

Bungay Black Dog Running Club
 Adnams Great East Run 20km - 21th February 2010
 Provisional Results sorted by Name

| Pos | Gun Time | Chip Time | Surname | Forename | Club | Age category | Number |
|-----|----------|-----------|------------|-----------|-------------------------------|---------------|--------|
| 52 | 01:27:57 | 01:27:43 | Abel | Laurence | Unattached | MV40 | 1 |
| 55 | 01:28:14 | 01:28:06 | Adams | Charles | Unattached | Male Senior | 2 |
| 412 | 02:29:45 | 02:29:34 | Adams | Victoria | Unattached | Female Senior | 5 |
| 408 | 02:23:40 | 02:23:06 | Alderton | Ann | Unattached | FV45 | 6 |
| 156 | 01:39:51 | 01:39:17 | Allan | Greg | Unattached | Male Senior | 8 |
| 148 | 01:38:36 | 01:38:25 | Allen | Daren | Unattached | MV45 | 9 |
| 410 | 02:26:45 | 02:26:17 | Allen | Rachel | Unattached | Female Senior | 10 |
| 379 | 02:10:50 | 02:10:16 | Allum | Julie | Ryston Runners | FV35 | 11 |
| 255 | 01:50:46 | 01:50:33 | Anderson | Carolynn | Newmarket Joggers | FV35 | 12 |
| 222 | 01:47:47 | 01:47:24 | Anderson | Paul | Great Yarmouth Road Runners | MV50 | 13 |
| 57 | 01:28:35 | 01:28:28 | Andrews | Gary | Unattached | MV40 | 14 |
| 70 | 01:29:59 | 01:29:52 | Archbold | Karen | Lowestoft Road Runners | FV40 | 16 |
| 139 | 01:37:38 | 01:37:04 | Archer | Dan | Unattached | MV40 | 493 |
| 330 | 01:59:12 | 01:58:37 | Arnold | Chris | Unattached | MV40 | 17 |
| 32 | 01:24:20 | 01:24:15 | Bailey | Benjamin | Unattached | MV40 | 19 |
| 35 | 01:25:28 | 01:25:25 | Bailey | Cliff | Unattached | MV50 | 20 |
| 10 | 01:18:37 | 01:18:34 | Bailey | Ian | Unattached | Male Senior | 21 |
| 184 | 01:43:07 | 01:42:43 | Baker | Hannah | City of Norwich Athletic Club | Female Senior | 23 |
| 388 | 02:13:18 | 02:13:00 | Balmanno | Kathryn | Unattached | FV45 | 24 |
| 298 | 01:54:59 | 01:54:38 | Barker | Faye | Lowestoft Road Runners | Female Senior | 480 |
| 111 | 01:34:34 | 01:34:27 | Barltrop | Verne | 100 Marathon Club | MV60 | 28 |
| 126 | 01:35:39 | 01:35:28 | Barron | Gavin | Unattached | Male Senior | 29 |
| 65 | 01:29:26 | 01:29:22 | Beach | Kate | Unattached | Female Senior | 32 |
| 58 | 01:28:50 | 01:28:48 | Beckett | Ian | Unattached | Male Senior | 33 |
| 301 | 01:55:02 | 01:54:57 | Bendix | Shona | Unattached | FV40 | 34 |
| 352 | 02:03:40 | 02:03:05 | Bennett | Lyndsey | Unattached | Female Senior | 35 |
| 15 | 01:21:22 | 01:21:20 | Betts | Mark | Norwich Road Runners | Male Senior | 37 |
| 242 | 01:49:02 | 01:48:50 | Bewick | Jeremy | Framlingham Flyers | MV40 | 38 |
| 102 | 01:33:34 | 01:33:30 | Billingham | Huw | Stowmarket Striders | MV40 | 39 |
| 74 | 01:30:19 | 01:29:54 | Birch | Warren | Unattached | MV40 | 40 |
| 76 | 01:30:28 | 01:30:22 | Birt | Andrew | Unattached | MV40 | 41 |
| 373 | 02:07:41 | 02:07:15 | Blakesley | Emily | Unattached | Female Senior | 485 |
| 100 | 01:33:23 | 01:33:14 | Blomfield | Stephen | Unattached | MV40 | 42 |
| 384 | 02:11:52 | 02:11:20 | Bloomfield | Christine | Norfolk Gazelles | FV50 | 43 |
| 116 | 01:34:49 | 01:34:41 | Bone | John | Great Yarmouth Road Runners | MV60 | 47 |

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|-----|----------|-----------|---------------|-------------|-------------------------|---------------|--------|
| 233 | 01:48:35 | 01:48:09 | Boucher | Jonathan | Unattached | Male Senior | 49 |
| 18 | 01:22:12 | 01:21:57 | Bowen | David | Unattached | Male Senior | 50 |
| 50 | 01:27:24 | 01:27:21 | Bowen-Jones | Craig | Unattached | Male Senior | 52 |
| 40 | 01:26:21 | 01:26:19 | Bower | Phil | Thetford Athletic Club | MV50 | 53 |
| 114 | 01:34:44 | 01:34:39 | Bower | Sandra | Thetford Athletic Club | FV45 | 54 |
| 357 | 02:05:24 | 02:05:02 | Brereton | Sarah | Unattached | FV35 | 56 |
| 199 | 01:44:59 | 01:44:57 | Brigden | Martin | Unattached | MV50 | 57 |
| 270 | 01:52:28 | 01:52:08 | Bright | Stephen | Unattached | MV45 | 58 |
| 353 | 02:05:07 | 02:04:37 | Britt | Tony | Unattached | MV50 | 481 |
| 128 | 01:35:55 | 01:35:26 | Brooks | Richard | Unattached | Male Senior | 59 |
| 266 | 01:52:10 | 01:51:39 | Browes | Christopher | Felixstowe Road Runners | MV50 | 509 |
| 47 | 01:26:52 | 01:26:39 | Brown | Hugh | Unattached | MV40 | 60 |
| 107 | 01:34:13 | 01:34:08 | Brown | Stephen | Cambridge Harriers | MV50 | 61 |
| 322 | 01:57:59 | 01:57:23 | Browne | Simon | Unattached | MV50 | 62 |
| 308 | 01:56:22 | 01:56:06 | Bullock | Matt | Unattached | MV40 | 63 |
| 251 | 01:50:24 | 01:50:24 | Bunn | Mandy | Haverhill Running Club | FV40 | 506 |
| 314 | 01:57:14 | 01:56:58 | Bunting | Simon | Lowestoft Road Runners | MV40 | 64 |
| 385 | 02:12:18 | 02:11:49 | Burdett | Sara | Unattached | FV45 | 65 |
| 348 | 02:03:15 | 02:02:50 | Burgin | Lorna | Unattached | FV40 | 66 |
| 341 | 02:01:24 | 02:00:54 | Burley | George | Unattached | MV50 | 67 |
| 359 | 02:05:33 | 02:05:02 | Burley | Jill | Unattached | FV50 | 68 |
| 61 | 01:29:00 | 01:28:53 | Butcher | Matt | Unattached | Male Senior | 70 |
| 321 | 01:57:58 | 01:57:22 | Butler | Simon | Unattached | MV45 | 71 |
| 361 | 02:05:48 | 02:05:20 | Campbell-Gray | Robert | Unattached | MV45 | 72 |
| 53 | 01:28:06 | 01:28:06 | Cassels | Paul | Unattached | Male Senior | 74 |
| 223 | 01:47:52 | 01:47:20 | Chadwick | Scott | Unattached | Male Senior | 75 |
| 228 | 01:48:29 | 01:48:09 | Challis | Richard | Unattached | Male Senior | 76 |
| 122 | 01:35:13 | 01:35:04 | Chapman | Peter | Tri-Anglia | MV50 | 77 |
| 413 | 02:29:46 | 02:29:35 | Chase | Charlotte | Unattached | Female Senior | 79 |
| 82 | 01:31:03 | 01:30:54 | Churchman | Ben | Unattached | Male Senior | 80 |
| 158 | 01:40:08 | 01:39:51 | Clark | Richard | The Saxons | MV40 | 81 |
| 218 | 01:47:12 | 01:46:45 | Clark | Roger | Unattached | MV50 | 82 |
| 273 | 01:52:42 | 01:52:14 | Clarke | Edward | Unattached | Male Senior | 83 |
| 259 | 01:50:57 | 01:50:38 | Clarke | John | Unattached | MV40 | 84 |
| 129 | 01:35:56 | 01:35:48 | Clements | Carl | Unattached | Male Senior | 86 |

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| Pos | Gun Time | Chip Time | Surname | Forename | Club | Age category | Number |
|-----|----------|-----------|-------------|------------|--------------------------------|---------------|--------|
| 372 | 02:07:40 | 02:07:01 | Clifford | David | Unattached | MV45 | 87 |
| 21 | 01:22:26 | 01:22:19 | Clues | Mark | Tri-Anglia | MV40 | 88 |
| 68 | 01:29:42 | 01:29:28 | Cockbain | Mark | Unattached | Male Senior | 89 |
| 391 | 02:14:06 | 02:13:38 | Cole | Clare | Tri-Anglia | FV35 | 91 |
| 195 | 01:44:28 | 01:44:17 | Cole | Michael | Unattached | Male Senior | 92 |
| 161 | 01:40:50 | 01:40:40 | Constable | Michelle | Ipswich Triathlon Club | FV40 | 93 |
| 42 | 01:26:25 | 01:26:06 | Cook | Darren | Unattached | Male Senior | 94 |
| 333 | 01:59:17 | 01:59:06 | Cook | Jayne | Unattached | FV45 | 95 |
| 80 | 01:30:55 | 01:30:48 | Cooke | Frances | March Athletic Club | FV50 | 96 |
| 166 | 01:41:50 | 01:41:26 | Cooke | Sue | City of Norwich Athletic Club | FV45 | 97 |
| 191 | 01:43:47 | 01:43:35 | Cooper | Gary David | Unattached | MV40 | 489 |
| 416 | 02:53:37 | 02:53:13 | Copeland | Maurice | North Norfolk Beach Runners | MV70 | 98 |
| 390 | 02:13:57 | 02:13:38 | Corbersmith | Leanne | Unattached | Female Senior | 99 |
| 380 | 02:11:40 | 02:11:07 | Cousens | Andrew | Unattached | MV50 | 477 |
| 176 | 01:42:32 | 01:42:10 | Coustham | Vincent | City of Norwich Athletic Club | Male Senior | 101 |
| 197 | 01:44:36 | 01:44:04 | Crack | Mark | Unattached | MV45 | 105 |
| 145 | 01:38:25 | 01:38:16 | Craske | Adam | Unattached | Male Senior | 106 |
| 110 | 01:34:20 | 01:34:05 | Crook | Mark | Unattached | Male Senior | 107 |
| 171 | 01:42:23 | 01:41:56 | Cunningham | Chris | Unattached | Male Senior | 108 |
| 162 | 01:40:57 | 01:40:57 | Curran | Martin | Unattached | Male Senior | 109 |
| 59 | 01:28:53 | 01:28:51 | Daugherty | Duane | Unattached | MV45 | 110 |
| 20 | 01:22:18 | 01:22:10 | Davis | Darryl | City of Norwich Athletic Club | MV40 | 111 |
| 163 | 01:41:26 | 01:41:09 | Davis | Richard | Unattached | Male Senior | 112 |
| 194 | 01:44:16 | 01:44:16 | Davison | Mark | Unattached | Male Senior | 114 |
| 1 | 01:10:57 | 01:10:56 | Davison | Neil | City of Norwich Athletic Club | MV40 | 115 |
| 17 | 01:22:10 | 01:22:09 | Dawson | Alan | Saint Edmund Pacers | MV50 | 497 |
| 334 | 01:59:31 | 01:59:12 | Dennis | Emily Kate | Norwich Road Runners | Female Senior | 116 |
| 287 | 01:54:00 | 01:53:40 | Dixon | Sarah | Unattached | FV35 | 118 |
| 327 | 01:58:52 | 01:58:52 | Docherty | Steve | Unattached | MV40 | 503 |
| 409 | 02:26:16 | 02:26:16 | Donovan | Rob | Bungay Black Dog Running Club | MV60 | 119 |
| 149 | 01:38:45 | 01:38:35 | Downie | Alex | Cambridge & Coleridge Athletic | MV60 | 120 |
| 206 | 01:45:19 | 01:44:57 | Downie | Fiona | Cambridge & Coleridge Athletic | FV45 | 121 |
| 16 | 01:22:06 | 01:22:04 | Drane | Kieren | Unattached | Male Senior | 122 |
| 227 | 01:48:23 | 01:48:06 | Durrant | Mark | Unattached | MV45 | 124 |
| 34 | 01:25:13 | 01:25:07 | Earl | Timothy | Waveney Valley Athletic Club | Male Senior | 125 |

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|-----|----------|-----------|------------|------------|-------------------------------|---------------|--------|
| 27 | 01:23:31 | 01:23:31 | Eastwood | Graham | Unattached | Male Senior | 126 |
| 120 | 01:35:10 | 01:35:00 | Edmunds | Peter | Unattached | MV60 | 127 |
| 269 | 01:52:20 | 01:51:52 | Edwards | Anthony | Unattached | Male Senior | 128 |
| 146 | 01:38:30 | 01:38:22 | Elflett | Mark | Lowestoft Road Runners | MV45 | 131 |
| 369 | 02:07:09 | 02:06:42 | English | Heather | Unattached | FV60 | 134 |
| 90 | 01:32:07 | 01:31:53 | Enticknap | Andrew | Unattached | MV40 | 135 |
| 41 | 01:26:24 | 01:26:22 | Epps | Terry | Wymondham Athletic Club | MV55 | 136 |
| 26 | 01:23:26 | 01:23:26 | Ewin | Mark | Unattached | Male Senior | 137 |
| 317 | 01:57:33 | 01:57:11 | Falgate | Anne-Marie | Unattached | Female Senior | 138 |
| 386 | 02:13:01 | 02:12:35 | Farrar | Robin | Bungay Black Dog Running Club | MV65 | 139 |
| 403 | 02:19:46 | 02:19:13 | Fenna | Mike | Unattached | Male Senior | 140 |
| 240 | 01:49:00 | 01:48:39 | Finch | Peter | Unattached | MV45 | 142 |
| 362 | 02:05:48 | 02:05:17 | Fitzgerald | Tim | Unattached | Male Senior | 143 |
| 326 | 01:58:30 | 01:58:18 | Florence | Anne | Diss Athletic Club | FV55 | 145 |
| 169 | 01:42:20 | 01:42:12 | Floyd | Simon | Unattached | MV40 | 146 |
| 400 | 02:18:43 | 02:18:43 | Ford | Michelle | Unattached | FV35 | 500 |
| 250 | 01:50:23 | 01:50:00 | Fordham | David | The Saxons | MV55 | 149 |
| 365 | 02:06:15 | 02:05:59 | Fowler | Shirley | Haverhill Running Club | FV45 | 151 |
| 71 | 01:30:00 | 01:29:58 | Fox | Nigel | Unattached | MV40 | 152 |
| 69 | 01:29:59 | 01:29:48 | France | Darren | Unattached | MV40 | 153 |
| 284 | 01:53:53 | 01:53:19 | Francis | James | Unattached | Male Senior | 498 |
| 318 | 01:57:45 | 01:57:08 | Fraser | Alec | North Norfolk Beach Runners | MV65 | 155 |
| 265 | 01:52:10 | 01:51:39 | Gaffer | Paul | Unattached | MV45 | 511 |
| 43 | 01:26:35 | 01:26:25 | Garbett | Danny | Bexhill Runners | MV45 | 158 |
| 249 | 01:50:08 | 01:49:41 | Gardner | Dave | Woodbridge Shufflers | MV50 | 159 |
| 370 | 02:07:20 | 02:06:50 | Garner | Peter | Unattached | MV45 | 160 |
| 337 | 02:00:42 | 02:00:10 | Gerrard | Hayley | Norwich Road Runners | FV40 | 161 |
| 177 | 01:42:37 | 01:42:22 | Gilham | Richard | Norfolk Gazelles | MV45 | 162 |
| 329 | 01:58:59 | 01:58:31 | Gillett | Clinton | Unattached | Male Senior | 488 |
| 328 | 01:58:59 | 01:58:31 | Gillett | Michaela | Unattached | FV35 | 487 |
| 289 | 01:54:02 | 01:53:43 | Gilley | Rebecca | Unattached | FV35 | 163 |
| 81 | 01:31:02 | 01:31:00 | Gillingham | Neil | Ipswich Harriers | Male Senior | 164 |
| 293 | 01:54:50 | 01:54:36 | Girling | David | Unattached | MV45 | 486 |
| 78 | 01:30:48 | 01:30:44 | Glass | Andy | Sudbury Joggers | Male Senior | 165 |
| 217 | 01:47:10 | 01:46:50 | Glen | David | Unattached | Male Senior | 167 |

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|-----|----------|-----------|-----------|---------------|-------------------------------|---------------|--------|
| 213 | 01:45:54 | 01:45:27 | Godwin | Joanna Louise | Norwich Road Runners | FV35 | 168 |
| 142 | 01:38:03 | 01:37:36 | Godwin | Lisa | Norwich Road Runners | FV35 | 169 |
| 132 | 01:36:03 | 01:35:57 | Goodwin | Mark | Unattached | Male Senior | 170 |
| 350 | 02:03:26 | 02:02:49 | Goodwin | Phil | Unattached | MV55 | 171 |
| 211 | 01:45:52 | 01:45:29 | Gostling | John | City of Norwich Athletic Club | Male Senior | 172 |
| 371 | 02:07:38 | 02:07:22 | Gregory | Kim | Haverhill Running Club | FV45 | 174 |
| 22 | 01:22:45 | 01:22:39 | Grindberg | Barro | Tri-Anglia | MV40 | 501 |
| 237 | 01:48:40 | 01:48:32 | Groves | Chris | Unattached | MV55 | 176 |
| 84 | 01:31:14 | 01:31:02 | Grubb | Mark | Unattached | Male Senior | 491 |
| 164 | 01:41:31 | 01:41:04 | Guy | Steven | City of Norwich Athletic Club | Male Senior | 177 |
| 351 | 02:03:29 | 02:03:00 | Hadgraft | Alice | Unattached | Female Senior | 178 |
| 174 | 01:42:30 | 01:42:13 | Hagger | Andrew | Unattached | MV45 | 180 |
| 25 | 01:23:14 | 01:23:13 | Hanman | Tim | Unattached | Male Senior | 181 |
| 179 | 01:42:45 | 01:42:30 | Hannah | Jane | Unattached | Female Senior | 182 |
| 113 | 01:34:43 | 01:34:15 | Hanner | Kevin | Unattached | Male Senior | 183 |
| 258 | 01:50:57 | 01:50:38 | Harper | Martin | Unattached | MV40 | 184 |
| 152 | 01:39:21 | 01:39:09 | Harper | Robin | Unattached | Male Senior | 502 |
| 150 | 01:38:53 | 01:38:48 | Harris | Peter | Ely Runners | MV55 | 185 |
| 155 | 01:39:43 | 01:39:28 | Harrison | Tim | Unattached | MV40 | 186 |
| 45 | 01:26:42 | 01:26:25 | Hart | David | City of Norwich Athletic Club | MV40 | 187 |
| 263 | 01:51:57 | 01:51:42 | Hart | Gill | Ryston Runners | FV55 | 188 |
| 214 | 01:46:30 | 01:46:14 | Hart | Nigel | Unattached | MV45 | 189 |
| 196 | 01:44:32 | 01:44:19 | Heath | Tony | North Norfolk Beach Runners | MV60 | 192 |
| 93 | 01:32:38 | 01:32:31 | Hesp | Andy | Tri-Anglia | Male Senior | 193 |
| 140 | 01:37:48 | 01:37:48 | Higgins | Carl | Thetford Athletic Club | MV45 | 194 |
| 63 | 01:29:01 | 01:28:58 | Higgins | Neil | Unattached | Male Senior | 195 |
| 19 | 01:22:14 | 01:22:00 | Higgins | Roger | Unattached | Male Senior | 196 |
| 99 | 01:33:06 | 01:32:47 | Hoare | Vernon | Unattached | MV45 | 199 |
| 167 | 01:42:00 | 01:41:50 | Hodson | Cath | Unattached | Female Senior | 201 |
| 224 | 01:48:01 | 01:47:48 | Holder | Cheryl | Unattached | FV40 | 203 |
| 159 | 01:40:08 | 01:40:08 | Holland | Jon | Norwich Road Runners | Male Senior | 204 |
| 281 | 01:53:47 | 01:53:23 | Holland | Julian | Unattached | Male Senior | 205 |
| 49 | 01:27:18 | 01:27:14 | Holland | Neil | Wymondham Athletic Club | MV40 | 496 |
| 180 | 01:42:53 | 01:42:38 | Holt | John | Unattached | MV60 | 207 |
| 77 | 01:30:40 | 01:30:36 | Horne | Paul | Vegetarian C & AC | MV50 | 208 |

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|-----|----------|-----------|----------|-------------|--------------------------------|---------------|--------|
| 205 | 01:45:18 | 01:45:01 | Hornsey | Helen | Bungay Black Dog Running Club | Female Senior | 209 |
| 87 | 01:31:41 | 01:31:32 | Hornsey | Joseph | Bungay Black Dog Running Club | Male Senior | 210 |
| 31 | 01:24:00 | 01:23:56 | Houghton | Andrew | Unattached | MV50 | 211 |
| 94 | 01:32:42 | 01:32:29 | Hudson | David | Tri-Anglia | Male Senior | 212 |
| 172 | 01:42:25 | 01:42:09 | Hughes | Howard | Unattached | MV55 | 213 |
| 397 | 02:14:46 | 02:14:16 | Humphry | Anamda | Unattached | FV45 | 215 |
| 272 | 01:52:40 | 01:52:31 | Hunt | Caroline | Unattached | Female Senior | 216 |
| 207 | 01:45:29 | 01:45:16 | Hunter | Silke | Unattached | FV40 | 218 |
| 349 | 02:03:15 | 02:02:51 | Hysom | Ali | Unattached | FV35 | 220 |
| 106 | 01:34:12 | 01:34:12 | Ibrahim | Ali | Unattached | Male Senior | 221 |
| 278 | 01:53:18 | 01:53:00 | Imeson | Richard | Unattached | Male Senior | 222 |
| 244 | 01:49:12 | 01:49:01 | Inkley | Stephen | Saffron Striders Running Club | MV45 | 223 |
| 86 | 01:31:39 | 01:31:32 | Irvine | Andy | Cambridge & Coleridge Athletic | MV40 | 224 |
| 375 | 02:08:33 | 02:08:01 | Isaac | Oliver | Unattached | MV40 | 225 |
| 316 | 01:57:25 | 01:57:04 | Jackson | Yvonne | Unattached | FV40 | 226 |
| 215 | 01:46:41 | 01:46:11 | James | Stuart | Newmarket Joggers | MV40 | 508 |
| 335 | 01:59:51 | 01:59:19 | Jardine | Sandie | Unattached | FV45 | 227 |
| 246 | 01:49:28 | 01:49:20 | Jennings | Belinda | Unattached | Female Senior | 100 |
| 210 | 01:45:45 | 01:45:31 | Jennings | Craig | Coltishall Jaguars | Male Senior | 228 |
| 294 | 01:54:56 | 01:54:19 | Johnson | Nick | Unattached | MV45 | 229 |
| 392 | 02:14:28 | 02:14:07 | Jones | Adele | Unattached | FV60 | 230 |
| 3 | 01:12:47 | 01:12:46 | Jones | Andrew | City of Norwich Athletic Club | MV40 | 231 |
| 12 | 01:19:00 | 01:18:59 | Jones | Brad | Ipswich Jaffa | Male Senior | 232 |
| 60 | 01:28:57 | 01:28:51 | Jones | Christopher | The Saxons | MV45 | 234 |
| 307 | 01:56:10 | 01:55:50 | Jones | Gwyneth | Unattached | FV50 | 235 |
| 95 | 01:32:52 | 01:32:44 | Jones | Leon | Unattached | Male Senior | 236 |
| 286 | 01:53:59 | 01:53:37 | Jones | Paul | Unattached | Male Senior | 237 |
| 288 | 01:54:02 | 01:53:43 | Joyce | Claire | Unattached | Female Senior | 238 |
| 67 | 01:29:32 | 01:29:29 | Karger | Oliver | Unattached | Male Senior | 239 |
| 366 | 02:06:34 | 02:06:14 | Keeble | Jaime | Unattached | Female Senior | 240 |
| 239 | 01:48:51 | 01:48:33 | Keevil | Raymond | Brandon Fern Hoppers | MV65 | 241 |
| 280 | 01:53:23 | 01:52:54 | Kelf | Dave | Axe Valley Runners | MV60 | 484 |
| 29 | 01:23:33 | 01:23:32 | Kent | Glen | Chelmsford Athletic Club | MV50 | 242 |
| 354 | 02:05:11 | 02:04:36 | Kent | Jonathan | Unattached | Male Senior | 243 |
| 234 | 01:48:37 | 01:48:17 | Key | Natalie | Unattached | Female Senior | 244 |

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| 121 | 01:35:12 | 01:34:51 | King | Mike | Coltishall Jaguars | MV55 | 245 |
| 4 | 01:12:58 | 01:12:57 | Kingsnorth | Tom | Saint Edmund Pacers | Male Senior | 246 |
| 23 | 01:23:09 | 01:23:09 | Kinsman | Daniel | Framlingham Flyers | Male Senior | 247 |
| 96 | 01:32:55 | 01:32:45 | Kitchener | Philip | Unattached | Male Senior | 248 |
| 226 | 01:48:21 | 01:47:56 | Lane | David | Ryston Runners | MV45 | 251 |
| 13 | 01:20:17 | 01:20:12 | Lark | Shaun | Lowestoft Road Runners | Male Senior | 252 |
| 130 | 01:35:57 | 01:35:51 | Larke | Patrick | Wymondham Athletic Club | MV50 | 253 |
| 230 | 01:48:33 | 01:47:59 | Lasseter | Amanda | Cambridge & Coleridge Athletic | FV40 | 254 |
| 378 | 02:10:33 | 02:10:07 | Lees | Ivan | Unattached | MV50 | 256 |
| 346 | 02:02:46 | 02:02:06 | Lett | Rebecca | Unattached | FV40 | 258 |
| 178 | 01:42:43 | 01:42:15 | Lewis | Ed | Unattached | Male Senior | 259 |
| 51 | 01:27:52 | 01:27:46 | Lines | Rob | Tri-Anglia | MV40 | 260 |
| 389 | 02:13:20 | 02:13:00 | Lister | Stephen | Unattached | Male Senior | 261 |
| 355 | 02:05:20 | 02:04:49 | Little | Sue | Unattached | FV55 | 262 |
| 243 | 01:49:04 | 01:48:31 | Lloyd-Thompson | Gavin | Unattached | Male Senior | 505 |
| 336 | 02:00:18 | 02:00:10 | Loadman | Neil | Tri-Anglia | Male Senior | 264 |
| 131 | 01:36:02 | 01:35:51 | Long | Tim | Cambridge & Coleridge Athletic | MV50 | 267 |
| 305 | 01:55:45 | 01:55:24 | Luck | Katarina | Unattached | FV35 | 270 |
| 37 | 01:25:56 | 01:25:47 | Lyon | Paul | Unattached | Male Senior | 271 |
| 72 | 01:30:04 | 01:29:51 | Mackenzie | Rob | Framlingham Flyers | MV45 | 273 |
| 91 | 01:32:17 | 01:32:04 | Maclean | Tony | Framlingham Flyers | Male Senior | 274 |
| 7 | 01:15:55 | 01:15:54 | Manlow | John | Ely Runners | MV40 | 275 |
| 300 | 01:55:00 | 01:54:42 | Marcuzzo | Kirsty | Unattached | FV40 | 276 |
| 125 | 01:35:28 | 01:35:04 | Marley | Richard | Unattached | MV45 | 277 |
| 115 | 01:34:45 | 01:34:35 | Marriott | Michael | Unattached | MV50 | 278 |
| 98 | 01:33:04 | 01:33:00 | Masterson | Paul | Unattached | MV40 | 281 |
| 312 | 01:56:41 | 01:56:24 | Matlock | Rosemary | Thetford Athletic Club | FV50 | 282 |
| 153 | 01:39:25 | 01:39:10 | Matthews | Nick | Unattached | Male Senior | 283 |
| 304 | 01:55:31 | 01:54:58 | Maulkerson | Rosalind | Unattached | FV40 | 284 |
| 383 | 02:11:51 | 02:11:27 | Mawer | Roger | Lowestoft Road Runners | MV65 | 285 |
| 36 | 01:25:55 | 01:25:44 | Mcallen | Jonathan | Unattached | Male Senior | 286 |
| 73 | 01:30:11 | 01:29:39 | Mcardle | Paul | Unattached | MV40 | 287 |
| 24 | 01:23:11 | 01:23:05 | Mccoy | Robin | Unattached | MV40 | 288 |
| 402 | 02:19:24 | 02:18:51 | Mcculloch | Jane | Unattached | FV50 | 289 |
| 193 | 01:44:12 | 01:43:54 | Mceniery | Carmel | Cambridge & Coleridge Athletic | FV35 | 290 |

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| Pos | Gun Time | Chip Time | Surname | Forename | Club | Age category | Number |
|-----|----------|-----------|----------------|----------|------------------------------|---------------|--------|
| 168 | 01:42:00 | 01:41:45 | Mcgarry | Tom | Unattached | Male Senior | 291 |
| 411 | 02:27:31 | 02:27:17 | Mcintosh | Carol | Unattached | FV55 | 292 |
| 105 | 01:33:52 | 01:33:39 | Meadows | Chris | Unattached | Male Senior | 293 |
| 209 | 01:45:42 | 01:45:30 | Meadows | Jonathan | Unattached | Male Senior | 294 |
| 66 | 01:29:29 | 01:29:27 | Meecham | Simon | Ipswich Jaffa | Male Senior | 295 |
| 123 | 01:35:16 | 01:34:56 | Meen | Carl | Unattached | Male Senior | 296 |
| 260 | 01:51:17 | 01:51:02 | Mercer | Jeff | Unattached | Male Senior | 297 |
| 182 | 01:43:01 | 01:42:55 | Merchant | James | Unattached | Male Senior | 298 |
| 39 | 01:26:10 | 01:25:52 | Merrywest | Mark | Norwich Road Runners | Male Senior | 494 |
| 256 | 01:50:49 | 01:50:22 | Millar | Jim | Unattached | MV45 | 299 |
| 170 | 01:42:20 | 01:42:13 | Mills | Paula | Unattached | FV35 | 300 |
| 220 | 01:47:39 | 01:47:26 | Mitchell | Kate | Unattached | Female Senior | 301 |
| 393 | 02:14:28 | 02:14:04 | Mogford | Stirling | Unattached | MV50 | 302 |
| 267 | 01:52:16 | 01:52:06 | Moore | Cliff | Unattached | MV65 | 303 |
| 33 | 01:24:48 | 01:24:44 | Moore | Graham | Unattached | MV45 | 304 |
| 248 | 01:49:59 | 01:49:34 | Moore | Ian | Norwich Road Runners | Male Senior | 305 |
| 9 | 01:17:08 | 01:17:07 | Moore | Richard | Waveney Valley Athletic Club | MV45 | 306 |
| 75 | 01:30:21 | 01:29:57 | Moorhouse | Tony | Sutton Runners | MV45 | 307 |
| 414 | 02:35:08 | 02:34:41 | Morgan | Andrew | Unattached | Male Senior | 308 |
| 44 | 01:26:39 | 01:26:32 | Mudge | Ian | Unattached | MV50 | 309 |
| 252 | 01:50:33 | 01:50:16 | Munday | Susanna | Unattached | Female Senior | 310 |
| 320 | 01:57:57 | 01:57:34 | Napthen | Richard | Unattached | MV45 | 311 |
| 79 | 01:30:51 | 01:30:47 | Narey | Mary | Stowmarket Striders | FV40 | 312 |
| 253 | 01:50:43 | 01:50:17 | Nasmyth-Miller | Dominic | Unattached | MV40 | 313 |
| 358 | 02:05:26 | 02:05:00 | Nasmyth-Miller | Sarah | Unattached | FV45 | 314 |
| 117 | 01:34:57 | 01:34:39 | Nelson | Julien | Unattached | MV40 | 315 |
| 38 | 01:26:08 | 01:26:03 | Newbury | Sean | Unattached | Male Senior | 316 |
| 368 | 02:06:40 | 02:06:01 | Nickerson | Mandy | Haverhill Running Club | FV45 | 317 |
| 154 | 01:39:40 | 01:39:19 | Nippres | Terry | Unattached | Male Senior | 318 |
| 202 | 01:45:08 | 01:44:54 | Nockels | Darren | Unattached | Male Senior | 319 |
| 295 | 01:54:56 | 01:54:36 | Norman | Gary | Thorney Running Club | MV45 | 320 |
| 112 | 01:34:39 | 01:34:18 | Norman | Phil | Unattached | Male Senior | 321 |
| 367 | 02:06:38 | 02:06:17 | Norris | Lowri | Unattached | FV35 | 322 |
| 324 | 01:58:10 | 01:57:51 | Norton | Esther | Unattached | FV40 | 323 |
| 274 | 01:52:52 | 01:52:31 | Norton | Rachel | Unattached | FV40 | 324 |

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| Pos | Gun Time | Chip Time | Surname | Forename | Club | Age category | Number |
|-----|----------|-----------|---------------|-----------|-------------------------------|---------------|--------|
| 339 | 02:01:12 | 02:00:49 | Nutt | Tracey | Unattached | FV40 | 325 |
| 303 | 01:55:21 | 01:54:56 | Oakes | Adam | Unattached | Male Senior | 326 |
| 302 | 01:55:05 | 01:54:28 | O'Connor | Michael | North Norfolk Beach Runners | MV60 | 327 |
| 340 | 02:01:23 | 02:01:08 | Ohare | Mark | Unattached | MV50 | 328 |
| 241 | 01:49:01 | 01:48:47 | Oliveri | William | Unattached | Male Senior | 329 |
| 254 | 01:50:44 | 01:50:27 | O'Mullane | Tim | Unattached | MV45 | 330 |
| 404 | 02:22:52 | 02:22:18 | Owen | Claire | Unattached | Female Senior | 331 |
| 382 | 02:11:44 | 02:11:08 | Owen | Stacey | Thetford Athletic Club | Female Senior | 332 |
| 188 | 01:43:32 | 01:43:22 | Page | Rick | Unattached | MV45 | 333 |
| 11 | 01:18:57 | 01:18:56 | Papworth | Neil | Wymondham Athletic Club | Male Senior | 507 |
| 315 | 01:57:18 | 01:57:00 | Penman | Linda | Unattached | FV40 | 337 |
| 236 | 01:48:39 | 01:48:08 | Pettifer | John | Pitsea Running Club | MV60 | 340 |
| 238 | 01:48:41 | 01:48:11 | Pettifer | Lorna | Pitsea Running Club | FV40 | 341 |
| 8 | 01:16:49 | 01:16:47 | Pettit | Stephen | Ely Runners | MV45 | 342 |
| 374 | 02:08:04 | 02:07:35 | Petts-Hannant | Gillian | Bungay Black Dog Running Club | Female Senior | 339 |
| 46 | 01:26:44 | 01:26:40 | Phillips | Lee | The Saxons | Male Senior | 343 |
| 332 | 01:59:16 | 01:58:51 | Pimlott | David | Waveney Valley Athletic Club | MV60 | 344 |
| 219 | 01:47:34 | 01:46:55 | Piper-Hunter | Allistair | Unattached | MV40 | 346 |
| 183 | 01:43:07 | 01:42:43 | Polley | Richard | City of Norwich Athletic Club | MV50 | 347 |
| 2 | 01:11:34 | 01:11:33 | Prewer | Carl | Lowestoft Road Runners | MV40 | 349 |
| 285 | 01:53:59 | 01:53:37 | Prickett | Susan | Unattached | FV35 | 350 |
| 109 | 01:34:18 | 01:34:01 | Pullinger | Tom | Bungay Black Dog Running Club | Male Senior | 352 |
| 127 | 01:35:51 | 01:35:51 | Purbrook | Clive | Unattached | MV50 | 353 |
| 261 | 01:51:45 | 01:51:26 | Purser | Kevin | Unattached | MV45 | 354 |
| 271 | 01:52:36 | 01:52:05 | Pye | Geoff | Woodham Runners | MV50 | 495 |
| 141 | 01:37:51 | 01:37:21 | Raisborough | Kevin | Unattached | MV40 | 356 |
| 85 | 01:31:29 | 01:31:25 | Rayner | Paul | Huntingdonshire Athletic Club | MV45 | 357 |
| 415 | 02:48:26 | 02:47:50 | Reader | Frank | Unattached | MV60 | 358 |
| 88 | 01:31:55 | 01:31:37 | Reader | Jeremy | Unattached | Male Senior | 359 |
| 297 | 01:54:59 | 01:54:37 | Redding | Hannah | Unattached | Female Senior | 360 |
| 92 | 01:32:24 | 01:32:19 | Reece | David | Unattached | MV50 | 361 |
| 6 | 01:15:48 | 01:15:47 | Reed | David | Saint Edmund Pacers | MV45 | 362 |
| 137 | 01:37:10 | 01:37:03 | Reid | Ian | Unattached | MV50 | 363 |
| 347 | 02:02:46 | 02:02:06 | Richardson | Helen | Unattached | FV40 | 364 |
| 325 | 01:58:20 | 01:57:49 | Rideout | Ann | Felixstowe Road Runners | FV40 | 510 |

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| Pos | Gun Time | Chip Time | Surname | Forename | Club | Age category | Number |
|-----|----------|-----------|----------------|----------|-------------------------------|---------------|--------|
| 30 | 01:23:47 | 01:23:41 | Rijpstra | Seb | Unattached | Male Senior | 365 |
| 282 | 01:53:49 | 01:53:37 | Rix | Karen | Unattached | FV40 | 366 |
| 173 | 01:42:25 | 01:42:16 | Roberts | Mel | Woodbridge Shufflers | FV50 | 367 |
| 313 | 01:56:55 | 01:56:37 | Roberts | Rachel | Ely Runners | FV35 | 368 |
| 356 | 02:05:24 | 02:05:01 | Robinson | Caroline | Unattached | Female Senior | 369 |
| 62 | 01:29:01 | 01:28:54 | Rogers | Nigel | Unattached | MV40 | 370 |
| 398 | 02:17:02 | 02:16:29 | Rogers | Rosie | Norfolk Gazelles | FV45 | 371 |
| 377 | 02:09:09 | 02:08:36 | Rose | David | Unattached | MV40 | 372 |
| 225 | 01:48:16 | 01:48:00 | Rowland | Matt | Unattached | Male Senior | 373 |
| 216 | 01:46:49 | 01:46:40 | Rudd | Philippa | Norwich Road Runners | FV45 | 374 |
| 138 | 01:37:28 | 01:37:16 | Rush | Susannah | Unattached | FV40 | 478 |
| 208 | 01:45:41 | 01:45:35 | Rushall | Daniel | Unattached | Male Senior | 375 |
| 221 | 01:47:43 | 01:47:32 | Russell | Colin | Unattached | Male Senior | 376 |
| 190 | 01:43:42 | 01:43:18 | Saalau Bethell | Susanne | Unattached | FV45 | 377 |
| 136 | 01:37:04 | 01:36:51 | Sadd | Stephen | Unattached | MV50 | 378 |
| 56 | 01:28:26 | 01:28:21 | Sadler | Steve | Ware Joggers | MV45 | 379 |
| 268 | 01:52:18 | 01:51:51 | Samkin | James | Unattached | MV40 | 380 |
| 262 | 01:51:45 | 01:51:16 | Samuel | Huw | Unattached | MV50 | 381 |
| 229 | 01:48:32 | 01:48:11 | Saunders | Karen | Unattached | FV40 | 383 |
| 231 | 01:48:35 | 01:48:06 | Saunders | Mark | Unattached | Male Senior | 384 |
| 323 | 01:58:01 | 01:57:25 | Saville | Mike | Stowmarket Striders | MV45 | 385 |
| 101 | 01:33:24 | 01:33:10 | Sayer | Phil | Unattached | Male Senior | 386 |
| 331 | 01:59:16 | 01:58:58 | Schofield | Belinda | Unattached | FV50 | 387 |
| 14 | 01:21:11 | 01:21:11 | Scott | Chris | Lowestoft Road Runners | Male Senior | 388 |
| 364 | 02:06:12 | 02:06:02 | Scrivener | Keith | Great Bentley Running Club | MV65 | 389 |
| 399 | 02:18:38 | 02:18:16 | Seary | Paul | Bungay Black Dog Running Club | MV40 | 390 |
| 387 | 02:13:15 | 02:12:44 | Shah | Jeeten | Unattached | Male Senior | 391 |
| 204 | 01:45:16 | 01:45:02 | Shanahan | Jamie | Unattached | Male Senior | 392 |
| 181 | 01:42:54 | 01:42:54 | Sharman | Michael | Unattached | MV40 | 393 |
| 299 | 01:55:00 | 01:53:17 | Shaw | Carol | Sudbury Joggers | FV50 | 395 |
| 296 | 01:54:57 | 01:53:14 | Shaw | Robert | Sudbury Joggers | MV50 | 396 |
| 203 | 01:45:08 | 01:44:41 | Shortland | Robert | Unattached | MV50 | 397 |
| 134 | 01:36:15 | 01:36:15 | Simmons | Stuart | Unattached | Male Senior | 398 |
| 292 | 01:54:45 | 01:54:17 | Skeet | Lucinda | Unattached | Female Senior | 492 |
| 310 | 01:56:38 | 01:56:27 | Skilbeck | Patricia | Unattached | FV50 | 400 |

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| Pos | Gun Time | Chip Time | Surname | Forename | Club | Age category | Number |
|-----|----------|-----------|---------------|-------------|--------------------------------|---------------|--------|
| 309 | 01:56:38 | 01:56:27 | Skilbeck | Paul | Unattached | MV55 | 401 |
| 133 | 01:36:11 | 01:35:53 | Sleight | Tom | Unattached | Male Senior | 402 |
| 277 | 01:53:07 | 01:52:44 | Smith | Lynne | Unattached | FV50 | 403 |
| 119 | 01:35:03 | 01:34:40 | Smith | Mark | Unattached | Male Senior | 404 |
| 276 | 01:53:06 | 01:52:43 | Smith | Rebecca | Unattached | Female Senior | 405 |
| 376 | 02:09:03 | 02:08:34 | Smith | Sheila | Unattached | FV55 | 406 |
| 319 | 01:57:48 | 01:57:48 | Smith | Stephen | Unattached | MV45 | 407 |
| 151 | 01:39:20 | 01:39:03 | Smith | Wayne | Unattached | MV40 | 408 |
| 235 | 01:48:39 | 01:48:15 | Sparrow | Pauline | Ryston Runners | FV55 | 411 |
| 291 | 01:54:21 | 01:54:03 | Speed | David | Unattached | MV55 | 412 |
| 187 | 01:43:25 | 01:43:25 | Staines | Mick | Castle Point Joggers | MV60 | 413 |
| 363 | 02:05:57 | 02:05:17 | Stannett | Charlie | Ipswich Triathlon Club | MV50 | 414 |
| 306 | 01:56:00 | 01:55:26 | Stannett | Kate | Ipswich Triathlon Club | FV45 | 415 |
| 28 | 01:23:33 | 01:23:28 | Stark | Colin | North Norfolk Beach Runners | Male Senior | 416 |
| 381 | 02:11:40 | 02:11:07 | Starkings | Martyn | Unattached | Male Senior | 482 |
| 198 | 01:44:42 | 01:44:29 | Starling | Cathryn | Newmarket Joggers | FV35 | 417 |
| 185 | 01:43:10 | 01:43:05 | Stevens | Tracy | Wymondham Athletic Club | FV40 | 418 |
| 175 | 01:42:31 | 01:42:27 | Sutton | Matthew | Great Yarmouth Road Runners | Male Senior | 422 |
| 103 | 01:33:45 | 01:33:32 | Tabiner | Simon | Unattached | Male Senior | 423 |
| 104 | 01:33:47 | 01:33:38 | Taylor | Ed | Unattached | Male Senior | 424 |
| 192 | 01:44:06 | 01:43:52 | Taylor | Lucy | Unattached | Female Senior | 425 |
| 345 | 02:02:43 | 02:02:21 | Tennekoon | Milinda | Unattached | MV40 | 426 |
| 245 | 01:49:17 | 01:48:55 | Thetford | Jonathan | Unattached | Male Senior | 427 |
| 343 | 02:02:16 | 02:01:44 | Thompson | Bob | Cambridge & Coleridge Athletic | MV45 | 504 |
| 275 | 01:52:56 | 01:52:30 | Towns | Jill | Unattached | FV50 | 428 |
| 406 | 02:23:31 | 02:22:55 | Turner | Brian | Ipswich Jaffa | MV70 | 429 |
| 54 | 01:28:06 | 01:27:42 | Turner | Christopher | City of Norwich Athletic Club | MV45 | 476 |
| 201 | 01:45:06 | 01:44:53 | Tye | Chris | Ipswich Triathlon Club | MV40 | 430 |
| 360 | 02:05:43 | 02:05:11 | Van Leersum | Claire | Unattached | FV45 | 431 |
| 147 | 01:38:35 | 01:38:32 | Vardy | Christopher | Unattached | MV40 | 432 |
| 189 | 01:43:33 | 01:43:33 | Vella | Carl | Haverhill Running Club | Male Senior | 433 |
| 108 | 01:34:16 | 01:33:55 | Vellacott | Tom | Unattached | Male Senior | 434 |
| 144 | 01:38:24 | 01:38:19 | Vick | Sarah | The Saxons | FV40 | 435 |
| 344 | 02:02:37 | 02:02:11 | Virginas | Botond | Unattached | MV40 | 436 |
| 396 | 02:14:43 | 02:14:15 | Voogt-Elissen | Mariella | Unattached | FV40 | 437 |

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| Pos | Gun Time | Chip Time | Surname | Forename | Club | Age category | Number |
|-----|----------|-----------|------------|-----------|-------------------------------|---------------|--------|
| 342 | 02:01:48 | 02:01:13 | Wallis | James | Unattached | MV45 | 438 |
| 257 | 01:50:56 | 01:50:31 | Walter | Andy | Norfolk Gazelles | MV40 | 439 |
| 264 | 01:52:05 | 01:51:48 | Walters | Jeremy | Unattached | MV40 | 440 |
| 200 | 01:44:59 | 01:44:35 | Ward | Beres | City of Norwich Athletic Club | FV50 | 441 |
| 283 | 01:53:53 | 01:53:19 | Warren | Peter | City of Norwich Athletic Club | MV50 | 442 |
| 5 | 01:14:13 | 01:14:11 | Wartnaby | Charles | Unattached | MV40 | 443 |
| 395 | 02:14:42 | 02:14:11 | Webb | Clare | Unattached | FV40 | 446 |
| 279 | 01:53:19 | 01:53:08 | Whales | Nathan | Unattached | Male Senior | 450 |
| 247 | 01:49:29 | 01:48:56 | Whitaker | Steven | Unattached | MV40 | 451 |
| 186 | 01:43:14 | 01:43:03 | White | Paul | Unattached | MV45 | 452 |
| 48 | 01:27:00 | 01:26:53 | Whiteley | Nigel | Unattached | MV45 | 454 |
| 124 | 01:35:24 | 01:35:17 | Whiting | Phil | Norfolk Gazelles | Male Senior | 490 |
| 311 | 01:56:41 | 01:56:06 | Wicks | Simon | Thetford AFC | Male Senior | 455 |
| 338 | 02:00:51 | 02:00:28 | Wilding | Steve | Unattached | MV50 | 457 |
| 97 | 01:33:03 | 01:32:46 | Wiles | Jon | Bungay Black Dog Running Club | Male Senior | 458 |
| 118 | 01:35:00 | 01:34:22 | Williamson | Neil | Unattached | Male Senior | 479 |
| 232 | 01:48:35 | 01:48:09 | Willis | Mark | Unattached | Male Senior | 460 |
| 407 | 02:23:39 | 02:23:24 | Wilson | Alex | Unattached | Female Senior | 461 |
| 165 | 01:41:44 | 01:41:18 | Wilson | Brendan | City of Norwich Athletic Club | MV40 | 462 |
| 212 | 01:45:52 | 01:45:29 | Withey | Sally | City of Norwich Athletic Club | FV40 | 465 |
| 64 | 01:29:04 | 01:28:54 | Woods | Tim | Norfolk Gazelles | MV45 | 466 |
| 401 | 02:18:43 | 02:18:13 | Woolnough | Jo | Unattached | Female Senior | 499 |
| 135 | 01:36:50 | 01:36:33 | Worster | Paul | Unattached | MV45 | 467 |
| 89 | 01:32:01 | 01:31:57 | Wright | Alexander | Corby Athletic Club | MV40 | 468 |
| 157 | 01:39:56 | 01:39:51 | Wright | Catherine | Corby Athletic Club | FV55 | 469 |
| 143 | 01:38:10 | 01:38:02 | Wright | Gary | Unattached | MV40 | 470 |
| 160 | 01:40:18 | 01:39:53 | Wright | Lesley | Unattached | FV40 | 471 |
| 290 | 01:54:15 | 01:53:48 | Wyatt | Carole | Unattached | FV45 | 472 |
| 405 | 02:23:26 | 02:23:01 | Wyndham | Clare | Unattached | FV45 | 473 |
| 83 | 01:31:04 | 01:31:00 | Yeomans | Martin | Norwich Road Runners | MV55 | 474 |
| 394 | 02:14:33 | 02:14:28 | Zhiri | Youssef | Unattached | MV40 | 475 |