

SENIORS

Number	Time	Position	First Name	Surname	Club	Age	M/F	Category
365	26:26:00	1	Luke	Allen	Waveney Valley Athletic Club	20	Male	Senior
350	26:38:00	2	Carl	Prewer	Lowestoft Road Runners	39	Male	Senior
307	27:04:00	3	Samuel	Cheverton	C.O.N.A.C.	17	Male	Senior
378	28:08:00	4	Richard	Moore	Waveney Valley Athletic Club	44	Male	Vet 40+
481	28:17:00	5	Anthony	Ogogo		20	Male	Senior
478	28:19:00	6	Roger	Braybrooks		40	Male	Vet 40+
330	28:28:00	7	Nick	Palmer	Stowmarket Striders	34	Male	Senior
475	29:55:00	8	Mark	Potter	Waveney Valley Athletic Club	38	Male	Senior
351	30:20:00	9	Neil	Sibley	Great Yarmouth Road Runners	43	Male	Vet 40+
459	30:35:00	10	Nigel	Jackson	Birds Eye	47	Male	Vet 40+
392	30:46:00	11	Shaun	Lark	Lowestoft Road Runners	33	Male	Senior
345	30:57:00	12	Tim	Earl	Waveney Valley Athletic Club	27	Male	Senior
358	31:21:00	13	Dale	Hurren	Norwich Road Runners	51	Male	Vet 50+
366	31:23:00	14	Chris	Scott	Lowestoft Road Runners	33	Male	Senior
324	31:39:00	15	Matthew	Sutton	Great Yarmouth Road Runners	22	Male	Senior
340	31:45:00	16	Darren	Edridge	Coltishall Jaguars	41	Male	Vet 40+
326	31:53:00	17	Steve	Bates	Coltishall Jaguars	37	Male	Senior
332	32:01:00	18	Sean	Jermy	Great Yarmouth Road Runners	21	Male	Senior
454	32:05:00	19	Paul	Lyon		29	Male	Senior
379	32:19:00	20	Anthony	Bergin		46	Male	Vet 40+
462	32:24:00	21	John	Weston	Ipswich Jaffa	53	Male	Vet 50+
455	32:37:00	22	Anthony	Smith		38	Male	Senior
367	32:51:00	23	Steve	Kenyon	Waveney Valley Athletic Club	44	Male	Vet 40+
381	32:58:00	24	Stephen	Etherington	Great Yarmouth Road Runners	51	Male	Vet 50+
460	33:20:00	25	Andrew	Hicks	Christchurch	49	Male	Vet 40+
329	33:29:00	26	Bill	Kingaby	Waveney Valley Athletic Club	57	Male	Vet 50+
469	33:53:00	27	Jonathan	Comyn		25	Male	Senior
477	33:56:00	28	Steve	Barrett	Bungay Black Dog	46	Male	Vet 40+
322	34:10:00	29	Karen	Archbold	Lowestoft Road Runners	42	Female	Vet 40+
384	34:15:00	30	Maurice	McGinnes	Birds Eye	45	Male	Vet 40+
331	34:20:00	31	Simon	Warner		27	Male	Senior
479	34:22:00	32	Richard	Mablesen		33	Male	Senior
389	34:59:00	33	Barry	Norman		56	Male	Vet 50+
320	35:06:00	34	Jamie	Barwell	Lowestoft Road Runners	43	Male	Vet 40+
461	35:18:00	35	Peter	Edmunds		60	Male	Vet 60+
383	35:21:00	36	Carl	Meen		33	Male	Senior
364	35:25:00	37	Glenn	Doy	Waveney Valley Athletic Club	53	Male	Vet 50+
476	35:25:00	38	Jon	Buch		45	Male	Senior
474	35:49:00	39	Craig	Hamilton	Birds Eye	37	Male	Senior
386	35:51:00	40	John	Hughes		54	Male	Vet 50+
348	35:52:00	41	Ben	Kirk		17	Male	Senior
394	35:54:00	42	Simon	Friston		42	Male	Vet 40+
325	35:55:00	43	Alice	Wicks	Waveney Valley Athletic Club	17	Female	Senior
373	35:56:00	44	Alan	Fairs	Waveney Valley Athletic Club	41	Male	Vet 40+
318	36:10:00	45	Ian	Hacon	Tri-Anglia	40	Male	Vet 40+
463	36:10:00	45	Jeremy	Woodruff		41	Male	Vet 40+
385	36:15:00	47	Mark	Gouldby		42	Male	Vet 40+
346	36:17:00	48	Paul	Collins		39	Male	Senior
349	36:23:00	49	Ian	Bowen		47	Male	Vet 40+
356	36:23:00	50	Jola	Makowska		44	Female	Vet 40+
483	36:25:00	51	Chris	Meadows		29	Male	Senior
341	36:36:00	52	Christopher	Gay	Great Yarmouth District AC	46	Male	Vet 40+

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375	36:49:00	53	Anthony	Rose	Lowestoft Road Runners	44	Male	Vet 40+
343	37:11:00	54	Craig	Leech		19	Male	Senior
319	37:12:00	55	Stephen	Mablesen		39	Male	Senior
355	37:13:00	56	Adrian	Jay	Coltishall Jaguars	39	Male	Senior
465	37:13:00	56	Richard	Chilvers		41	Male	Vet 40+
371	37:22:00	58	James	Oxley		34	Male	Senior
339	37:30:00	59	Michael	Illingsworth		42	Male	Vet 40+
300	37:31:00	60	Karen	Manning	Great Yarmouth Road Runners	38	Female	Senior
308	38:05:00	61	Michael	Flower	Norfolk Police A.C.	34	Male	Senior
359	38:05:00	61	Andrew	McNamara	Great Yarmouth District AC	26	Male	Senior
347	38:07:00	63	Robert	Harrison		17	Male	Senior
344	38:21:00	64	Ashley	Norton		28	Male	Senior
457	38:34:00	65	Andrea	Prime	Lowestoft Road Runners	36	Female	Senior
473	38:41:00	66	Roger	Williams		52	Male	Vet 50+
395	38:48:00	67	Emily	Hannant	Coltishall Jaguars	20	Female	Senior
398	38:55:00	68	Dominic	Conquest		21	Male	Senior
369	39:01:00	69	David	Waterman	Bungay Black Dog	49	Male	Vet 40+
354	39:02:00	70	Sarah	Jay	Coltishall Jaguars	43	Female	Vet 40+
466	39:10:00	71	David	Walton		53	Male	Vet 50+
456	39:22:00	72	Amy	Hill	Lowestoft Road Runners	29	Male	Senior
470	39:22:00	73	Matt	Ellis	Lowestoft Road Runners	37	Male	Senior
482	39:28:00	74	Jonathan	Meadows		32	Male	Senior
372	39:30:00	75	Richard	Fellingham	Stowmarket Striders	61	Male	Vet 60+
321	39:44:00	76	Simon	Bunting	Lowestoft Road Runners	43	Male	Vet 40+
353	39:49:00	77	Kelvin	Waters		56	Male	Vet 50+
390	39:58:00	78	Stephen	Goldspink		51	Male	Vet 50+
471	40:05:00	79	Howard	Wilcock		53	Male	Vet 50+
451	40:08:00	80	Ian	Kaul		38	Male	Senior
357	40:09:00	81	David	Lock		47	Male	Vet 40+
314	40:32:00	82	Mark	Durrant		46	Male	Vet 40+
397	40:39:00	83	Philip	Conquest		54	Male	Vet 50+
363	40:41:00	84	Paul	Breach		43	Male	Vet 40+
480	40:59:00	85	Nick	Riches		47	Male	Vet 40+
335	41:01:00	86	Colin	Lambert		55	Male	Vet 50+
376	41:06:00	87	Matthew	Payne	Christchurch	47	Male	Vet 40+
306	41:08:00	88	Colin	Whale	Bungay Black Dog	47	Male	Vet 40+
342	41:09:00	89	Glen	Dyble		51	Male	Vet 50+
310	41:16:00	90	Paul	Saunders		37	Male	Senior
328	41:33:00	91	Roger	Mawer	Lowestoft Road Runners	69	Male	Vet 60+
312	41:48:00	92	Dennis	Simpson	Norwich Road Runners	49	Male	Vet 40+
352	41:54:00	93	Alison	Haynes	Coltishall Jaguars	30	Female	Senior
393	42:04:00	94	Anne-Marie	Falgate		32	Female	Senior
464	42:10:00	95	Barry	Smith	Lowestoft Road Runners	49	Male	Vet 40+
374	42:16:00	96	Pauline	Norman	Lowestoft Road Runners	59	Female	Vet 50+
317	42:35:00	97	Dale	De Pasquale	Waveney Valley Athletic Club	41	Male	Vet 40+
467	42:36:00	98	Faye	Barker	Lowestoft Road Runners	31	Female	Senior
315	42:46:00	99	Roy	Phillips	Lowestoft Road Runners	43	Male	Vet 40+
399	42:52:00	100	Darren	Hugman		30	Male	Senior
323	42:53:00	101	Paula	Lambert	Waveney Valley Athletic Club	41	Female	Vet 40+
336	42:57:00	102	Nicholas	Carter	Lowestoft Road Runners	69	Male	Vet 60+
309	43:11:00	103	Philip	Neave	Bungay Black Dog	61	Male	Vet 60+
396	43:14:00	104	Rodney	Bowles		55	Male	Vet 50+
337	43:43:00	105	Shelly	Haverson		28	Female	Senior

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377	43:46:00	106	Jeremy	Sutch		40	Male	Vet 40+
338	44:13:00	107	Matt	Bullock		41	Male	Vet 40+
361	44:14:00	108	David	Hutcheon	Coltishall Jaguars	65	Male	Vet 60+
468	44:15:00	109	Jade	Carroll		23	Female	Senior
362	44:23:00	110	Brenda	Hutcheon	Coltishall Jaguars	61	Female	Vet 60+
334	44:25:00	111	Martin	Spilsted		37	Male	Senior
303	44:48:00	112	David	Martindale	Herts Pheonix Athletic Club	51	Male	Vet 50+
313	45:01:00	113	Kevin	Barnard		37	Male	Senior
316	45:10:00	114	Phillip	Laurier	Lowestoft Road Runners	60	Male	Vet 60+
302	45:12:00	115	Carrie	Martindale	Herts Pheonix Athletic Club	47	Female	Vet 40+
458	45:59:00	116	Rod	Welld		43	Male	Vet 40+
387	46:00:00	117	Amanda	Dewbery		32	Female	Senior
380	46:13:00	118	Barry	Palmer	Diss Athletic Club	42	Male	Vet 40+
327	46:21:00	119	Susan	Rendell-Read	Lowestoft Road Runners	46	Female	Vet 40+
370	47:06:00	120	Tony	Belsey		52	Male	Vet 50+
453	47:48:00	121	Stephen	Amer		32	Male	Senior
472	48:26:00	122	Joe	Hague		61	Male	Vet 60+
388	48:31:00	123	Sally Ann	Protheroe		51	Female	Vet 50+
452	49:07:00	124	Rebecca	Simpson		23	Female	Senior
382	50:19:00	125	Stephen	Warman	Waveney Valley Athletic Club	38	Male	Senior
311	50:59:00	126	Jack	McClure		45	Male	Vet 40+
368	52:54:00	127	Alistair	Haig		41	Male	Vet 40+
391	57:36:00	128	Caroline	Goldspink		49	Female	Vet 40+
301	DNR	DNR	Louis	Martindale	Luton Athletic Club	19	Male	Senior
304	DNR	DNR	Jayson	Bond		22	Male	Senior
305	DNR	DNR	Andrew	Kyriakou		39	Male	Vet 40+
333	DNR	DNR	Sandra	Allison	FERC	45	Female	Vet 40+
360	DNR	DNR	Andrew	Shorthose		36	Male	Senior