

Bungay Black Dog Running Club



St Peter's GREAT EAST RUN 2007

Sunday 18th February 2007

Sponsored by

B 1st Sports & Leisure, Beccles
Elgood's Brewery, Wisbech

www.bungayblackdogrunningclub.co.uk

Thank you for attending and participating in this race. If you have any feedback on the event please

E-mail: johnwharton54@yahoo.com



Male Category Provisional Results

Category	Position	Race number	Surname	First Name	Club	Time	Overall race position
Male Open	1	339	Miller	David	Woodbridge Shufflers RRC	1hrs 07min 42sec	1
	2	94	Davison	Neil	City of Norwich AC	1hrs 08min 48sec	2
	3	495	Jones	Andy	City of Norwich AC	1hrs 09min 22sec	3
M40	1	106	Glaysheer	Stefan	City of Norwich AC	1hrs 15min 30sec	13
	2	282	Vaughan	Kevin	St Edmund Pacers	1hrs 15min 51sec	15
	3	215	Taylor	Ian	Bungay Black Dog RC	1hrs 16min 31sec	17
M45	1	605	Reed	David	St Edmund Pacers	1hrs 12min 00sec	5
	2	356	Cooke	Chris	St Edmund Pacers	1hrs 14min 04sec	11
	3	130	Heath	Les	St Edmund Pacers	1hrs 15min 28sec	12
M 50	1	606	Dawson	Alan	St Edmund Pacers	1hrs 15min 37sec	14
	2	311	Epps	Terry	Wyndham AC	1hrs 20min 01sec	33
	3	108	Smith	Derrick	Ipswich Triathlon Club	1hrs 23min 18sec	52
M55	1	435	Youngs	Kevin	Norfolk Gazzelles	1hrs 17min 17sec	19
	2	154	Hill	Raymond	Ipswich Jaffa	1hrs 21min 51sec	43
	3	528	Yeomans	Martin	Norwich Road Runners	1hrs 25min 36sec	71
M60	1	360	Bone	John	Gt Yarmouth Road Runners	1hrs 28min 42sec	99
	2	327	Smith	Glyn	Cambridge and Coleridge	1hrs 28min 44sec	100
	3	619	Chaplin	Mike	Woodbridge Shufflers RRC	1hrs 33min 44sec	171
M65	1	493	Hayward	Geoff	North Norfolk Beach Runners	1hrs 35min 00sec	184
	2	210	Smith	Mike	Wyndham AC	1hrs 37min 44sec	211
	3	43	Fraser	Alec	North Norfolk Beach Runners	1hrs 39min 39sec	247

Female Category Provisional Results

Category	Position	Race number	Surname	First Name	Club	Time	Overall race position
Female Open	1	430	Cawthorne	Helen	Redhill Road Runners	1hrs 24min 30sec	61
	2	203	Flanagan	Anne	Norwich Road Runners	1hrs 25min 55sec	72
	3	209	Leathwood	Racheal	Reepham Runners	1hrs 26min 22sec	78
F35	1	378	Antonis	Tonya	Ipswich Harriers	1hrs 33min 30sec	166
	2	300	Hurren	Sharon	Wymondham AC	1hrs 34min 31sec	177
	3	257	Vick	Sarah	The Saxons	1hrs 35min 24sec	191
F40	1	555	Doddington	Denise	Unattached	1hrs 26min 27sec	80
	2	59	Murphy	Fiona	Cambridge and Coleridge	1hrs 37min 26sec	207
	3	79	Grave	Linda	Woodbridge Shufflers RRC	1hrs 38min 57sec	238
F45	1	199	Roberts	Melanie	Woodbridge Shufflers RRC	1hrs 32min 43sec	154
	2	355	Dennison	Tricia	St Edmund Pacers	1hrs 32min 53sec	157
	3	507	Bennett	Susan	Unattached	1hrs 38min 36sec	230
F50	1	377	Edwards	Penny	Norwich Road Runners	1hrs 27min 20sec	85
	2	89	Christian	Jenny	Wymondham AC	1hrs 34min 04sec	174
	3	110	Holmes	Susan	Unattached	1hrs 41min 39sec	270
F55	1	137	Midleton	Julia	Newmarket Joggers	1hrs 33min 04sec	159
	2	143	Woodhouse	Gill	Dereham Runners AC	1hrs 41min 17sec	267
	3	419	Knott	Elsbeth	Harwich Runners	1hrs 45min 52sec	332
F60	1	212	Spong	Carole	Gt Yarmouth Road Runners	1hrs 38min 38sec	231
	2	319	Wright	Maureen	Ipswich Jaffa	1hrs 46min 05sec	336
	3	232	Kinch	Brenda	North Norfolk Beach Runners	1hrs 46min 07sec	338

Position	Race No	Surname	First Name	Category	Club	Time
1	339	Miller	David	Male Open	Woodbridge Shufflers RRC	1hrs 07min 42sec
2	94	Davison	Neil	Male Open	City of Norwich AC	1hrs 08min 48sec
3	495	Jones	Andy	Male Open	City of Norwich AC	1hrs 09min 22sec
4	468	Mulvany	James	Male Open	Wymondham AC	1hrs 11min 32sec
5	605	Reed	David	M45	St Edmund Pacers	1hrs 12min 00sec
6	651	Hoye	Ken	Male Open	Chelmsford AC	1hrs 12min 09sec
7	158	Aldis	Roger	Male Open	Stowmarket Striders	1hrs 12min 21sec
8	136	Sharman	Kevin	Male Open	Lowestoft RR	1hrs 12min 55sec
9	646	Topper	Tim	Male Open	Norfolk Gazzelles	1hrs 13min 49sec
10	433	MacGibbon	Sam	Male Open	City of Norwich AC	1hrs 13min 58sec
11	356	Cooke	Chris	M45	St Edmund Pacers	1hrs 14min 04sec
12	130	Heath	Les	M45	St Edmund Pacers	1hrs 15min 28sec
13	106	Glaysher	Stefan	M40	City of Norwich AC	1hrs 15min 30sec
14	606	Dawson	Alan	M50	St Edmund Pacers	1hrs 15min 37sec
15	282	Vaughan	Kevin	M40	St Edmund Pacers	1hrs 15min 51sec
16	429	Manlow	John	Male Open	Unattached	1hrs 16min 06sec
17	215	Taylor	Ian	M40	Bungay Black Dog RC	1hrs 16min 31sec
18	382	Grand	Adie	M40	Norwich Road Runners	1hrs 17min 00sec
19	435	Youngs	Kevin	M55	Norfolk Gazzelles	1hrs 17min 17sec
20	464	Long	Julian	Male Open	St Edmund Pacers	1hrs 17min 26sec
21	333	Copland	Dave	M40	Ipswich Triathlon Club	1hrs 17min 52sec
22	386	Betts	Mark	Male Open	Norwich Road Runners	1hrs 18min 00sec
23	616	Moss	Daniel	Male Open	Ipswich Harriers	1hrs 18min 24sec
24	354	Richardson	Tom	Male Open	Unattached	1hrs 18min 37sec
25	341	Bailey	Cliff	M45	Thetford Athletic Club	1hrs 18min 49sec
26	393	Barrett	Steve	M40	Bungay Black Dog RC	1hrs 19min 03sec
27	242	Bolam	Jeremy	M45	North Norfolk Beach Runners	1hrs 19min 07sec
28	486	Preston	Adrian	M40	Wymondham AC	1hrs 19min 15sec
29	312	Muffett	Paul	M45	North Norfolk Beach Runners	1hrs 19min 25sec
30	177	Parfitt	Kevin	M40	North Norfolk Beach Runners	1hrs 19min 26sec
31	58	Rudland	Lee	Male Open	Ipswich Jaffa	1hrs 19min 53sec
32	388	Hayes	Richard	Male Open	Unattached	1hrs 19min 58sec
33	311	Epps	Terry	M50	Wymondham AC	1hrs 20min 01sec
34	48	Van Minden	Nils	Male Open	Norwich Road Runners	1hrs 20min 02sec
35	182	Cotton	Chris	Male Open	Unattached	1hrs 20min 14sec
36	529	Moore	Graham	M45	Unattached	1hrs 20min 27sec
37	545	Bunn	Andrew	Male Open	City of Norwich AC	1hrs 20min 58sec

Position	Race No	Surname	First Name	Category	Club	Time
38	612	Geitner	Joe	Male Open	City of Norwich AC	1hrs 21min 00sec
39	571	Evans	John	Male Open	Cambridge Uni Hare & Hounds	1hrs 21min 05sec
40	514	Laver	Simon	Male Open	East London Triathletes	1hrs 21min 25sec
41	57	Green	Stuart	M45	Stowmarket Striders	1hrs 21min 33sec
42	345	Davis	Darryl	Male Open	City of Norwich AC	1hrs 21min 43sec
43	154	Hill	Raymond	M55	Ipswich Jaffa	1hrs 21min 51sec
44	396	Hodge	Nigel	Male Open	City of Norwich AC	1hrs 21min 53sec
45	476	Prewer	Carl	Male Open	Lowestoft RR	1hrs 22min 02sec
46	175	MacPherson	Al	Male Open	St Edmund Pacers	1hrs 22min 27sec
47	246	Sayle	Roger	M40	Ryston Runners	1hrs 22min 56sec
48	407	Wightman	Paul	M40	Wymondham AC	1hrs 23min 02sec
49	618	Reader	Jonathan	Male Open	Coltishall Jaguars	1hrs 23min 08sec
50	513	Foreman	Ian	Male Open	Unattached	1hrs 23min 11sec
51	164	Green	Andy	M40	Stowmarket Striders	1hrs 23min 15sec
52	108	Smith	Derrick	M50	Ipswich Triathlon Club	1hrs 23min 18sec
53	265	Ellis	Vince	M50	City of Norwich AC	1hrs 23min 20sec
54	647	Gowen	Dale	Male Open	Waveney Valley AC	1hrs 23min 52sec
55	642	Neale	Darren	Male Open	North Norfolk Beach Runners	1hrs 24min 03sec
56	190	Stark	Colin	Male Open	Unattached	1hrs 24min 06sec
57	167	Emery	Trevor	M50	North Norfolk Beach Runners	1hrs 24min 12sec
58	613	Gibbison	Ben	Male Open	Unattached	1hrs 24min 16sec
59	204	Chamberlain	Michael	M45	Norwich Road Runners	1hrs 24min 17sec
60	321	Hornsey	Joseph	Male Open	Unattached	1hrs 24min 24sec
61	430	Cawthorne	Helen	Female Open	Redhill Road Runners	1hrs 24min 30sec
62	126	O'Callaghan	Peter	Male Open	Wymondham AC	1hrs 24min 34sec
63	483	Short	Kevin	M45	Framlingham Flyers	1hrs 24min 35sec
64	426	Mackenzie	Robin	M40	Framlingham Flyers	1hrs 24min 36sec
65	534	Millar	Eldon	Male Open	Unattached	1hrs 24min 37sec
66	7	Fox	Kevin	Male Open	Ely Runners	1hrs 24min 45sec
67	220	Bower	Philip	M45	Thetford Athletic Club	1hrs 24min 50sec
68	98	Pettit	Stephen	M40	Unattached	1hrs 24min 51sec
69	29	Sansom	Chris	Male Open	Unattached	1hrs 25min 04sec
70	470	Parker	Chris	Male Open	Abingdon Amblers	1hrs 25min 19sec
71	528	Yeomans	Martin	M55	Norwich Road Runners	1hrs 25min 36sec
72	203	Flanagan	Anne	Female Open	Norwich Road Runners	1hrs 25min 55sec
73	61	Evans	Mark	Male Open	Tri-Anglia	1hrs 26min 00sec
74	643	Hannay	Mark	Male Open	Unattached	1hrs 26min 07sec
75	438	Peck	Andy	Male Open	Gt Yarmouth Road Runners	1hrs 26min 09sec

Position	Race No	Surname	First Name	Category	Club	Time
76	121	Ouchi	Shunji	M50	Unattached	1hrs 26min 16sec
77	50	Daugherty	Duane	M45	Unattached	1hrs 26min 18sec
78	209	Leathwood	Racheal	Female Open	Reepham Runners	1hrs 26min 22sec
79	2	Gonzalez	Fern	Male Open	Unattached	1hrs 26min 22sec
80	555	Doddington	Denise	F40	Unattached	1hrs 26min 27sec
81	562	Doig	Adrian	Male Open	Stowmarket Striders	1hrs 26min 49sec
82	306	Long	Tim	M45	Cambridge and Coleridge	1hrs 26min 56sec
83	115	Auger	Martin	M50	Unattached	1hrs 27min 10sec
84	512	Clarke	Neville	M50	Newmarket Joggers	1hrs 27min 16sec
85	377	Edwards	Penny	F50	Norwich Road Runners	1hrs 27min 20sec
86	631	Fawbert	Mark	Male Open	Bungay Black Dog RC	1hrs 27min 25sec
87	229	Hardy	John	M45	City of Norwich AC	1hrs 27min 31sec
88	411	Gallard	Richard	Male Open	Waveney Valley AC	1hrs 27min 33sec
89	342	Dye	Richard	M45	Bungay Black Dog RC	1hrs 27min 43sec
90	409	Bates	Steve	Male Open	Coltishall Jaguars	1hrs 27min 48sec
91	256	Edye	Simon	M50	Norwich Road Runners	1hrs 27min 53sec
92	310	Kemp	Stephen	M50	Norwich Road Runners	1hrs 28min 00sec
93	292	Cassels	Paul	Male Open	RAF Honington	1hrs 28min 02sec
94	404	Holmes	Graham	M55	Lowestoft RR	1hrs 28min 04sec
95	480	Savage	Paul	Male Open	Unattached	1hrs 28min 11sec
96	361	Rendell-Read	Steven	M40	Lowestoft RR	1hrs 28min 28sec
97	484	Savory	Andrew	M40	Norwich Road Runners	1hrs 28min 30sec
98	617	Hempstead	Eric	Male Open	Unattached	1hrs 28min 42sec
99	360	Bone	John	M60	Gt Yarmouth Road Runners	1hrs 28min 42sec
100	327	Smith	Glyn	M60	Cambridge and Coleridge	1hrs 28min 44sec
101	640	Moore	John	M45	Unattached	1hrs 28min 48sec
102	10	King	David	M40	Stubbington Green Runners	1hrs 28min 51sec
103	490	Whiteley	Nigel	M40	Unattached	1hrs 28min 53sec
104	336	Pammenter	Ian	Male Open	Haverhill Running Club	1hrs 28min 57sec
105	536	Maclean	Anthony	Male Open	Framlingham Flyers	1hrs 29min 00sec
106	466	Philo	Mark	Male Open	Tri-Anglia	1hrs 29min 09sec
107	359	Mayston	Anthony	M45	Woodbridge Shufflers RRC	1hrs 29min 11sec
108	20	Bailey	Ian	Male Open	Unattached	1hrs 29min 12sec
109	305	Vialls	Tim	M40	Unattached	1hrs 29min 15sec
110	456	Matthews	Russell	M45	Unattached	1hrs 29min 23sec
111	157	Tiller	Richard	Male Open	Halstead Road Runners	1hrs 29min 29sec
112	163	Chorley	Chris	M40	Bungay Black Dog RC	1hrs 29min 34sec
113	92	Jones	Richard	M40	Unattached	1hrs 29min 35sec

Position	Race No	Surname	First Name	Category	Club	Time
114	369	Lehrbach	Chris	Male Open	Unattached	1hrs 29min 39sec
115	454	Moore	Ian	Male Open	Norwich Road Runners	1hrs 29min 50sec
116	600	Bridges	Doug	Male Open	Unattached	1hrs 29min 51sec
117	165	Taylor	Ian	M45	Stratton Striders	1hrs 29min 53sec
118	123	Monks	Colin	M55	Blackheath & Bromley Har.AC	1hrs 29min 55sec
119	166	Aldis	David	M55	City of Norwich AC	1hrs 29min 59sec
120	492	Ross	Mark	M40	Gt Bentley RR	1hrs 30min 02sec
121	259	Day	Andrew	Male Open	Unattached	1hrs 30min 12sec
122	146	Bradley	Alan	M40	Norwich Road Runners	1hrs 30min 18sec
123	639	Clears	Michael	M55	Waylend Runners	1hrs 30min 22sec
124	187	White	Steve	M40	Saffron Striders	1hrs 30min 27sec
125	80	Powell	Darren	M40	Tri-Anglia	1hrs 30min 37sec
126	372	Quanatrill	Vicky	Female Open	Gt Yarmouth Road Runners	1hrs 30min 45sec
127	350	Tester	Michel	M45	Unattached	1hrs 30min 52sec
128	518	Smith	Barry	M45	Lowestoft RR	1hrs 30min 54sec
129	307	Hilling	R	M45	Waveney Valley AC	1hrs 30min 55sec
130	56	Jones	Howard	M40	Unattached	1hrs 30min 56sec
131	614	Davey	Claire	Female Open	Waveney Valley AC	1hrs 30min 57sec
132	494	Coleman	Jamie	Male Open	North Norfolk Beach Runners	1hrs 31min 01sec
133	465	Haughton	Colin	Male Open	Unattached	1hrs 31min 08sec
134	324	Woods	Tim	M45	Unattached	1hrs 31min 13sec
135	479	Dale	Ady	Male Open	Unattached	1hrs 31min 14sec
136	170	Wilder	Harry	Male Open	Unattached	1hrs 31min 17sec
137	500	Grisley	Chris	Male Open	Norfolk Gazzelles	1hrs 31min 25sec
138	442	Knights	Matthew	Male Open	Norwich Road Runners	1hrs 31min 27sec
139	73	Taylor	Mark	M50	Norwich Road Runners	1hrs 31min 30sec
140	65	Walne	Jason	Male Open	Unattached	1hrs 31min 35sec
141	556	Johnson	Peter	M45	BTA Runners	1hrs 31min 45sec
142	603	Strickland	Steve	M45	Thorney RC	1hrs 31min 47sec
143	504	Jones	Christopher	M45	The Saxons	1hrs 31min 48sec
144	394	Coulter	Graham	Male Open	Unattached	1hrs 31min 51sec
145	15	Jackson	Alan	M45	Ipswich Jaffa	1hrs 31min 52sec
146	519	Smith	Kevin	M40	Lowestoft RR	1hrs 31min 53sec
147	60	Downie	Alex	M55	Cambridge and Coleridge	1hrs 31min 54sec
148	28	Smedley	Steve	M45	Unattached	1hrs 32min 07sec
149	477	Rijpstra	Sebastien	Male Open	Unattached	1hrs 32min 25sec
150	233	Stacey	Martin	M45	Yeovil Town Road Runners	1hrs 32min 34sec
151	625	McAllen	Jonathan	Male Open	Unattached	1hrs 32min 35sec

Position	Race No	Surname	First Name	Category	Club	Time
152	413	Grainger	Richard	Male Open	Unattached	1hrs 32min 39sec
153	645	Yallop	Paul	Male Open	Unattached	1hrs 32min 42sec
154	199	Roberts	Melanie	F45	Woodbridge Shufflers RRC	1hrs 32min 43sec
155	231	Huggins	Malcolm	Male Open	Lowestoft RR	1hrs 32min 48sec
156	95	Gay	Christopher	M40	Gt Yarmouth & District AC	1hrs 32min 51sec
157	355	Dennison	Tricia	F45	St Edmund Pacers	1hrs 32min 53sec
158	362	Goddard	Pete	M50	Unattached	1hrs 32min 54sec
159	137	Midleton	Julia	F55	Newmarket Joggers	1hrs 33min 04sec
160	469	Mulvany	Richard	Male Open	Abingdon Amblers	1hrs 33min 11sec
161	626	Holland	Neil	M45	Wyndham AC	1hrs 33min 12sec
162	387	Warne	Andy	M45	East London Runners	1hrs 33min 14sec
163	422	Popiel	Richard	M45	Unattached	1hrs 33min 20sec
164	104	Rayner	Paul	M45	Hunts A.C	1hrs 33min 26sec
165	408	Fordham	David	M55	The Saxons	1hrs 33min 29sec
166	378	Antonis	Tonya	F35	Ipswich Harriers	1hrs 33min 30sec
167	608	Herrod	Nigel	M50	Waveney Valley AC	1hrs 33min 31sec
168	637	Dennington	Paul	M40	Unattached	1hrs 33min 35sec
169	635	Hamilton	Jonathan	M40	Woodbridge Shufflers RRC	1hrs 33min 37sec
170	558	Rowden	Jon	M40	Unattached	1hrs 33min 38sec
171	619	Chaplin	Mike	M60	Woodbridge Shufflers RRC	1hrs 33min 44sec
172	105	Calvert	Mark	M45	Unattached	1hrs 33min 51sec
173	450	Womack	Mark	Male Open	Lowestoft RR	1hrs 34min 01sec
174	89	Christian	Jenny	F50	Wyndham AC	1hrs 34min 04sec
175	142	Reid	Ian	M50	Unattached	1hrs 34min 22sec
176	49	Knight	Anthony	Male Open	Thrift Green Trotters	1hrs 34min 25sec
177	300	Hurren	Sharon	F35	Wyndham AC	1hrs 34min 31sec
178	478	Skrimshire	Chris	M55	Woodbridge Shufflers RRC	1hrs 34min 34sec
179	301	Dick	Jim	Male Open	Unattached	1hrs 34min 42sec
180	247	Clark	Marie	Female Open	Norwich Road Runners	1hrs 34min 47sec
181	533	Stansfield	Arthur	M50	Unattached	1hrs 34min 50sec
182	160	Hazleton	David	M50	Wyndham AC	1hrs 34min 51sec
183	383	Groves	Paul	M40	Coltishall Jaguars	1hrs 34min 53sec
184	493	Hayward	Geoff	M65	North Norfolk Beach Runners	1hrs 35min 00sec
185	331	Adams	Geoff	M50	Wyndham AC	1hrs 35min 01sec
186	101	Evans	Paul	M50	Gt Yarmouth Road Runners	1hrs 35min 02sec
187	503	Budds	Roger	M55	Norwich Road Runners	1hrs 35min 05sec
188	511	Welton	Ross	Male Open	Ipswich Triathlon Club	1hrs 35min 07sec
189	437	Williamson	Neil	Male Open	Unattached	1hrs 35min 16sec

Position	Race No	Surname	First Name	Category	Club	Time
190	443	Holden	Roberta	Female Open	Totley AC	1hrs 35min 21sec
191	257	Vick	Sarah	F35	The Saxons	1hrs 35min 24sec
192	149	Lines	Rob	Male Open	Tri-Anglia	1hrs 35min 27sec
193	410	Hambling	Stewart	Male Open	Framlingham Flyers	1hrs 35min 40sec
194	22	Hartley	Jonathan	Male Open	Unattached	1hrs 36min 04sec
195	634	Stringfellow	Dene	M45	White Horse Harriers	1hrs 36min 11sec
196	24	Stalley	Lewis	Male Open	Unattached	1hrs 36min 11sec
197	86	McGregor	Ronin	Male Open	Unattached	1hrs 36min 13sec
198	649	Johnson	Iain	Male Open	Deal Tri	1hrs 36min 23sec
199	531	Brighty	Keith	M40	Norwich Road Runners	1hrs 36min 25sec
200	391	Hollingsworth	Vanessa	F35	Felixstowe Road Runners	1hrs 36min 38sec
201	629	Brown	Robert	M50	Unattached	1hrs 36min 45sec
202	90	Marsh	Ronald	M60	Wyndham AC	1hrs 36min 50sec
203	633	Goodwin	David	M50	Gt Yarmouth & District AC	1hrs 36min 52sec
204	214	Clinton	Peter	M45	Unattached	1hrs 36min 56sec
205	69	Sayer	Peter	M40	Unattached	1hrs 37min 13sec
206	270	Dallas	Ian	M40	Norfolk Gazzelles	1hrs 37min 21sec
207	59	Murphy	Fiona	F40	Cambridge and Coleridge	1hrs 37min 26sec
208	63	Anderson	Craig	M40	Bungay Black Dog RC	1hrs 37min 35sec
209	75	Baker	Adam	Male Open	Unattached	1hrs 37min 37sec
210	266	Heath	Tony	M55	North Norfolk Beach Runners	1hrs 37min 42sec
211	210	Smith	Mike	M65	Wyndham AC	1hrs 37min 44sec
212	147	Holt	John	M55	Unattached	1hrs 37min 44sec
213	622	Parr	Ben	Male Open	Unattached	1hrs 37min 50sec
214	623	McAllen	Chris	Male Open	Unattached	1hrs 37min 50sec
215	570	McGeeney	Brian	Male Open	Ipswich Triathlon Club	1hrs 37min 52sec
216	248	Blackwell	Paul	M40	Gt Bentley RR	1hrs 37min 56sec
217	224	Irvine	Andy	Male Open	Cambridge and Coleridge	1hrs 37min 58sec
218	169	Freeman	Dennis	M55	City of Norwich AC	1hrs 38min 03sec
219	241	Whitaker	Steven	M40	Road Runners Club	1hrs 38min 10sec
220	281	Downing	Terry	M50	Unattached	1hrs 38min 16sec
221	202	Cummings	Chris	Male Open	Gt Yarmouth Road Runners	1hrs 38min 18sec
222	316	Thacker	Robert	Male Open	Halstead Road Runners	1hrs 38min 22sec
223	424	Millett	Tony	M50	Norwich Road Runners	1hrs 38min 24sec
224	532	Roney	Jon	Male Open	Unattached	1hrs 38min 26sec
225	563	Stollery	Michael	M50	Ipswich Triathlon Club	1hrs 38min 28sec
226	151	Manning	Karen	F35	Gt Yarmouth Road Runners	1hrs 38min 29sec
227	538	Nasmyth-Miller	Dominic	Male Open	Unattached	1hrs 38min 32sec

Position	Race No	Surname	First Name	Category	Club	Time
228	27	Ford	John	M50	Unattached	1hrs 38min 34sec
229	245	Smith	Michael	M60	Wyndham AC	1hrs 38min 35sec
230	507	Bennett	Susan	F45	Unattached	1hrs 38min 36sec
231	212	Spong	Carole	F60	Gt Yarmouth Road Runners	1hrs 38min 38sec
232	296	Vince	Mark	Male Open	Woodbridge Shufflers RRC	1hrs 38min 40sec
233	638	Jones	Glyn	M55	Unattached	1hrs 38min 43sec
234	516	Galbraith	George	M50	Ipswich Jaffa	1hrs 38min 44sec
235	496	Defernez	Marianne	F35	Unattached	1hrs 38min 47sec
236	449	Young	Patrick	M40	Unattached	1hrs 38min 48sec
237	543	Mooro	Warren	Male Open	Gt Yarmouth Road Runners	1hrs 38min 50sec
238	79	Grave	Linda	F40	Woodbridge Shufflers RRC	1hrs 38min 57sec
239	498	Finegan	Tim	M45	Felixstowe Road Runners	1hrs 39min 06sec
240	44	Tyrrell	Jonathan	Male Open	Unattached	1hrs 39min 15sec
241	572	Tyldesley	Frank	M40	Unattached	1hrs 39min 18sec
242	183	Brooks	Lee	Male Open	BRJ Huntingdon	1hrs 39min 20sec
243	644	Knopp	Ros	F40	White Horse Harriers	1hrs 39min 26sec
244	100	Wolton	Peter	M50	Unattached	1hrs 39min 34sec
245	517	Sears	Chris	M45	Woodbridge Shufflers RRC	1hrs 39min 35sec
246	444	Sewell	Carina	F45	Woodbridge Shufflers RRC	1hrs 39min 36sec
247	43	Fraser	Alec	M65	North Norfolk Beach Runners	1hrs 39min 39sec
248	74	Taylor	Caroline	F45	Norwich Road Runners	1hrs 39min 40sec
249	473	Chase	Daniel	Male Open	Unattached	1hrs 39min 41sec
250	474	Barber	Jon	Male Open	Unattached	1hrs 39min 41sec
251	258	Clarke	Paul	M45	St Edmund Pacers	1hrs 39min 44sec
252	253	Tovell	Kenneth	Male Open	Framlingham Flyers	1hrs 39min 47sec
253	472	Chase	James	M40	Unattached	1hrs 39min 49sec
254	78	Crofts	Tanya	Female Open	Unattached	1hrs 39min 50sec
255	251	Bowman	Ken	M55	Unattached	1hrs 39min 56sec
256	238	Roberts	Neil	M45	Stratton Striders	1hrs 40min 04sec
257	628	Orum	Jon	M40	Unattached	1hrs 40min 09sec
258	436	Mutch	Kerry	M40	Gt Yarmouth Road Runners	1hrs 40min 10sec
259	573	Cook	Helen	F45	Unattached	1hrs 40min 13sec
260	615	Kindred	Alys	Female Open	Unattached	1hrs 40min 33sec
261	641	Hine	Adrian	M40	Felixstowe Road Runners	1hrs 40min 58sec
262	338	Miller	Sarah	F45	Ipswich Jaffa	1hrs 40min 59sec
263	159	Hazleton	Lyn	F45	Wyndham AC	1hrs 41min 00sec
264	287	Owen	Roy	M55	Haverhill Running Club	1hrs 41min 09sec
265	31	Grimble	Kate	Female Open	Bungay Black Dog RC	1hrs 41min 13sec

Position	Race No	Surname	First Name	Category	Club	Time
266	384	Lambert	J	M60	Ipswich Jaffa	1hrs 41min 13sec
267	143	Woodhouse	Gill	F55	Dereham Runners AC	1hrs 41min 17sec
268	630	Larter	Stewart	M40	Unattached	1hrs 41min 20sec
269	234	Peach	Mark	Male Open	Gt Yarmouth Road Runners	1hrs 41min 36sec
270	110	Holmes	Susan	F50	Unattached	1hrs 41min 39sec
271	415	Cooper	Dale	M45	Wymondham AC	1hrs 41min 42sec
272	489	Pryce	David	M60	Waveney Valley AC	1hrs 41min 47sec
273	337	Matthews	Peter	M45	Unattached	1hrs 41min 52sec
274	33	Higgins	Carl	M45	Unattached	1hrs 42min 01sec
275	102	Ney	David	M55	Unattached	1hrs 42min 02sec
276	399	Etherington	Stephen	M45	Unattached	1hrs 42min 05sec
277	113	Humphreys	Jon	M45	Unattached	1hrs 42min 06sec
278	604	MacKay	David	Male Open	City of Norwich AC	1hrs 42min 06sec
279	161	Sherwood	Mark	Male Open	Tadley Runners	1hrs 42min 08sec
280	317	Geary	Darin	Male Open	Unattached	1hrs 42min 11sec
281	99	Thomas	Neil	Male Open	Islwyn Running Club	1hrs 42min 17sec
282	109	Westgarth	Susan	F45	Unattached	1hrs 42min 20sec
283	145	Bradley	Sarah	F40	Norwich Road Runners	1hrs 42min 25sec
284	537	Peck	Glyn	M65	Harwich Runners	1hrs 42min 36sec
285	12	Stevenson	Claire	Female Open	Unattached	1hrs 42min 38sec
286	523	Collins	Michelle	F40	Unattached	1hrs 42min 42sec
287	524	Francis	Jacqui	F45	Unattached	1hrs 42min 46sec
288	260	Woollard	Claire	Female Open	Unattached	1hrs 42min 53sec
289	189	Carter	Clare	F40	Unattached	1hrs 42min 57sec
290	140	Broster	Linsey	F35	Dereham Runners AC	1hrs 42min 58sec
291	68	Vickers	Sarah	F40	Unattached	1hrs 43min 06sec
292	395	Maulkerson	Rosalind	F40	Unattached	1hrs 43min 13sec
293	371	Jack	Stuart	M50	Unattached	1hrs 43min 15sec
294	520	Baker	Nicky	Female Open	Norwich Road Runners	1hrs 43min 18sec
295	148	Ball	Malcolm	M65	North Norfolk Beach Runners	1hrs 43min 24sec
296	315	Thapa	Ben	Male Open	Unattached	1hrs 43min 28sec
297	176	Searle	Stephen	Male Open	Unattached	1hrs 43min 36sec
298	414	Weall	Nigel	M50	Essex Police	1hrs 43min 45sec
299	314	Kernan	Kira	Female Open	Unattached	1hrs 43min 46sec
300	560	Sims	Matthew	Male Open	Unattached	1hrs 43min 48sec
301	510	Hashim	Simon	M50	Unattached	1hrs 43min 50sec
302	497	Ivatt	Mike	M50	St Edmund Pacers	1hrs 43min 52sec
303	243	Burrage	Andrew	M50	Norfolk Gazzelles	1hrs 43min 54sec

Position	Race No	Surname	First Name	Category	Club	Time
304	364	Adams	Roger	Male Open	Brandon Fern Hoppers	1hrs 43min 55sec
305	357	Bear	Angie	F50	Wymondham AC	1hrs 43min 57sec
306	156	Ruggiero	Pasquale	M40	Fenland R.C	1hrs 43min 58sec
307	112	Bell	Richard	Male Open	Unattached	1hrs 43min 59sec
308	326	Firman	Sarah-Jane	Female Open	Norwich Road Runners	1hrs 44min 01sec
309	544	Wilson	Tom	Male Open	East London Triathletes	1hrs 44min 09sec
310	441	Payne	Darren	M40	Woodbridge Surfers	1hrs 44min 17sec
311	54	Elflett	Mark	M40	Lowestoft RR	1hrs 44min 33sec
312	125	Colman	Mark	Male Open	Unattached	1hrs 44min 34sec
313	134	Fribbens	Mark	M40	Halstead Road Runners	1hrs 44min 36sec
314	191	Blurton	Richard	M50	Unattached	1hrs 44min 46sec
315	447	Mawer	Roger	M65	Lowestoft RR	1hrs 44min 51sec
316	42	Clark	Richard	M40	The Saxons	1hrs 44min 55sec
317	482	Price	Evette	F40	Framlingham Flyers	1hrs 44min 56sec
318	309	Woolley	Peter	M55	Unattached	1hrs 45min 04sec
319	526	Machin	Donna	Female Open	Unattached	1hrs 45min 05sec
320	527	Boutcher	Jonathan	M40	Unattached	1hrs 45min 06sec
321	397	Postle	Adele	F40	Gt Yarmouth & District AC	1hrs 45min 09sec
322	152	Croft	Stuart	Male Open	Unattached	1hrs 45min 10sec
323	153	Stokes	Mike	Male Open	Unattached	1hrs 45min 11sec
324	268	Lewis	Nicola	F35	Unattached	1hrs 45min 12sec
325	329	Ellis	Mike	M45	Unattached	1hrs 45min 20sec
326	561	Randle	Keith	Male Open	Unattached	1hrs 45min 24sec
327	41	Osborne	Andrea	F50	North Norfolk Beach Runners	1hrs 45min 25sec
328	185	Bright	Stephen	M40	British Athletics Supporters Club	1hrs 45min 35sec
329	541	De Boltz	Stephen	M40	Ipswich Triathlon Club	1hrs 45min 45sec
330	83	McCarthy	Ian	M50	Beckenham RC	1hrs 45min 49sec
331	418	Thomas	Kate	F35	Harwich Runners	1hrs 45min 50sec
332	419	Knott	Elsbeth	F55	Harwich Runners	1hrs 45min 52sec
333	402	Kerridge	Paul	M40	Woodbridge Shufflers RRC	1hrs 45min 53sec
334	546	Attenburrow	Ralda	F35	Unattached	1hrs 45min 54sec
335	381	Skates	Clark	M45	Unattached	1hrs 45min 56sec
336	319	Wright	Maureen	F60	Ipswich Jaffa	1hrs 46min 05sec
337	549	Donovan	David	M45	Unattached	1hrs 46min 06sec
338	232	Kinch	Brenda	F60	North Norfolk Beach Runners	1hrs 46min 07sec
339	389	Snailham	Leigh	Male Open	Lowestoft RR	1hrs 46min 08sec
340	55	Warren	Peter	M50	Dulwich Runners	1hrs 46min 09sec
341	607	Agathangelou	Lex	Male Open	Unattached	1hrs 46min 10sec

Position	Race No	Surname	First Name	Category	Club	Time
342	398	Mableson	Stephen	Male Open	Unattached	1hrs 46min 13sec
343	64	Yelloly	Julia	F40	Ipswich Triathlon Club	1hrs 46min 24sec
344	111	Kennedy	Daniel	Male Open	Unattached	1hrs 46min 24sec
345	552	Warnes	Simone	F35	Unattached	1hrs 46min 31sec
346	150	Drewitt	David	M55	Gt Yarmouth & District AC	1hrs 46min 32sec
347	45	Archbold	Karen	F35	Unattached	1hrs 46min 43sec
348	71	Jackson	Ron	M50	Cambridge and Coleridge	1hrs 46min 44sec
349	119	Stannett	Charlie	M50	Ipswich Triathlon Club	1hrs 46min 47sec
350	540	Chitty	John	M40	Unattached	1hrs 46min 53sec
351	35	Reid	Steph	F45	Unattached	1hrs 47min 02sec
352	554	Howie	Alan	M40	Ramsey Road Runners	1hrs 47min 04sec
353	284	Fish	Grayhame	M55	Stowmarket Striders	1hrs 47min 05sec
354	201	Richardson	John	M50	Dereham Runners AC	1hrs 47min 10sec
355	47	Hunt	Fiona	F35	Unattached	1hrs 47min 11sec
356	568	Gayler	Duncan	Male Open	Unattached	1hrs 47min 12sec
357	452	Challis	William	M40	Unattached	1hrs 47min 13sec
358	131	Smith	Corrina	F40	Thetford Athletic Club	1hrs 47min 15sec
359	88	Darby	Paul	M40	Unattached	1hrs 47min 15sec
360	380	Lack	Tony	M65	Ramsey Road Runners	1hrs 47min 16sec
361	455	Smith	Angharad	Female Open	Unattached	1hrs 47min 19sec
362	226	Martin	Peter	M55	Highworth Running Club	1hrs 47min 20sec
363	551	Allin	Angela	F35	Grange Farm & Dunmow Runners	1hrs 47min 21sec
364	174	Lowe	Andrea	F45	Unattached	1hrs 47min 22sec
365	193	Saunders	Adam	Male Open	Unattached	1hrs 47min 35sec
366	32	Higgins	Tyrone	M40	Unattached	1hrs 47min 44sec
367	93	Martin	Anna	Female Open	Unattached	1hrs 47min 44sec
368	650	Hoareau	Juliette	F35	Bexley	1hrs 47min 47sec
369	566	Pimlott	David	M55	Waveney Valley AC	1hrs 47min 59sec
370	124	Ambrose	Gary	M45	Unattached	1hrs 48min 09sec
371	286	Mathews	Ken	M50	Tri-Anglia	1hrs 48min 22sec
372	283	Fish	Anne	F55	Stowmarket Striders	1hrs 48min 24sec
373	21	Maksimovic	Goran	Male Open	Unattached	1hrs 48min 26sec
374	196	Hatton	Karen	F45	St Edmund Pacers	1hrs 48min 31sec
375	51	Palmer	Stuart	Male Open	Unattached	1hrs 48min 33sec
376	120	Stannett	Kate	F45	Ipswich Triathlon Club	1hrs 48min 38sec
377	351	Carvalho	Agnelo	M60	Unattached	1hrs 48min 44sec
378	421	Ward	Beres	F55	Unattached	1hrs 48min 45sec
379	370	Stevens	Tracey	F35	Unattached	1hrs 48min 46sec

Position	Race No	Surname	First Name	Category	Club	Time
380	373	Carter	Nick	M65	Lowestoft RR	1hrs 49min 15sec
381	459	Lee	David	M40	Unattached	1hrs 49min 23sec
382	347	Gillett	Michaela	F35	Unattached	1hrs 49min 30sec
383	348	Gillett	Clinton	Male Open	Unattached	1hrs 49min 31sec
384	420	Gedge	Karen	F40	Bungay Black Dog RC	1hrs 49min 40sec
385	365	Moyse	Tracy	F40	Lowestoft RR	1hrs 49min 42sec
386	417	Farrar	Robin	M60	Bungay Black Dog RC	1hrs 49min 50sec
387	205	Moore	Cliff	M60	Unattached	1hrs 50min 54sec
388	457	Sinton	Penelope	Female Open	Unattached	1hrs 51min 05sec
389	252	Saines	Rob	M65	North Norfolk Beach Runners	1hrs 51min 09sec
390	501	Skoulding	Alan	M50	Unattached	1hrs 51min 13sec
391	652	Weal	Jonathan	M45	Beckenham RC	1hrs 51min 14sec
392	374	Ribbands	Derek	M45	Gt Yarmouth Road Runners	1hrs 51min 19sec
393	557	Smith	Sandra	F45	Grange Farm & Dunmow Runners	1hrs 51min 23sec
394	609	Norgate	Simon	Male Open	North Norfolk Beach Runners	1hrs 51min 28sec
395	18	Van Der Merwe	Ronel	F45	Stowmarket Striders	1hrs 51min 48sec
396	379	Goodwin	Phil	M55	Unattached	1hrs 51min 53sec
397	254	Capstick	Christine	F35	Unattached	1hrs 52min 04sec
398	343	Wright	David	Male Open	Unattached	1hrs 52min 23sec
399	227	Jones	Warren	Male Open	City of Norwich AC	1hrs 52min 35sec
400	230	Huggins	Jackie	F45	Lowestoft RR	1hrs 52min 58sec
401	244	Burrage	Carolyn	F50	Norfolk Gazzelles	1hrs 53min 09sec
402	400	Staines	Chris	M60	Unattached	1hrs 53min 34sec
403	559	Withey	Sally	F35	City of Norwich AC	1hrs 53min 44sec
404	487	Hadley	Brett	Male Open	Unattached	1hrs 53min 52sec
405	261	Whyte	Kate	Female Open	Unattached	1hrs 53min 57sec
406	262	Whyte	Roland	Male Open	Unattached	1hrs 53min 57sec
407	13	Butler	Simon	M40	Unattached	1hrs 54min 07sec
408	206	Spinks	Roger	M60	Ipswich Jaffa	1hrs 54min 28sec
409	471	Marsh	Jason	Male Open	Unattached	1hrs 54min 28sec
410	46	Bunting	Simon	M40	Unattached	1hrs 54min 36sec
411	236	Gill	Joan	F55	Ryston Runners	1hrs 55min 08sec
412	285	Harvey	Michael	M50	North Norfolk Beach Runners	1hrs 55min 24sec
413	530	Burrows	Moira	Female Open	Unattached	1hrs 55min 34sec
414	184	Harris	Philippa	Female Open	Unattached	1hrs 55min 39sec
415	192	Lockwood	David	Male Open	Unattached	1hrs 55min 50sec
416	451	Challis	Helen	F50	Felixstowe Road Runners	1hrs 56min 01sec
417	458	Haycock	Chris	M40	Unattached	1hrs 56min 02sec

Position	Race No	Surname	First Name	Category	Club	Time
418	445	Maycock	Carol	F45	Unattached	1hrs 56min 27sec
419	303	Baines	Anthony	Male Open	Unattached	1hrs 56min 38sec
420	334	O'Callaghan	Michael	M50	Yaxley Runners	1hrs 56min 47sec
421	346	Lavrier	Phillip	M55	Lowestoft RR	1hrs 56min 51sec
422	344	Waite	Kathryn	F35	Unattached	1hrs 56min 57sec
423	448	Cook	Jayne	F40	Unattached	1hrs 56min 59sec
424	138	Combelas	Claudie	F45	Northbrook AC	1hrs 57min 04sec
425	139	Hewetson	Brian	M45	Northbrook AC	1hrs 57min 13sec
426	82	Towell	Shaun	M40	Bourne Town Harriers	1hrs 57min 38sec
427	264	Bultz	Peter	M45	Unattached	1hrs 57min 44sec
428	427	Middleton	Charlie	M40	Norfolk Gazzelles	1hrs 57min 45sec
429	208	Tyler	Rosemary	F55	Stowmarket Striders	1hrs 58min 06sec
430	367	Baker	Hannah	Female Open	City of Norwich AC	1hrs 58min 23sec
431	602	Whiting	Zoe	F45	Bungay Black Dog RC	1hrs 58min 35sec
432	299	Potter	Susan	F45	Bungay Black Dog RC	1hrs 58min 36sec
433	188	Towns	Jill	F45	Unattached	1hrs 58min 52sec
434	135	Bailey	Margaret	F55	Wymondham AC	1hrs 58min 56sec
435	133	Majtanova	Miriam	Female Open	Unattached	1hrs 59min 10sec
436	416	Dilrew	Julie	F45	Unattached	1hrs 59min 23sec
437	289	White	Paul	M45	Unattached	1hrs 59min 43sec
438	291	Farnworth	Richard	M50	Felixstowe Road Runners	1hrs 59min 53sec
439	178	Prince	Sarah	Female Open	Unattached	2hrs 00min 03sec
440	620	Turner	Julie	F40	Unattached	2hrs 00min 20sec
441	567	Luke	Kate	F40	Unattached	2hrs 00min 43sec
442	77	Szadkowski	Marta	Female Open	Unattached	2hrs 00min 44sec
443	610	Langham	Dale	M45	Newmarket Joggers	2hrs 00min 50sec
444	240	Nobbs	Stefania	Female Open	Unattached	2hrs 00min 51sec
445	611	Langham	Katrina	F35	Newmarket Joggers	2hrs 00min 52sec
446	269	Marsh	Mary	F50	Unattached	2hrs 01min 02sec
447	539	Fitch	Ian	M40	Unattached	2hrs 01min 15sec
448	239	Swaine	Kevin	Male Open	Rocky Road Runners	2hrs 01min 20sec
449	107	Bloomfield	Christine	F50	Norfolk Gazzelles	2hrs 01min 21sec
450	122	Wilson	Phylly	F60	Wreake Runners	2hrs 01min 26sec
451	103	Jupp	Orla	Female Open	Dereham Runners AC	2hrs 01min 34sec
452	237	Khumalo	Busisiwe	F40	Unattached	2hrs 01min 50sec
453	548	Hall	Elizabeth	F40	Stubbington Green Runners	2hrs 02min 14sec
454	621	Harvey	Helen	F35	Unattached	2hrs 02min 57sec
455	127	Meekins	Nick	M45	Unattached	2hrs 03min 12sec

Position	Race No	Surname	First Name	Category	Club	Time
456	141	Birkin	Heidi	F40	Unattached	2hrs 03min 24sec
457	207	Payne	Jenny	F50	Unattached	2hrs 03min 32sec
458	349	Butler	Sandra	F60	Ramsey Road Runners	2hrs 03min 34sec
459	460	Sheppard	Dean	Male Open	Unattached	2hrs 04min 05sec
460	276	Hallam	Diane	F40	Raveningham Runners	2hrs 04min 13sec
461	502	Protheroe	Sallyann	F45	Lowestoft RR	2hrs 04min 14sec
462	223	Baxter	David	Male Open	Unattached	2hrs 04min 17sec
463	542	Nasmyth-Miller	Sarah	F40	Unattached	2hrs 04min 25sec
464	67	McCartney	Margaret	F45	Norfolk Gazzelles	2hrs 04min 29sec
465	627	Gillie	Sheila	F50	Norwich Road Runners	2hrs 04min 32sec
466	218	Rose	David	M40	Unattached	2hrs 04min 56sec
467	84	Saul	Jonathan	M40	Unattached	2hrs 05min 00sec
468	340	Niccol	Katy	Female Open	Unattached	2hrs 05min 07sec
469	392	Colvin	Hati	Female Open	Unattached	2hrs 05min 08sec
470	368	Perry	Lucy	F40	Wymondham AC	2hrs 05min 09sec
471	648	Adams	Janet	F40	Brandon Fern Hoppers	2hrs 05min 18sec
472	3	Barrett	Sam	F35	Unattached	2hrs 05min 19sec
473	275	Wright	Jackie	F45	Raveningham Runners	2hrs 05min 22sec
474	197	Johns	Sarah	F35	Unattached	2hrs 05min 23sec
475	434	Eaton	Tracy	F40	Unattached	2hrs 05min 43sec
476	428	Ralph	Emma	Female Open	Unattached	2hrs 05min 43sec
477	352	Carvalho	Maria	F55	Unattached	2hrs 05min 53sec
478	302	Curtis	Caroline	F35	Unattached	2hrs 06min 31sec
479	23	Norwood	Carol	F45	Unattached	2hrs 06min 38sec
480	76	Humphry	Amanda	F40	Stubbington Green Runners	2hrs 07min 09sec
481	363	Rendell-Read	Susan	F40	Lowestoft RR	2hrs 07min 12sec
482	217	Reed	Laura	Female Open	Unattached	2hrs 07min 26sec
483	128	Damonsing	Charlotte	F40	Unattached	2hrs 08min 09sec
484	485	Woods	Lynda	F35	Unattached	2hrs 09min 13sec
485	235	Sewell	Helen	F60	Ryston Runners	2hrs 09min 14sec
486	601	Cook	David	M65	Bungay Black Dog RC	2hrs 09min 29sec
487	288	Owen	Mary	F55	Haverhill Running Club	2hrs 10min 12sec
488	569	Davis	Kerry	F35	City of Norwich AC	2hrs 10min 33sec
489	515	Hopegood	Karen	Female Open	Witham Running Club	2hrs 11min 03sec
490	26	Hallidie	Phyllida	Female Open	Unattached	2hrs 11min 18sec
491	564	Adams	Steve	M45	Unattached	2hrs 11min 21sec
492	4	Hawthorne	Grant	Male Open	Unattached	2hrs 11min 59sec
493	332	Rosenberg	Susannah	F45	Ipswich Triathlon Club	2hrs 12min 12sec

Position	Race No	Surname	First Name	Category	Club	Time
494	565	Taylor	Helen	F45	Unattached	2hrs 12min 53sec
495	155	Hill	Melanie	F35	Unattached	2hrs 14min 24sec
496	632	Goodwin	Denise	F45	Gt Yarmouth & District AC	2hrs 14min 31sec
497	547	Barker	Faye	Female Open	Lowestoft RR	2hrs 15min 08sec
498	535	Flewers	Colin	M50	Unattached	2hrs 15min 08sec
499	273	Davis	Connie	F45	Raveningham Runners	2hrs 16min 16sec
500	277	Kerr	Marion	F50	Raveningham Runners	2hrs 16min 17sec
501	390	Allen	Victoria	Female Open	Lowestoft RR	2hrs 16min 37sec
502	198	Turner	Brian	M65	Ipswich Jaffa	2hrs 18min 00sec
503	521	Farrow	Elaine	F45	Unattached	2hrs 19min 39sec
504	522	Wilby	Betty	F55	Unattached	2hrs 19min 44sec
505	200	Renshaw	Diane	F45	Dereham Runners AC	2hrs 20min 45sec
506	96	Haggarty	Elaine	F50	Gt Yarmouth & District AC	2hrs 21min 33sec
507	636	Reynolds	Maria	F45	Stowmarket Striders	2hrs 22min 37sec
508	624	Reader	Frank	M60	Norwich Road Runners	2hrs 32min 09sec
509	446	Savage	Linda	F50	Unattached	2hrs 32min 42sec
510	499	Phillipson	Sally	F35	Unattached	2hrs 32min 42sec
511	72	Piekos	Laura	F45	Merry Hill Striders	2hrs 40min 55sec
512	481	Taylor	Glenda	F55	Stowmarket Striders	2hrs 46min 14sec
513	508	Goode	Tom	M50	Unattached	2hrs 46min 17sec
514	263	Whyte	Andrew	Male Open	Unattached	2hrs 52min 48sec
515	463	Crofts	Judy	F50	Unattached	2hrs 54min 27sec
516	462	Crofts	Joe	M50	Unattached	2hrs 54min 27sec