LYON	PAUL		M	MOPEN	44.22
466	56	HARDINGHAM	KEVIN	NORFOLK GAZELLES	M	V50	44.32
420	57	JAY	ADRIAN	COLTISHALL JAGUARS	M	MOPEN	44.44
635	58	OLDMAN	DARRELL	BBDR	M	V40	45.04
361	59	BOWMAN	KEN	COLTISHALL JAGUARS	M	V60	45.07
632	60	ROSHER	PAUL	SAXMUNDHAM SAXONS	M	V50	45.13
395	61	BURWOOD	OLIVER	NORWICH ROAD RUNNERS	M	MOPEN	45.15
617	62	FRANCE	DARREN		M	V40	45.17
620	63	DUNNETT	PETER		M	MOPEN	45.17
618	64	GOODERHAM	IAN	ST EDMUNDS PACERS	M	V40	45.18
591	65	DYE	RJ	BBDR	M	V40	45.35
647	66	ILES	JON		M	V40	45.36
551	67	DOWNES	MALCOLM		M	V40	45.38
641	68	CHITTY	JOHN		M	V40	45.49
575	69	BRANNAN	TERRY	WYMONDHAM AC	M	V60	45.52
608	70	TAYLOR	EDMUND		M	MOPEN	45.57
491	71	ETCHES	NATALLE	ELY RUNNERS	F	FOPEN	45.58
406	72	FIRTH	DANIEL		M	MOPEN	45.59
604	73	MILLETT	TONY	NORWICH ROAD RUNNERS	M	V50	46.00
567	74	KING	MICHAEL	COLTISHALL JAGUARS	M	V50	46.04
605	75	MILLETT	ANNE	NORWICH ROAD RUNNERS	F	FV45	46.10
465	76	TYLDESLEY	FRANK	BSE PACERS	M	V40	46.22
607	77	HOBSON	DOUGLAS		M	MOPEN	46.24
473	78	GATENBY	TOM		M	MOPEN	46.28
566	79	MARCHESE	STEFAN		M	MOPEN	46.40
472	80	AMES	RON	STOWMARKET STRIDERS	M	V60	46.55
552	81	DOWNING	PETER		M	V50	46.55
384	82	LEWIS	SIMON		M	MOPEN	46.57

484	83	SLOWTHER	DENVER	M	MOPEN	46.59
489	84	KNEE	CHARLOTTE	F	FOPEN	47.07
559	85	ASHFORD	JUSTIN	M	MOPEN	47.12
643	86	HANNANT	EMILY	F	FMOPEN	47.19
471	87	READER	KIM	F	FV35	47.23
421	88	MCGEENEY	BRIAN	M	MOPEN	47.29
438	89	BOWDEN	ASHLEY GEORGE	M	MOPEN	47.44
404	90	SHEAHAN	JENNY	F	FV45	47.57
562	91	WESTBY	ANDREW	M	V40	47.59
629	92	JOHNSON	DAVID	M	MOPEN	48.05
385	93	DALTON	NIGEL	M	V50	48.10
646	94	DOY	GLENN	M	V50	48.15
601	95	CLARK	RICHARD	M	V40	48.25
621	96	SIMPSON	DAVID	M	V50	48.29
425	97	HULSE	ANNE	F	FV45	48.36
612	98	FRETWELL	ANDREW	M	V40	48.51
606	99	HOBSON	ROGER	M	V60	48.54
496	100	GILHAM	NIGEL	M	V50	49.01
468	101	LOVE	SIRKKA	F	FV45	49.05
633	102	GARBETT	JILL	F	FV35	49.08
494	103	FELLINGHAM	RICHARD	M	V60	49.10
485	104	CHRISTMAS	JAMES	M	MOPEN	49.16
408	105	MALLETT	AMANDA	F	FV35	49.23
470	106	WINSER	STEPHEN	M	MOPEN	49.24
394	107	BAILEY	MICHAELA	F	FV35	49.27
475	108	PRETTY	JAMIE	M	MOPEN	49.29
360	109	WILKENOWSKI	KEITH	M	V40	49.30
609	110	HERROD	NIGEL	M	V50	49.34
570	111	COLE	GAVIN	M	MOPEN	49.40
497	112	MANNING	KAREN	F	FV35	49.44
553	113	THOMAS	NEIL	M	V40	49.45
450	114	NORTON	RACHEL	F	FV35	49.48
648	115	SAYER	PAUL	M	MOPEN	49.48
366	116	SAUERZAPF	BOBBIE	F	FV45	49.49
482	117	MATTHEWS	NICK	M	MOPEN	49.50
358	118	BIRCH	EMMA	F	FV35	49.57
499	119	BEEDHAM	ELIZABETH	F	FV45	49.57
413	120	ELDRIDGE	STEVE	M	V40	50.02
573	121	COLEMAN	GRAHAM	M	V40	50.09
431	122	BELL	MARK	M	MOPEN	50.10
579	123	JONES	MARK CHRISTOPHER	M	MOPEN	50.12
592	124	PULLINGER	TOM	M	MOPEN	50.31
602	125	HOLMES	DARREN	M	MOPEN	50.32
440	126	SMITH	ANDREW MARTIN	M	V60	50.35
464	127	ELLIS	MATT	M	MOPEN	50.42
556	128	ASHFORD	MARTIN	M	V50	50.55
433	129	GILES	CRAIG	M	MOPEN	50.56
554	130	MAYCOCK	CAROL	F	FV45	50.59
586	131	KELF	DAVE	M	V60	51.10
459	132	BLACK	LOGAN	M	MOPEN	51.16
460	133	HINCHSLIFFE	LINDSAY	F	FOPEN	51.27
383	134	CRAY	IAN	M	V50	51.29
363	135	PAMPLIN	JOHN	M	V50	51.30
476	136	FLATT	NATASHA	F	FOPEN	51.41
631	137	PRYCE	DAVID	M	V60	51.46
412	138	DAWSON	LORRAIN	F	FV45	51.51
645	139	GOWING	DANNY	M	MOPEN	51.56
372	140	HUNT	ADRIAN	M	V50	52.03
458	141	COLE	MICHAEL	M	MOPEN	52.14
374	142	TAYLOR	KIRSTY	F	FOPEN	52.16
449	143	ARDEN	JEFF	M	V50	52.19
563	144	LARK	SHAUN	M	MOPEN	52.29
649	145	BRAAT	MARCEL	M	MOPEN	52.29
445	146	BRIGHT	STEPHEN	M	V40	52.52
405	147	JAY	SARAH	F	FV35	53.00
571	148	GREEN	WAYNE	M	MOPEN	53.04
392	149	O'CALLAGHAN	MICHAEL	M	V50	53.11
448	150	MOODY	IAN	M	V40	53.11
493	151	STEWART	JOHN	M	V40	53.18
576	152	SCARFE	ROBERT	M	V50	53.25
569	153	LOZANO	MICHAEL	M	MOPEN	53.33
581	154	IRVINE	LIZZIE	F	FMOPEN	53.37
407	155	O'MULLANE	TIM	M	V40	53.40
457	156	POTTER	JUDY	F	FV55	53.48
585	157	LEWIS	MIKE	M	V40	53.48
446	158	GEDGE	KAREN	F	FV45	53.57
410	159	HUTCHEON	BRENDA	F	FV55	54.04
432	160	HART	ANDREW	M	V40	54.07
637	161	BORRETT	KEITH	M	V50	54.09
578	162	BANKS	ANDY	M	V40	54.14
428	163	MORTIMER	EMMA	F	FOPEN	54.31
481	164	ADAMS	CHARLES	M	MOPEN	54.32
640	165	CHITTY	GILLY	F	FV35	54.32

557	166	RIBBANDS	DEREK	GT YARMOUTH ROAD RUNNERS	M	V50	55.00
373	167	REID	DAVID		M	V40	55.10
367	168	WARREN	PETER	CITY OF NORWICH AC	M	V50	55.24
474	169	GATENBY	HUGH		M	V50	55.40
411	170	MUNSON	MIKE	STOWMARKET STRIDERS	M	V50	55.42
589	171	LEEDER	TOM		M	MOPEN	55.43
625	172	WATERS	KEVIN		M	V50	55.45
381	173	TILBROOK	DIANNE		F	FV55	55.49
452	174	NOVIS	LESLEY	AMPTHILL & FLITWICK FLYERS	F	FV45	55.54
396	175	BLOOR	SARA	THE SAXONS	F	FV35	56.06
380	176	TILBROOK	JOHN		M	V60	56.29
560	177	WRIGHT	JACKIE		F	FV45	56.34
463	178	BARKER	FAYE	LOWESTOFT ROAD RUNNERS	F	FOPEN	56.55
624	179	DOWSETT	REBECCA		F	FMOPEN	57.12
365	180	FARRAR	ROBIN	BBDRC	M	V60	57.26
426	181	RIX	KAREN		F	FV35	57.39
488	182	CARFOOT	CATHARINE	TRIATHLON ESSEX	F	FOPEN	57.44
487	183	BEE	RUTH		F	FV45	57.59
389	184	HAGAN	PATRICIA	BBDRC	F	FV35	58.10
614	185	PIMLOTT	DAVID	WAVENEY VALLEY AC	M	V60	58.14
437	186	NEESHAM	JEMMA	BBDRC	F	FOPEN	58.32
495	187	ASH	IAN	BBDRC	M	V60	58.42
357	188	BALL	NIGEL		M	V40	58.50
627	189	SU	MAUREEN		F	FMOPEN	59.26
616	190	DAVIES	PRISCILLA		F	FV35	59.42
598	191	HARBER	TERESA	WIMBELDON WINDMILERS	F	FV35	59.45
599	192	CHITTY	LUCILLE		F	FV35	59.48
444	193	BRIGHT	CHRIS	BRITISH ATHLETICS SUPPORTERS	M	MOPEN	60.03
390	194	BRITT	TONY		M	V50	60.16
439	195	FOUHY	BECKY	BBDRC	F	FOPEN	60.18
582	196	HAUSLER	MICHAEL		M	V40	60.38
583	197	WILSON	PHYLLY	WREAKE RUNNERS	F	FV55	60.46
368	198	BLOOMFIELD	CHRISTINE	NORFOLK GAZELLES	F	FV45	60.50
414	199	MARWOOD	SONIA		F	FV35	61.14
610	200	SEARLE	ANNETTE		F	FMOPEN	61.15
359	201	LING	DEBORAH		F	FV45	61.44
456	202	PROTHEROE	SALLYANN	LOWESTOFT ROAD RUNNERS	F	FV45	61.45
492	203	SAIT-STEWART	ANGELA		F	FV45	61.49
600	204	THURSTON WOOLNOUGH	REBEKAH???		F	FMOPEN	61.49
441	205	TYLER	ROSEMARY	STOWMARKET STRIDERS	F	FV55	62.03
639	206	O'BRIEN	ROGER		M	V40	62.11
371	207	DONOVAN	ROB	BBDRC	M	V60	62.48
447	208	HEYDON	KATHERINE		F	FV35	63.09
397	209	BICKNELL	HELEN		F	FOPEN	63.35
377	210	LEES	IVAN	GREAT YARMOUTH RR	M	V50	64.09
478	211	FIRTH	CRISTAL		F	FOPEN	64.51
486	212	BIDDLE	EMILY	HUNTS AC	F	FOPEN	65.40
558	213	MATTHEWS	PHYLLIDA		F	FMOPEN	66.42
399	214	JAMES	KATY	BBDRC	F	FV55	67.10
429	215	FLOWER	MICHAEL	NORFOLK POLICE A C	M	MOPEN	67.51
356	216	CALEY	ANDREW		M	MOPEN	69.28
362	217	ALDOUS	ALISON		F	FV35	69.28
430	218	TAYLOR	HAZEL	BEDFORDSHIRE POLICE A C	F	FV35	69.37
354	219	BUXTON	TERENCE		M	V40	71.17
611	220	COOK	DAVID	BBDRC	M	V60	71.23
443	221	KELLY	JAMES	FRAMLINGHAM FLYERS	M	V60	73.58
588	222	SHORT	GILL		F	FV35	75.59
355	No Show	VAN DER NERWE	RONEL		F	FV45	
375	No Show	LOCK	MITCH		M	V50	
378	No Show	BUNN	ANDREW	NORWICH ROAD RUNNERS	M	MOPEN	
379	No Show	FLAHERTY	KEALIE		F	FOPEN	
386	No Show	TOOLEY	CATHERINE		F	FV35	
387	No Show	TOOLEY	IAN		M	V40	
393	No Show	LINDSAY-DAVIES	CATHERINE		F	FOPEN	
402	No Show	COYSH	KATY		F	FOPEN	
403	No Show	SHEAHAN	DAVID		M	V40	
409	No Show	HUTCHEON	DAVID	COLTISHALL JAGUARS	M	V60	
417	No Show	VAN EEDEN	ELBIE		F	FOPEN	
418	No Show	BRIGHTY	JOSH	NORWICH ROAD RUNNERS	M	MOPEN	
419	No Show	BRIGHTY	KEITH	NORWICH ROAD RUNNERS	M	V40	
423	No Show	CLARK	PETER		M	V50	
424	No Show	MARSH	DAVID	IPSWICH JAFFA	M	MOPEN	
435	No Show	RAMSEY	NICOLA	IPSWICH JAFFA	F	FOPEN	
436	No Show	RAMSEY	ADAM	IPSWICH JAFFA	M	MOPEN	
462	No Show	EDWARDS	MARTIN		M	MOPEN	
480	No Show	CANT	STEVE	BBDRC	M	V40	
483	No Show	HARDINGHAM	GRAHAM	NORFOLK GAZELLES	M	V40	
564	No Show	PALMER	BARRY	DISS AC	M	V40	
597	No Show	FORDER ?????	COLIN		M	MOPEN	
613	No Show	EDWARDS	MARTIN		M	MOPEN	