

Position	Race No	Surname	Christian Name	Category	Club	County	Time
1	487	Dobson	Paul	Male Open	Springfield Striders	Essex	1:14:13
2	474	Chandler	Gary	Male Open	Springfield Striders	Essex	1:15:03
3	681	Molyneux	Paul	Male Open	Springfield Striders	Essex	1:16:19
4	742	Sales	Richard	M 40	City of Norwich AC	Norfolk	1:16:44
5	655	Pitts	Colin	M 40	Stowmarket Striders	Suffolk	1:18:12
6	646	Jones	Andrew	Male Open	Unattached	Norfolk	1:18:51
7	654	Minister	David	Male Open	Norwich Road Runners	Norfolk	1:21:29
8	812	Ling	Christopher	M 40	Stowmarket Striders	Suffolk	1:22:45
9	828	Cook	Arthur	Male Open	Leeds City AC	Norfolk	1:22:48
10	785	Back	Terry	M 40	Ipswich Jaffa	Suffolk	1:23:05
11	865	Kett	Andy	Male Open	Unattached	Norfolk	1:23:33
12	597	Holgate	Craig	Male Open	Unattached	Cambridge	1:23:48
13	677	Manlow	John	Male Open	Unattached	Cambridge	1:24:49
14	674	Rayner	Gary	M 50	Springfield Striders	Essex	1:24:53
15	809	Roper	Goy	M 40	Norwich Road Runners	Norfolk	1:25:52
16	529	Granata	Cesare	Male Open	Cambridge Triathlon	Cambridge	1:26:27
17	764	Wolton	Sam	Male Open	Halstead Road Runners	Essex	1:27:01
18	716	Shea	Nick	Male Open	Reepham Runners	Norfolk	1:27:04
19	741	Apps	Tracey	F 35	Springfield Striders	Essex	1:27:22
20	607	Husbands	John	M 40	Thames Valley Harriers	London	1:27:49
21	807	Geitner	Joseph	Male Open	City of Norwich AC	Norfolk	1:28:26
22	736	Parfitt	Kevin	M 40	North Norfolk Beach Runners	Norfolk	1:28:33
23	810	Curl	Tracey	F 35	Norwich Road Runners	Norfolk	1:29:19
24	804	Ledward	Dave	Male Open	Tri-Anglia	Norfolk	1:29:37
25	602	Archer	Dan	Male Open	Norfolk Gazzelles	Norfolk	1:29:38
26	780	Hosking	Doug	Male Open	Springfield Striders	Essex	1:29:45
27	668	Palmer	Andrew	Male Open	Unattached	Norfolk	1:30:06
28	416	Hedges	Clive	M 40	North Norfolk Beach Runners	Norfolk	1:30:27
29	886	Davis	Maria	F 35	Ipswich Jaffa	Suffolk	1:30:41
30	839	Davies	Phil	M 40	Halstead Road Runners	Essex	1:30:43
31	890	Dooling	Graham	Male Open	Unattached	London	1:31:08
32	782	Tucker	Sarah	Female Open	Springfield Striders	Essex	1:31:20
33	724	Emery	Trevor	M 40	North Norfolk Beach Runners	Norfolk	1:31:41
34	838	Kenyon	Steve	M 40	Waveney Valley AC	Suffolk	1:31:47

35	462	Banks	Paul	Male Open	Lowestoft RR	Suffolk	1:31:49
36	800	Smith	Richard	M 40	Woodbridge Shufflers RRC	Suffolk	1:32:12
37	644	Quick	Mike	M 50	Bracknell Forest Runners	Berkshire	1:32:23
38	774	Beauvais	Clive	M 50	Ranelagh Harriers	Surrey	1:32:33
39	662	Hardy	John	M 40	City of Norwich AC	Norfolk	1:32:42
40	673	Gallard	Richard	Male Open	Waveney Valley AC	Norfolk	1:32:50
41	581	Walbridge	Jared	Male Open	Cambridge Triathlon	Cambridge	1:32:58
42	437	James	Robert	Male Open	Bungay Black Dog RC	Suffolk	1:33:00
43	568	Gillan	Alistar	Male Open	Springfield Striders	Essex	1:33:02
44	748	Connor	Adam	Male Open	Waveney Valley AC	Suffolk	1:33:05
45	818	Chenery	Robert	M Under 22	Ipswich Jaffa	Suffolk	1:34:15
46	819	Brown	Julie	F 35	Ipswich Jaffa	Suffolk	1:34:21
47	709	Catmill	Julian	M 40	Springfield Striders	Essex	1:34:32
48	699	Chenery	Duncan	M 40	Ipswich Jaffa	Suffolk	1:34:43
49	770	Gartty	Terry	M 50	Bungay Black Dog RC	Suffolk	1:34:46
50	864	Kett	Robert	Male Open	Unattached	Norfolk	1:34:53
51	813	Neal	Darren	Male Open	Unattached	Norfolk	1:35:40
52	798	McQuillin	Ben	Male Open	Reepham Runners	Norfolk	1:35:52
53	727	Price	Robert	M60	St Edmund Pacers	Suffolk	1:35:56
54	837	Peterson	Calum	M 40	Tiptree Road Runners	Essex	1:36:00
55	639	Fincham	Daron	M 40	Telford Harriers		1:36:04
56	501	Hipperson	Matt	M 40	Unattached	Norfolk	1:36:12
57	732	Richardson	Matthew	Male Open	Unattached	Suffolk	1:36:18
58	768	Woodruff	Glenn	Male Open	Unattached	Norfolk	1:36:22
59	760	Lakes	Sebastian	M Under 22	Unattached	Suffolk	1:36:33
60	713	Plackett	Steven	M 40	Reepham Runners	Norfolk	1:36:45
61	889	Godfrey	Dave	Male Open	Unattached	London	1:36:51
62	885	Banks	Paul	Male Open	Ely Runners	Suffolk	1:36:52
63	825	Talbot	Richard	M 40	Felixstowe Road Runners	Suffolk	1:37:03
64	659	Bye	Barry	M 50	Ryston Runners	Norfolk	1:37:06
65	678	Hill	Melvin	M 40	Unattached	Norfolk	1:37:35
66	702	Smith	Jeremy	M 40	Bungay Black Dog RC	Norfolk	1:37:49
67	409	Jackson	Alan	M 40	Ipswich Jaffa	Suffolk	1:38:08
68	530	Leckey	Samuel	M 40	Unattached	Northamptonsh	1:38:32
69	460	Philo	Mark	Male Open	Unattached	Norfolk	1:38:50
70	827	Dallas	Ian	M 40	Norfolk Gazzelles	Norfolk	1:39:04

71	598	Elmore	Mark	Male Open	Bungay Black Dog RC	Suffolk	1:39:07
72	518	Grimwade	Doug	Male Open	Unattached	Suffolk	1:39:10
73	552	Marsh	Paul	M 40	Vale of Aylesbury A.C	Northamptonsh	1:39:11
74	747	Gowen	Dale	Male Open	Waveney Valley AC	Suffolk	1:39:35
75	773	Prime	Andy	M 40	Bungay Black Dog RC	Suffolk	1:39:41
76	470	Hipkins	Cherie	Female Open	Gt Yarmouth Road Runners	Norfolk	1:39:44
77	671	O'Leary	John	M 50	Gt Yarmouth Road Runners	Norfolk	1:39:50
78	401	Shropshire	Mark	Male Open	Unattached	Suffolk	1:39:54
79	859	Potter	Mark	Male Open	Waveney Valley AC	Suffolk	1:39:59
80	687	Gay	Christopher	M 40	Gt Yarmouth & District AC	Norfolk	1:40:02
81	835	Granger	Richard	Male Open	Unattached	Suffolk	1:40:11
82	623	Stansfield	Arthur	M 50	Unattached	Suffolk	1:40:14
83	616	Hayes	Julian	Male Open	Unattached	Norfolk	1:40:18
84	749	Watchorn	Jim	Male Open	Unattached	Suffolk	1:40:20
85	844	Carvalho	Maritz	Male Open	Unattached	Surrey	1:40:28
86	803	Dodds	Jeff	M 40	North Norfolk Beach Runners	Norfolk	1:40:34
87	679	Sayer	Gavin	Male Open	Unattached	Norfolk	1:40:37
88	876	Kellaway	David	M 40	Unattached	Norfolk	1:40:38
89	520	Nussey	Mark	Male Open	Unattached	Suffolk	1:40:43
90	443	Garrett	Mark	M 40	Norwich Road Runners	Norfolk	1:40:47
91	596	Burton	Chris	Male Open	Unattached	Norfolk	1:40:48
92	738	Jacks	Keith	M 40	Waveney Valley AC	Suffolk	1:40:49
93	887	Humphrey	Daniel	Male Open	Unattached	Suffolk	1:40:51
94	528	Millett	Anne	F45	Norwich Road Runners	Norfolk	1:40:52
95	665	Hadley	Philip	M 40	Bishop Stortford RC	Hertfordshire	1:40:54
96	480	Spong	Carole	F55	Gt Yarmouth Road Runners	Suffolk	1:40:55
97	834	Klein	Baroq	Male Open	Felixstowe Road Runners	Suffolk	1:40:58
98	788	Goodwin	David	M 40	Gt Yarmouth & District AC	Norfolk	1:41:15
99	883	Reid	Amanda	Female Open	Ely Runners	Suffolk	1:41:23
100	560	Hunter	Mark	Male Open	Unattached	Norfolk	1:41:57
101	490	Pettitt	Nigel	M 40	St Edmund Pacers	Suffolk	1:42:35
102	854	Tarrant	Steve	M 50	Wymondham AC	Norfolk	1:42:40
103	656	Sapwell	Claire	Female Open	North Norfolk Beach Runners	Norfolk	1:42:51
104	799	Mills	Steven	Male Open	Unattached	Hertfordshire	1:42:53
105	718	Rae	Jackie	F 35	Unattached	Norfolk	1:43:06
106	580	Pettit	Stephen	M 40	Unattached	Cambridge	1:43:32

107	549	Leal	Dave	M 40	Blackheath & Bromly Harriers	London	1:43:45
108	594	Wilkie	Nick	Male Open	Unattached	London	1:43:55
109	695	Anderson	Paul	M 40	Gt Yarmouth Road Runners	Norfolk	1:43:59
110	771	Galvin	Sarah	Female Open	Fenland AC	Cambridge	1:44:14
111	406	Walne	Jason	Male Open	Unattached	Suffolk	1:44:20
112	613	Warner	Tim	M 40	Unattached	Norfolk	1:44:40
113	730	Heath	Tony	M 50	North Norfolk Beach Runners	Norfolk	1:44:41
114	661	Fowler	Richard	Male Open	Unattached	London	1:44:50
115	717	Kirk	Clive	M 50	Ipswich Jaffa	Suffolk	1:45:06
116	888	Urry	Geoffery	M 40	Unattached	Norfolk	1:45:24
117	680	Horrex	Trevor	M 40	Norwich Road Runners	Norfolk	1:45:25
118	497	Bestow	Nik	M 40	Ipswich Triathlon Club	Suffolk	1:45:35
119	870	Billing	Rebecca-Claire	Female Open	Unattached	Norfolk	1:45:40
120	660	Gilham	Ian	Male Open	Unattached	Suffolk	1:46:08
121	875	Jackets	Gary	M 40	Benfleet RC	Essex	1:46:16
122	643	Astley	Robert	Male Open	Unattached	Norfolk	1:46:17
123	579	Gridley	David	M 40	Springfield Striders	Essex	1:46:27
124	629	Jones	Graeme	Male Open	Unattached	Cambridge	1:46:36
125	429	Pilch	Richard	M 50	Unattached	Norfolk	1:46:46
126	648	Clues	Mark	Male Open	Unattached	Norfolk	1:46:55
127	444	Garrett	Julie	F 35	Norwich Road Runners	Norfolk	1:47:01
128	435	Saines	Rob	M60	North Norfolk Beach Runners	Norfolk	1:47:02
129	866	Bacon	Robert	Male Open	Unattached	Norfolk	1:47:25
130	545	Earley	Micheal	M 40	Wellingborough & District	Northamptonsh	1:47:37
131	750	Veasy	David	M 40	Unattached	Suffolk	1:47:52
132	633	Denny	Richard	Male Open	Unattached	Norfolk	1:48:00
133	628	Lodge	Martin	M 40	Road Runners Club	Essex	1:48:15
134	467	Rowlingson	Paul	M 40	Unattached	Staffordshire	1:48:23
135	468	Gleave	Harold	M60	Unattached	Staffordshire	1:48:28
136	806	Gatenby	Hugh	M 40	Unattached	Suffolk	1:48:48
137	636	Cooper	Philip	M 40	Felixstowe Road Runners	Suffolk	1:48:53
138	635	Sherwin	Kate	F 35	Felixstowe Road Runners	Suffolk	1:48:54
139	469	Manning	Karen	Female Open	Gt Yarmouth Road Runners	Norfolk	1:48:57
140	707	Neilson	Julie	F45	Springfield Striders	Essex	1:49:03
141	755	White	Michelle	Female Open	Unattached	Norfolk	1:49:16
142	794	Taylor	Ian	M 40	Bungay Black Dog RC	Suffolk	1:49:17

143	759	Armitage	Mark	M Under 22	Unattached	Suffolk	1:49:20
144	525	Lazar	Sam	Male Open	Unattached	Essex	1:49:22
145	519	Mc Dermottroe	Joseph	Male Open	Unattached	Suffolk	1:49:43
146	884	Williamson	Neil	Male Open	Unattached	Suffolk	1:49:47
147	620	Worster	Paul	M 40	Unattached	Suffolk	1:50:01
148	858	Cladstone	Mark	Male Open	Unattached	Norfolk	1:50:10
149	822	Dennington	Paul	M 40	Unattached	Suffolk	1:50:11
150	711	Burt	Andrew	M 40	Waveney Valley AC	Suffolk	1:50:25
151	821	Turk	David	M 40	Springfield Striders	Essex	1:50:44
152	823	Penn	Alfred	M60	Unattached	Norfolk	1:50:55
153	524	Hornagold	James	Male Open	Unattached	Suffolk	1:51:00
154	795	Wenlock	Tony	M 50	Unattached	Norfolk	1:51:08
155	840	Hazell	Phil	M60	Waveney Valley AC	Suffolk	1:51:12
156	450	Roberts	Neil	M 40	Stratton Striders	Norfolk	1:51:18
157	647	Defernez	Marianne	F 35	Unattached	Norfolk	1:51:21
158	878	Hazleton	Lyn	F45	Waveney Valley AC	Norfolk	1:51:26
159	558	Keeble	David	Male Open	Unattached	Essex	1:51:27
160	571	Flanagan	Anne	Female Open	Unattached	Norfolk	1:51:28
161	553	Leigh	David	Male Open	Bishop Stortford RC	Hertfordshire	1:51:37
162	783	Linden	Stephen	M 50	Bury Pacers	Suffolk	1:52:04
163	475	Higgins	Malcolm	Male Open	Lowestoft RR	Suffolk	1:52:09
164	588	Pollett	Derek	M 50	Springfield Striders	Essex	1:52:10
165	527	Wise	Larry	M 40	Gt Bentley RR	Northamptonsh	1:52:11
166	849	Gardinal	Frank	M 50	Gt Bentley RR	Essex	1:52:12
167	585	Power	Diana	F45	Unattached	Norfolk	1:52:20
168	745	Pritchard	Scott	Male Open	Unattached	Suffolk	1:52:34
169	802	Pearson	Carey	Male Open	Unattached	Norfolk	1:52:35
170	729	Law	Barbara	F55	Gt Bentley RR	Essex	1:52:36
171	820	Baynes	Q	Male Open	Unattached	Norfolk	1:52:44
172	640	Ney	David	M 50	Unattached	Suffolk	1:52:57
173	542	Sharp	Steve	Male Open	Unattached	Cambridge	1:53:03
174	705	Butler	Michael	Male Open	Unattached	Cambridge	1:53:06
175	881	Fawbert	Lucy	Female Open	Bungay Black Dog RC	Norfolk	1:53:10
176	882	Fawbert	Mark	Male Open	Bungay Black Dog RC	Norfolk	1:53:12
177	471	Crosskill	James	Male Open	Unattached	Norfolk	1:53:18
178	734	Fraser	Alec	M60	North Norfolk Beach Runners	Norfolk	1:53:25

179	833	Doran	Odran	M 40	Unattached	Suffolk	1:53:28
180	541	Fox	David	M 50	Road Runners Club	Essex	1:53:37
181	701	Mawer	Roger	M60	Lowestoft RR	Suffolk	1:53:45
182	746	Pritchard	Graham	M 50	Unattached	Suffolk	1:53:46
183	452	Bell	David	M Under 22	Unattached	Norfolk	1:53:53
184	767	Saunders	Mark	Male Open	Unattached	Suffolk	1:53:54
185	658	Juhola	Sirkku	Female Open	Unattached	Norfolk	1:53:57
186	494	Liston	Christopher	Male Open	Unattached	Kent	1:54:03
187	589	Howard	Dave	M 50	Unattached	London	1:54:10
188	604	Lees	Ivan	M 40	Bungay Black Dog RC	Norfolk	1:54:13
189	758	Baker	Cliff	M 50	Colchester Harriers AC	Essex	1:54:29
190	841	McEniery	Carmel	Female Open	Cambridge & Coleridge	Cambridge	1:54:30
191	567	Cook	Allison	F 35	Springfield Striders	Essex	1:54:44
192	619	Lynaugh	Raymond	Male Open	Unattached	Essex	1:54:57
193	808	McDonald	Liz	F 35	Unattached	Norfolk	1:55:08
194	624	Crawford	Paul	M 40	Unattached	Essex	1:55:18
195	445	Watts	Nicholas	M 40	Unattached	Suffolk	1:55:21
196	877	Toms	David	M 50	Brandon Fern Hoppers	Suffolk	1:55:30
197	772	Elvin	Martyn	M 40	Unattached	Suffolk	1:55:40
198	814	Buck	Stuart	Male Open	Unattached	Suffolk	1:55:41
199	532	Cullum	Stephen	M 40	Waveney Valley AC	Suffolk	1:56:07
200	722	Haselwood	Timothy	M 40	Unattached	Suffolk	1:56:09
201	836	Robinson	Dave	Male Open	Felixstowe Road Runners	Suffolk	1:56:11
202	826	Causon	Roger	M 50	Felixstowe Road Runners	Suffolk	1:56:15
203	600	Seal	Matthew	M 50	Unattached	Norfolk	1:56:16
204	573	Chaplin	Alan	M 40	Unattached	Suffolk	1:56:24
205	576	Burtenshaw	Ronnie	M 50	Bungay Black Dog RC	Suffolk	1:56:24
206	733	Sheward	Graham	M60	Gt Bentley RR	Essex	1:57:01
207	871	Taylor	Rachel	Female Open	Unattached	Essex	1:57:03
208	723	Gowing	Peter	Male Open	Reepham Runners	Norfolk	1:57:12
209	792	Naughton	Joe	M 40	Stowmarket Striders	Suffolk	1:57:15
210	753	Machin	Donna	Female Open	Unattached	Suffolk	1:57:23
211	605	Budds	Roger	M 50	Unattached	Norfolk	1:57:27
212	631	Smith	Wendy	F 35	Norwich Road Runners	Norfolk	1:57:28
213	694	Taylor	Caroline	F45	Norwich Road Runners	Norfolk	1:57:28
214	622	Yallop	Julie	F 35	Ipswich Jaffa	Suffolk	1:57:34

215	651	Bernthal	Graham	M 50	Hadleigh Hares AC	Suffolk	1:57:38
216	693	Taylor	Mark	M 50	Norwich Road Runners	Norfolk	1:57:39
217	740	Murphy	Ian	Male Open	Unattached	Norfolk	1:57:44
218	496	Van Der Merue	Ronel	F45	Stowmarket Striders	Suffolk	1:57:46
219	855	Barns	Tony	Male Open	Unattached	Buckinghamshi	1:57:47
220	504	Moore	Tracey	Female Open	Unattached	Suffolk	1:57:49
221	488	Laddiman	Hazel	F45	Norfolk Gazzelles	Norfolk	1:57:50
222	685	Chity	Ghislaine	F 35	Unattached	Hertfordshire	1:57:53
223	684	Chitty	John	Male Open	Unattached	Hertfordshire	1:57:54
224	786	Collier	John	M 40	Sandhurst Joggers	Berkshire	1:57:55
225	503	Doan	Tran	Male Open	Bar Hill Trotters	Cambridge	1:58:02
226	601	Woolnough	Bob	M 40	Unattached	Suffolk	1:58:14
227	614	Page	Shaun	Male Open	Unattached	Suffolk	1:58:15
228	456	Scrivener	Keith	M60	Gt Bentley RR	Essex	1:58:30
229	846	Finbow	Mark	M 40	Essex police	Essex	1:58:32
230	453	Smith	Claire	F 35	Unattached	Suffolk	1:58:34
231	690	Harvey	Michael	M 40	North Norfolk Beach Runners	Norfolk	1:58:37
232	650	Bernthal	Sandra	F45	Hadleigh Hares AC	Suffolk	1:58:40
233	666	Beeston	Andy	M 50	Unattached	Norfolk	1:58:58
234	868	Webster	Emma	Female Open	Unattached	Norfolk	1:58:59
235	775	Taylor	Ray	M60	Barking Road Runners	Essex	1:59:00
236	867	Pegg	Bryce	Male Open	Unattached	Norfolk	1:59:04
237	670	Fraser	Sue	F45	Gt Yarmouth & District AC	Norfolk	1:59:07
238	599	Simpson	Dennis	M 40	Norwich Road Runners	Norfolk	1:59:09
239	593	Ullah	Anis	M 50	Unattached	Norfolk	1:59:10
240	830	Poole	Liz	Female Open	Unattached	Norfolk	1:59:31
241	408	Gilbert	David	M 40	Waveney Valley AC	Suffolk	1:59:32
242	522	Teversham	Martin	Male Open	Bar Hill Trotters	Cambridge	1:59:33
243	415	Stannett	Charlie	M 40	Ipswich Triathlon Club	Suffolk	1:59:42
244	873	Spinks	Roger	M60	Jaffa RRC	Suffolk	1:59:43
245	447	Donnellan	Craig	M 50	Unattached	Cambridge	1:59:44
246	829	Dobson	Meryl	F 35	Springfield Striders	Essex	1:59:45
247	492	Stanton	Sandra	F 35	Springfield Striders	Essex	1:59:48
248	484	Thacker	Helen	Female Open	Norwich Road Runners	Norfolk	1:59:52
249	756	Brown	Jim	M 50	Unattached	Suffolk	1:59:59
250	731	Cox	Jean	F55	Woodbridge Shufflers RRC	Suffolk	2:00:00

251	587	Jones	Clare	F 35	Unattached	Essex	2:00:08
252	499	Peggs	Phillip	M 40	Unattached	Suffolk	2:00:40
253	784	Partner	Bill	Male Open	Unattached	Norfolk	2:00:41
254	765	Paul	Bob	M 40	Bungay Black Dog RC	Suffolk	2:00:44
255	458	Neave	Phillip	M 50	Bungay Black Dog RC	Norfolk	2:00:57
256	531	Colwell	Cathy	F 35	Dulwich Runners	London	2:01:25
257	845	Girling	Emma	Female Open	Unattached	Kent	2:01:27
258	856	Dyble	Glen	M 40	Lowestoft RR	Suffolk	2:01:40
259	653	Nicholls	Sally	F 35	Bungay Black Dog RC	Norfolk	2:02:00
260	417	Stannett	Kate	F 35	Ipswich Triathlon Club	Suffolk	2:02:12
261	559	White	Amanda	Female Open	Unattached	Norfolk	2:02:15
262	689	Cooper	Louis	M60	Wymondham AC	Norfolk	2:02:16
263	533	Grimble	Katherine	Female Open	Bungay Black Dog RC	Norfolk	2:02:21
264	669	Bradley	Julie	F 35	Springfield Striders	Essex	2:02:27
265	630	Bilsby	Wendy	Female Open	Unattached	Essex	2:02:28
266	570	Lines	Suzanna	Female Open	Unattached	Norfolk	2:02:34
267	569	Harper	Martin	Male Open	Unattached	Suffolk	2:02:55
268	411	Thacker	Sarah	Female Open	Unattached	Suffolk	2:03:10
269	535	Martin	Anna	Female Open	Unattached	Suffolk	2:03:16
270	583	Watchorn	Bobbie	F45	Bungay Black Dog RC	Suffolk	2:03:33
271	603	Walker	Jamie	Male Open	Unattached	Suffolk	2:03:46
272	851	Constable	Cathy	F 35	Unattached	Essex	2:04:01
273	472	Marsh	Tracey	Female Open	Norfolk Gazzelles	Norfolk	2:04:06
274	439	Adams	Roger	Male Open	Brandon Fern Hoppers	Suffolk	2:04:07
275	577	Maycock	Carol	F45	Unattached	Suffolk	2:04:29
276	778	Cartel	Nicholas	M60	Lowestoft RR	Suffolk	2:04:35
277	400	Green	Adrian	Male Open	Ipswich Triathlon Club	Suffolk	2:04:39
278	752	Chittick	David	M 40	Unattached	Suffolk	2:04:42
279	721	Haselwood	Julie	F45	Ipswich Jaffa	Suffolk	2:04:54
280	667	Fellingham-Boyd	Jane	F 35	Stowmarket Striders	Suffolk	2:05:17
281	478	Blight	Penny	F 35	Unattached		2:05:25
282	831	Groucott	Leesa	F 35	Unattached	Norfolk	2:05:38
283	708	Knowels	Patrick	M 50	Springfield Striders	Essex	2:05:40
284	495	Carter	Fiona	F 35	Unattached	London	2:05:50
285	493	Kinch	Brenda	F55	Watford Joggers	Hertfordshire	2:06:01
286	672	O'Leary	Ann	F45	Gt Yarmouth Road Runners	Norfolk	2:06:07

287	793	Naughton	Denise	F 35	Stowmarket Striders	Suffolk	2:06:09
288	847	evans	Jeremy	Male Open	Unattached	Kent	2:06:11
289	843	Holt	Lyndon	Male Open	Essex police	Essex	2:06:21
290	728	Munting	Becky	Female Open	Unattached	Suffolk	2:06:25
291	657	Orr	James	Male Open	Unattached	London	2:06:35
292	824	Waring	David	Male Open	Unattached	Suffolk	2:06:48
293	442	Hockley	Gus	M 50	Unattached	Norfolk	2:06:49
294	891	Brown	Su	F45	Stowmarket Striders	Suffolk	2:06:52
295	892	Brown	Simon	M 40	Unattached	Suffolk	2:07:00
296	517	Scott	Kelly	Female Open	Unattached	Norfolk	2:07:03
297	556	Lillistone	Christine	Female Open	Unattached	Suffolk	2:07:17
298	751	Toon	Ian	Male Open	Serpentine (Hyde Park)	West Midlands	2:07:22
299	451	Hubbard	Daine	Male Open	Lowestoft RR	Suffolk	2:07:39
300	872	Bartlett	Richard	M 40	Unattached	Essex	2:07:41
301	550	Scott	Dawn	F 35	Unattached	Suffolk	2:08:02
302	869	O'Keefe	Tony	Male Open	Unattached	Suffolk	2:08:04
303	448	Woodburn	Gary	Male Open	Unattached	Norfolk	2:08:11
304	441	Smith	Andy	M 40	Bungay Black Dog RC	Suffolk	2:08:13
305	706	Clark	Fiona	F 35	Colchester Harriers AC	Essex	2:08:19
306	696	Fellinham	Anne	F55	Stowmarket Striders	Suffolk	2:08:24
307	479	Banks	Chris	F 35	Brandon Fern Hoppers	Suffolk	2:08:51
308	407	Beet	Simon	M 50	Unattached	Norfolk	2:09:04
309	515	Hulme	Rebecca	F 35	Unattached	Norfolk	2:09:16
310	506	Pickett	Sheila	F45	Dartford Harriers	Kent	2:09:23
311	428	Bedingfield	Constance	Female Open	Unattached	Suffolk	2:09:30
312	757	Wood	Diana	F 35	Unattached	Suffolk	2:10:02
313	547	Leal	Caroline	F 35	Road Runners Club	London	2:10:05
314	649	Darnell	Bob	M 50	City of Norwich AC	Norfolk	2:10:12
315	743	Shaw	Carole-Anne	F 35	Unattached	Suffolk	2:10:15
316	612	Farrar	Robin	M60	Unattached	Norfolk	2:10:44
317	548	Turner	Maz	F45	Road Runners Club	Kent	2:10:45
318	676	Hargadon	Sue	F45	Ipswich Triathlon Club	Suffolk	2:10:58
319	481	Hurry	Lucy	Female Open	Diss AC	Norfolk	2:11:24
320	489	Bowles	Theresa	Female Open	Norfolk Gazzelles	Norfolk	2:12:05
321	725	Peacock	Rachael	Female Open	Unattached	Norfolk	2:12:06
322	591	Evans	Sarah	F 35	Unattached	Norfolk	2:12:15

323	592	Llyod	Richard	Male Open	Unattached	Norfolk	2:12:46
324	853	Chase	James	M 40	Unattached	Norfolk	2:12:47
325	546	Hanford	Julia	F 35	Unattached	Norfolk	2:12:48
326	781	Evans	Ivor	M 40	Unattached	Cambridge	2:12:49
327	534	Leitch	Nicola	F 35	Unattached	London	2:13:02
328	744	Twinn	Katie	Female Open	Unattached	Cambridge	2:13:36
329	777	Appleford	Richard	Male Open	Unattached	Suffolk	2:13:44
330	557	Macneil	Andrew	Male Open	Unattached	Suffolk	2:13:45
331	608	Urry	Peter	Male Open	Unattached	Cumbria	2:13:48
332	762	Macey	Mark	M 40	Unattached	Essex	2:14:11
333	805	Reid	Brian	M 50	Springfield Striders	Essex	2:14:14
334	860	Waters	Elizabeth	F45	Unattached	Suffolk	2:14:26
335	811	Hedge	Matthew	Male Open	Unattached	Norfolk	2:14:27
336	683	Jestico	Tracey	F 35	Unattached	Suffolk	2:14:37
337	682	Jestico	Nigel	M 40	Unattached	Suffolk	2:14:42
338	815	Penny	Peter	Male Open	Unattached	Norfolk	2:14:43
339	737	Smith	Ben	M Under 22	Waveney Valley AC	Suffolk	2:14:46
340	638	Masters	Michael	M 40	Unattached	Norfolk	2:14:47
341	637	Masters	Linzie	F 35	Unattached	Norfolk	2:15:24
342	726	Blowers	Andrew	M 40	Waveney Valley AC	Suffolk	2:15:31
343	797	Deacon	Mike	M60	Felixstowe Road Runners	Suffolk	2:15:32
344	652	Bentley	Clive	M 40	Unattached	Suffolk	2:15:33
345	817	England	John	M 50	Gt Yarmouth & District AC	Norfolk	2:15:41
346	874	Hamling	Stephen	Male Open	Unattached	Suffolk	2:15:55
347	606	Elson	Rebecca	Female Open	Springfield Striders	Essex	2:16:05
348	491	Potter	Dawn	Female Open	Springfield Striders	Essex	2:16:14
349	634	Lawrence	Christopher	M 40	Unattached	Norfolk	2:16:54
350	852	Bryant	Clare	F 35	Unattached	Essex	2:17:12
351	508	Brown	Lesley	F45	Dartford Harriers	Kent	2:18:01
352	511	Bungay	Alan	M60	Dartford Harriers	Kent	2:18:01
353	632	Driscoll	Jean	F55	Springfield Striders	Essex	2:18:02
354	703	Ferne	Linda	F 35	Unattached	Essex	2:18:10
355	710	Sargeant	Steve	Male Open	Unattached	Essex	2:18:11
356	555	Carvalho	Maria	F55	Unattached	Cambridge	2:18:25
357	551	Carvalho	Agnelo	M 50	Unattached	Cambridge	2:18:55
358	432	Britt	Tony	M 40	Unattached	Norfolk	2:19:22

359	434	Andrews	Roger	M60	Gt Yarmouth Road Runners	Norfolk	2:19:32
360	455	Gislam	Micheal	M Under 22	Unattached	Norfolk	2:19:33
361	563	Corbett	Sarah	Female Open	Oskar Foxtrot Productions	Suffolk	2:19:47
362	562	Durham	Andy	Male Open	Oskar Foxtrot Productions	Suffolk	2:20:05
363	697	Thurston	Rosemary	F45	Stowmarket Striders	Suffolk	2:20:08
364	465	Austin-Bendow	Gary	Male Open	Unattached	Norfolk	2:20:32
365	625	Taylor	Paul	Male Open	Unattached	Suffolk	2:20:34
366	848	Kelly	Mick	M 50	Reepham Runners	Norfolk	2:20:44
367	446	Clarke	Martin	Male Open	Unattached	Norfolk	2:20:45
368	486	Squires	Frances	F 35	Unattached	Suffolk	2:21:07
369	645	Mordecai	Jeannie	F 35	Unattached	Derbyshire	2:21:32
370	440	Adams	Janet	F 35	Brandon Fern Hoppers	Suffolk	2:22:00
371	791	Raw	Melody	F 35	Unattached	Suffolk	2:22:58
372	505	Pickett	Ken	M 50	Dartford Harriers	Kent	2:23:00
373	611	Waldron	Bruce	M 50	Unattached	Suffolk	2:23:12
374	521	Roe	Avril	F55	Lowestoft RR	Suffolk	2:23:58
375	564	Woolsgrove	Thomas	M Under 22	Oskar Foxtrot Productions	Suffolk	2:23:59
376	412	Collins	Steve	Male Open	Unattached	Suffolk	2:24:40
377	861	Cook	Leon	M Under 22	Unattached	Suffolk	2:24:41
378	880	Clarke	Sarah	F 35	Unattached	Norfolk	2:25:04
379	879	Fleck	Jayne	F 35	Unattached	Norfolk	2:25:18
380	582	McCulloch	Jane	F45	Unattached	Norfolk	2:25:22
381	735	New	Wendi-May	F 35	Lowestoft RR	Suffolk	2:25:45
382	832	Cook	David	M60	Bungay Black Dog RC	Norfolk	2:25:46
383	776	Protheroe	Sally-Anne	F45	Lowestoft RR	Suffolk	2:25:54
384	850	Lowther	Mark	Male Open	Bungay Black Dog RC	Suffolk	2:26:00
385	790	Watt	Jonny	M Under 22	Unattached	Norfolk	2:26:03
386	789	Plomity	Sally	F 35	Gt Yarmouth Road Runners	Norfolk	2:26:20
387	498	Tooke	Miles	Male Open	Unattached	Hampshire	2:27:17
388	476	Carpenter	Amy	Female Open	Unattached	Norfolk	2:29:05
389	714	Egmore	Jenni	F 35	Reepham Runners	Norfolk	2:29:07
390	574	Endres	Christine	F45	Springfield Striders	Essex	2:29:09
391	769	Taylor	Corinna	Female Open	Bracknell Forest Runners	Berkshire	2:29:22
392	754	Gibney	Elizabeth	Female Open	Unattached	Hertfordshire	2:29:23
393	704	Ferneer	Alan	Male Open	Unattached	Essex	2:30:05
394	466	Rowlingson	Helen	F45	Unattached	Staffordshire	2:30:06

395	566	Moore	Penelope	Female Open	Oskar Foxtrot Productions	Suffolk	2:30:24
396	761	Betts	Samuel	M Under 22	Unattached	Suffolk	2:30:30
397	801	Rees	Sheldon	Male Open	Unattached	Norfolk	2:30:41
398	642	Kirk	Rachel	F 35	Unattached	Suffolk	2:31:02
399	720	Kerr	Marion	F45	Unattached	Suffolk	2:31:31
400	688	Hill	David	Male Open	Unattached	Suffolk	2:32:12
401	578	James	Katy	F55	Unattached	Suffolk	2:32:42
402	618	Asher	Caroline	F 35	Unattached	Devon	2:33:19
403	584	Watchorn	Alice	Female Open	Unattached	Suffolk	2:33:20
404	862	Jones	Craig	Male Open	Unattached	Suffolk	2:33:33
405	739	Butler	Gavin	M Under 22	Unattached	Suffolk	2:34:40
406	766	Wheater	Jon	Male Open	Unattached	Essex	2:35:10
407	842	Walker	David	M60	Unattached	Norfolk	2:36:19
408	857	Larue	Marc	Male Open	Unattached	Norfolk	2:36:25
409	609	Spong	Albert	M60	Gt Yarmouth Road Runners	Suffolk	2:36:28
410	686	Haggarty	Elaine	F45	Gt Yarmouth & District AC	Norfolk	2:38:43
411	615	Sutton	Lucy	Female Open	Unattached	London	2:38:44
412	509	McTigue	Eunice	F55	Dartford Harriers	Kent	2:39:00
413	510	Bungay	Eydna	F55	Dartford Harriers	Kent	2:39:26
414	414	Gibson	Sandra	F 35	Unattached	Norfolk	2:40:30
415	663	Layland	Jacqui	F 35	Unattached	Suffolk	2:40:58
416	544	Rolstone	Lorna	F 35	Unattached	Suffolk	2:40:59
417	779	Green	Janet	F55	Framlingham Flyers	Suffolk	2:41:03
418	698	Kelly	James	M60	Framlingham Flyers	Suffolk	2:41:31
419	863	Butcher	Jamie	M Under 22	Unattached	Suffolk	2:43:20
420	715	Nunn	Alice	Female Open	Unattached	Suffolk	2:43:45
421	691	Moore	Gwendoline	F55	Unattached	Norfolk	2:43:49
422	664	Phillipson	Sally	F 35	Unattached	Suffolk	2:44:47
423	526	Savage	Adam	Male Open	Unattached	Suffolk	2:47:04
424	621	Shephard	Elizabeth	Female Open	Unattached	Essex	2:47:12
425	816	Gowing	Geoffery	M60	Reepham Runners	Norfolk	2:47:12
426	586	Gooderham	Christine	F45	Unattached	Norfolk	2:48:34
427	572	Squires	Paul	Male Open	Unattached	Norfolk	2:51:35
428	787	Dennis	Emily	Female Open	Unattached	Norfolk	2:58:10
429	543	Niemelainen	Mari	Female Open	Unattached	Cambridge	3:08:16

