POS	TIME	NO	FIRST NAME	SURNAME	CLUB	M/F	Category
	00:26:06	389	Luke	Allen	Waveney Valley AC	M	Senior
2	00:27:13	327	Carl	Prewer	Lowestoft Road Runners	M	Vet 40
3	00:27:46	317	Robert	Chenery	lpswich Jaffa	M	Senior
4	00:28:00	400	Kevin	Sharman	Lowestoft Road Runners	M	Vet 40
5	00:28:09	297	Nick	Palmer	Stowmarket Striders	M	Senior
6	00:28:18	378	Johnny	Lee	CONAC	M	Senior
7	00:29:21	322	Tom	Richardson	Lowestoft Road Runners	M	Senior
8	00:29:48	258	Kyle	Ella	Great Yarmouth Road	M	Senior
9	00:30:05	333	Chris	Scott	Lowestoft Road Runners	M	Senior
10	00:30:42	363	Tim	Earl	Waveney Valley AC	M	Senior
11	00:30:43	365	Chris	Pimlott	Waveney Valley AC	M	Senior
12	00:31:08	318	Jonathan	Meadows	Lowestoft Road Runners	M	Senior
13	00:31:22	337	Neil	Sibley	Great Yarmouth Road	М	Vet 45
14	00:31:34	367	Stephen	Nibleit	Coltishall Jaguars	M	Vet 40
15	00:31:55	364	Stuart	Calver	Unattached	M	Vet 40
16	00:32:09	296	Matthew	Sutton	Great Yarmouth Road	М	Senior
17	00:32:58	405	Lee	Won	Rock Estate Riders	М	Senior
18	00:33:10	331	Richard	Blake	Great Yarmouth Road	M	Vet 60
19	00:33:31	361	Chris	Booth	Waveney Valley AC	M	Senior
20	00:33:33	396	Seb	Herrod	Waveney Valley AC	М	Senior
21	00:33:35	375	Alan	Brady	Unattached	М	Vet 50
22	00:33:37	334	Adrian	Jay	Lowestoft Road Runners	M	Vet 40
23	00:33:41	309	Carl	Meen	Lowestoft Road Runners	М	Senior
	00:33:55		James	Drake	Rock Estate Riders	М	Senior
	00:34:04		Jonathan	Comyar	Waveney Valley AC	М	Senior
26	00:34:25	287	Bill	Kingaby	Waveney Valley AC	М	Vet 55
27	00:34:50	420	Craig	Leech	Unattached	М	Senior
28	00:34:56	366	Steve	Barrett	Unattached	М	Vet 45
29	00:35:04	421	Ashley	Norton	Lowestoft Road Runners	М	Senior
30	00:35:08	303	John	Shaddock	Unattached	М	Vet 50
	00:35:11		Richard	Gallard	Waveney Valley AC	М	Vet 40
32	00:35:12	292	Stephen	Leeves	Great Yarmouth Road	M	Vet 50
33	00:35:21	276	Barry	Stratford	Herts Pheonix	М	Senior
	00:35:38		Kevin	Booth	Waveney Valley AC	М	Vet 45
35	00:35:54	283	Jon	Wetherell	Birds Eye	M	Senior
36	00:35:56	295		Churchman	Unattached	М	Senior
	00:36:01			Saunders	Unattached	M	Vet 40
38	00:36:06	323	Richard	Guast	Unattached	М	Senior
	00:36:10		Eric	Hutchings	Unattached	М	Vet 65
	00:36:16		Carl	Moore	Unattached	М	Senior
	00:36:18		Karen	Archbold	Lowestoft Road Runners	F	Vet 40
	00:36:19		Nigel	Herrod	Waveney Valley AC	М	Vet 50
	00:36:21		Mark	Caddy	Unattached	М	Senior
	00:36:25		Christopher	Haylock	Lowestoft Road Runners	М	Senior
	00:36:26		Jim	Newberry	Unattached	М	Senior
	00:36:29			Barber	Rock Estate Riders	М	Senior
	00:36:31		Louise	White	Thetford AC	F	Senior
	00:36:34		Glenn	Doy	Waveney Valley AC	М	Vet 55
	00:36:39			Ellis	Lowestoft Road Runners	М	Senior
	00:36:54		Tim	Groombridge	Waveney Valley AC	М	Vet 45
	00:37:00		Leigh	Smith	Unattached	М	Senior
	00:37:02		Peter	Edmunds	Unattached	М	Vet 60
	00:37:03			Lyman	Bungay Black Dog	М	Vet 45

54 00:37:04 413 Mike Teale Unattached M Senior 55 00:37:08 380 John Bone Great Yarmouth Road M Vet 65 56 00:37:08 324 Mark Sherwood Tadley Runners M Senior 59 00:37:14 418 Ian Corrory Unattached M Vet 45 59 00:37:14 343 Kevin Smith Unattached M Vet 45 61 00:37:14 415 Jon Buck Unattached M Vet 45 61 00:37:17 422 Luke Pipe Unattached M Vet 45 62 00:37:21 321 Caroline Richards Norwich Road Runners F Senior 63 00:37:24 274 Sarah Vick The Saxons F Vet 40 65 00:37:31 416 Nicke Overy Unattached M Vet 65	POS	TIME	NO	FIRST NAME	SURNAME	CLUB	M/F	Category
Section Sect	54	00:37:04	413	Mike	Teale	Unattached	M	
Section Sect	55	00:37:07	408	Chris	Davies	Unattached	M	Senior
68 BO:37:10 418 Ian Conroy Unattached M Senior 59 00:37:14 343 Kevin Smith Unattached M Vet 45 61 00:37:17 422 Luke Pipe Unattached M Senior 62 00:37:18 314 Mark Peach Great Yarmouth Road M Senior 63 00:37:21 221 Caroline Richards Norwich Road Runners F Senior 64 00:37:21 221 Caroline Richards Norwich Road Runners F Senior 65 00:37:33 426 Peter Drake Rock Estate Riders M Vet 40 66 00:37:41 414 Nick Overy Unattached M Vet 40 68 00:37:42 360 Mark Nussey Waveney Valley AC M Vet 40 69 00:38:04 267 Karen Manning Great Yarmouth Rod	57	00:37:08	380	John	Bone	Great Yarmouth Road	M	
58 00:37:10 418 Ian Conroy Unattached M Senior 59 00:37:14 343 Kevin Smith Unattached M Vet 45 61 00:37:17 422 Luke Pipe Unattached M Senior 62 00:37:18 314 Mark Peach Great Yarmouth Road M Senior 63 00:37:21 221 Caroline Richards Norwich Road Runners F Senior 64 00:37:21 221 Caroline Richards Norwich Road Runners F Senior 66 00:37:41 414 Nick Overy Unattached M Vet 45 66 00:37:41 414 Nick Overy Unattached M Vet 45 68 00:37:41 Michael Tickner Unattached M Vet 45 68 00:38:02 247 Louise Bernasconi Unattached M Vet 45	56	00:37:08	324	Mark	Sherwood	Tadley Runners	M	Senior
Sep 100:37:14 343 Kevin	58	00:37:10	418	lan	Conroy		М	Senior
61 00:37:17 222 Luke Pipe Unattached M Senior 62 00:37:18 314 Mark Peach Great Yarmouth Road M Senior 63 00:37:21 321 Caroline Richards Norwich Road Runners F Senior 64 00:37:24 274 Sarah Vick The Saxons F Vet 40 65 00:37:31 326 Peter Drake Rock Estate Riders M Vet 65 66 00:37:41 414 Nick Overy Unattached M Vet 40 67 00:37:52 360 Michael Tickner Unattached M Vet 40 69 00:38:04 267 Karen Manning Great Yarmouth Road F Vet 40 69 00:38:24 247 Louise Bernasconi Unattached F Vet 40 70 00:38:32 312 Chris Gay Great Yarmouth Road F Vet 40 72 00:38:36 399 Steve Mableson Unattached M Vet 45 72 00:38:36 395 Steve Jones Rock Estate Riders M Vet 40 75 00:38:57 302 Andy Peck Great Yarmouth Road	59	00:37:14	343	Kevin		Unattached	M	Vet 45
62 00:37:18 314 Mark Peach Great Yarmouth Road M Senior 63 00:37:21 321 Caroline Richards Norwich Road Runners F Senior 64 00:37:24 274 Sarah Vick The Saxons F Vet 40 65 00:37:33 426 Peter Drake Rock Estate Riders M Vet 65 66 00:37:41 414 Nick Overy Unattached M Vet 40 Vet 50 Ve	60	00:37:14	415	Jon		Unattached	М	Vet 45
	61	00:37:17	422	Luke	Pipe	Unattached	М	Senior
Go.37:24 274 Sarah Vick The Saxons F Senior	62	00:37:18	314	Mark	•	Great Yarmouth Road	М	Senior
Geolgy	63	00:37:21	321	Caroline	Richards	Norwich Road Runners	F	
66 00:37:41 414 Nick Overy Unattached M Vet 40 67 00:37:52 360 Michael Tickner Unattached M Vet 40 69 00:38:04 267 Karen Manning Great Yarmouth Road F Vet 40 70 00:38:22 417 Louise Bernasconi Unattached F Senior 71 00:38:36 399 Steve Mableson Unattached M Vet 45 72 00:38:36 399 Steve Jones Rock Estate Riders M Vet 40 73 00:38:57 302 Andy Peck Great Yarmouth Road M Vet 40 75 00:38:58 284 Ray Knights Unattached M Vet 40 75 00:39:300 253 Sue Allen Coltishall Jaguars F Vet 50 76 00:39:23 315 Emily Hannant Coltishall Jaguars F Senior 79 00:39:29 261 Martin Hazzell Unattached M <td>64</td> <td>00:37:24</td> <td>274</td> <td>Sarah</td> <td>Vick</td> <td>The Saxons</td> <td>F</td> <td></td>	64	00:37:24	274	Sarah	Vick	The Saxons	F	
66 00:37:41 414 Nick Overy Unattached M Vet 40 67 00:37:52 360 Michael Tickner Unattached M Vet 40 69 00:38:04 267 Karen Manning Great Yarmouth Road F Vet 40 70 00:38:22 417 Louise Bernasconi Unattached F Senior 71 00:38:36 399 Steve Mableson Unattached M Vet 45 72 00:38:36 399 Steve Jones Rock Estate Riders M Vet 40 73 00:38:57 302 Andy Peck Great Yarmouth Road M Vet 40 75 00:38:58 284 Ray Knights Unattached M Vet 40 75 00:39:300 253 Sue Allen Coltishall Jaguars F Vet 50 76 00:39:23 315 Emily Hannant Coltishall Jaguars F Senior 79 00:39:29 261 Martin Hazell Unattached M <td>65</td> <td>00:37:33</td> <td>426</td> <td>Peter</td> <td>Drake</td> <td>Rock Estate Riders</td> <td>М</td> <td>Vet 65</td>	65	00:37:33	426	Peter	Drake	Rock Estate Riders	М	Vet 65
667 00:37:52 360 Michael Tickner Unattached M Vet 60	66			Nick			M	
68 00:37:58 269 Mark Nussey Waveney Valley AC M Vet 40 69 00:38:02 2417 Karen Manning Great Yarmouth Road F Vet 40 70 00:38:22 417 Louise Bernasconi Unattached F Senior 71 00:38:32 312 Chris Gay Great Yarmouth AC M Vet 45 72 00:38:36 399 Steve Mableson Unattached M Vet 40 74 00:38:57 302 Andy Peck Great Yarmouth Road M Vet 40 75 00:38:58 284 Ray Knights Unattached M Vet 50 76 00:39:00 253 Sue Allen Cotishall Jaguars F Vet 50 78 00:39:23 315 Emily Hannant Cotishall Jaguars F Senior 78 00:39:23 261 Martin Hazel Unattached	67						M	
69 00:38:04 267 Karen Manning Great Yarmouth Road F Vet 40 70 00:38:22 417 Louise Bernasconi Unattached F Senior 71 00:38:36 399 Steve Mableson Unattached M Vet 40 72 00:38:57 302 Andy Peck Great Yarmouth Road M Vet 40 75 00:38:57 302 Andy Peck Great Yarmouth Road M Vet 40 75 00:38:58 284 Ray Knights Unattached M Vet 55 76 00:39:03 253 Sue Allen Cotishall Jaguars F Vet 50 77 00:39:03 304 David Waterman Bungay Black Dog M Vet 50 78 00:39:23 315 Emily Hannant Cotishall Jaguars F Senior 79 00:39:23 361 Martin Hazell Unattached	68					Waveney Valley AC	M	
To	69	00:38:04	267	Karen		Great Yarmouth Road	F	Vet 40
71	70	00:38:22	417				F	
72	71			Chris	Gay	Great Yarmouth AC	М	
74 00:38:57 302 Andy Peck Great Yarmouth Road M Vet 40 75 00:38:58 284 Ray Knights Unattached M Vet 55 76 00:39:00 253 Sue Allen Coltishall Jaguars F Vet 50 77 00:39:04 304 David Waterman Bungay Black Dog M Vet 50 78 00:39:23 315 Emily Hannant Coltishall Jaguars F Senior 79 00:39:29 261 Martin Hazell Unattached M Vet 50 80 00:39:45 306 Adele Postle Great Yarmouth AC F Vet 45 82 00:39:45 306 Adele Postle Great Yarmouth AC F Vet 45 82 00:39:45 308 Adrian Hunt Unattached M Vet 50 83 00:40:13 305 Adrian Hunt Unattached M <td>72</td> <td></td> <td></td> <td>Steve</td> <td></td> <td>Unattached</td> <td>M</td> <td>Vet 40</td>	72			Steve		Unattached	M	Vet 40
74 00:38:57 302 Andy Peck Great Yarmouth Road M Vet 40 75 00:38:58 284 Ray Knights Unattached M Vet 50 76 00:39:00 253 Sue Allen Coltishall Jaguars F Vet 50 77 00:39:04 304 David Waterman Bungay Black Dog M Vet 50 78 00:39:23 315 Emily Hannant Coltishall Jaguars F Senior 79 00:39:29 261 Martin Hazell Unattached M Vet 40 80 00:39:45 306 Adele Postle Great Yarmouth AC F Vet 45 82 00:39:48 407 Darryl Futter Bungay Black Dog M Vet 50 83 00:39:59 338 Wayne Freeman Unattached M Vet 50 84 00:40:13 305 Adrian Hunt Unattached M </td <td>73</td> <td>00:38:49</td> <td>423</td> <td>Steve</td> <td>Jones</td> <td>Rock Estate Riders</td> <td>М</td> <td>Vet 40</td>	73	00:38:49	423	Steve	Jones	Rock Estate Riders	М	Vet 40
75 00:38:58 284 Ray Knights Unattached M Vet 55 76 00:39:00 253 Sue Allen Coltishall Jaguars F Vet 50 77 00:39:04 304 David Waterman Bungay Black Dog M Vet 50 78 00:39:23 315 Emily Hannant Coltishall Jaguars F Senior 79 00:39:23 261 Martin Hazell Unattached M Vet 40 80 00:39:23 265 Kelvin Waters Unattached M Vet 55 81 00:39:53 306 Adele Postle Great Yarmouth AC F Vet 45 82 00:39:48 407 Darryl Futter Bungay Black Dog M Vet 50 84 00:40:13 305 Adrian Hunt Unattached M Vet 55 85 00:40:26 392 Shelley Smith Lowestoft Road Runners	74	00:38:57	302		Peck	Great Yarmouth Road	М	Vet 40
76 00:39:00 253 Sue					Knights	Unattached	М	Vet 55
77 00:39:04 304 David Waterman Bungay Black Dog M Vet 50 78 00:39:23 315 Emily Hannant Coltishall Jaguars F Senior 79 00:39:29 261 Martin Hazell Unattached M Vet 40 80 00:39:36 285 Kelvin Waters Unattached M Vet 55 81 00:39:45 306 Adele Postle Great Yarmouth AC F Vet 45 82 00:39:48 407 Darryl Futter Bungay Black Dog M Vet 50 83 00:39:59 338 Wayne Freeman Unattached M Vet 50 84 00:40:13 305 Adrian Hunt Unattached M Vet 55 85 00:40:26 392 Shelley Smith Lowestoft Road Runners F Senior 86 00:40:43 313 Lorrain Dawson Great Yarmouth Road						Coltishall Jaquars	F	
78 00:39:23 315 Emily Hannant Coltishall Jaguars F Senior 79 00:39:29 261 Martin Hazell Unattached M Vet 40 80 00:39:36 285 Kelvin Waters Unattached M Vet 55 81 00:39:45 306 Adele Postle Great Yarmouth AC F Vet 45 82 00:39:48 407 Darryl Futter Bungay Black Dog M Vet 50 84 00:40:13 305 Adrian Hunt Unattached M Vet 50 85 00:40:26 392 Shelley Smith Lowestoft Road Runners F Senior 86 00:40:28 320 David Hutcheon Coltishall Jaguars M Vet 65 87 00:40:38 313 Lorrain Dawson Great Yarmouth Road F Vet 50 88 00:40:42 281 Stephen Bullen Unattached <td></td> <td></td> <td></td> <td></td> <td>Waterman</td> <td></td> <td>M</td> <td></td>					Waterman		M	
79 00:39:29 261 Martin Hazell Unattached M Vet 40 80 00:39:36 285 Kelvin Waters Unattached M Vet 55 81 00:39:48 306 Adele Postle Great Yarmouth AC F Vet 45 82 00:39:48 407 Darryl Futter Bungay Black Dog M Vet 50 84 00:39:59 338 Wayne Freeman Unattached M Vet 50 84 00:40:26 392 Shelley Smith Lowestoft Road Runners F Senior 86 00:40:28 320 David Hutcheon Coltishall Jaguars M Vet 65 87 00:40:38 313 Lorrain Dawson Great Yarmouth Road F Vet 50 88 00:40:42 281 Stephen Bullen Unattached M Vet 45 89 00:40:42 289 Paul Breach Unattached								
80 00:39:36 285 Kelvin Waters Unattached M Vet 55 81 00:39:45 306 Adele Postle Great Yarmouth AC F Vet 45 82 00:39:48 407 Darryl Futter Bungay Black Dog M Vet 50 83 00:39:59 338 Wayne Freeman Unattached M Vet 50 84 00:40:13 305 Adrian Hunt Unattached M Vet 55 85 00:40:28 320 David Hutcheon Coltishall Jaguars M Vet 65 87 00:40:38 313 Lorrain Dawson Great Yarmouth Road F Vet 50 88 00:40:42 281 Stephen Bullen Unattached M Vet 40 89 00:40:42 281 Stephen Bullen Unattached M Vet 45 90 00:40:48 372 Graham Hardingham Norfolk Gazelles							М	
81 00:39:45 306 Adele Postle Great Yarmouth AC F Vet 45 82 00:39:48 407 Darryl Futter Bungay Black Dog M Vet 50 83 00:39:59 338 Wayne Freeman Unattached M Vet 50 84 00:40:13 305 Adrian Hunt Unattached M Vet 55 85 00:40:26 392 Shelley Smith Lowestoft Road Runners F Senior 86 00:40:28 320 David Hutcheon Coltishall Jaguars M Vet 65 87 00:40:38 313 Lorrain Dawson Great Yarmouth Road F Vet 50 88 00:40:42 281 Stephen Bullen Unattached M Vet 40 89 00:40:42 289 Paul Breach Unattached M Vet 45 90 00:40:43 372 Graham Hardingham Norfolk Gazelles <td></td> <td></td> <td></td> <td></td> <td>Waters</td> <td>Unattached</td> <td>M</td> <td></td>					Waters	Unattached	M	
82 00:39:48 407 Darryl Futter Bungay Black Dog M Vet 50 83 00:39:59 338 Wayne Freeman Unattached M Vet 50 84 00:40:13 305 Adrian Hunt Unattached M Vet 55 85 00:40:28 392 Shelley Smith Lowestoft Road Runners F Senior 86 00:40:28 320 David Hutcheon Coltishall Jaguars M Vet 50 87 00:40:38 313 Lorrain Dawson Great Yarmouth Road F Vet 50 88 00:40:42 281 Stephen Bullen Unattached M Vet 40 89 00:40:42 289 Paul Breach Unattached M Vet 45 90 00:40:48 372 Graham Hardingham Norfolk Gazelles M Vet 45 91 00:40:48 372 Graham Hardingham Norfolk Gazelle	81	00:39:45	306		Postle	Great Yarmouth AC	F	Vet 45
83 00:39:59 338 Wayne Freeman Unattached M Vet 50 84 00:40:13 305 Adrian Hunt Unattached M Vet 55 85 00:40:26 392 Shelley Smith Lowestoft Road Runners F Senior 86 00:40:28 320 David Hutcheon Coltishall Jaguars M Vet 65 87 00:40:38 313 Lorrain Dawson Great Yarmouth Road F Vet 50 88 00:40:42 281 Stephen Bullen Unattached M Vet 40 89 00:40:42 289 Paul Breach Unattached M Vet 45 90 00:40:48 372 Graham Hardingham Norfolk Gazelles M Vet 45 91 00:40:50 275 Colin Whale Bungay Black Dog M Vet 45 92 00:41:00 255 Tom Cheongvee Unattached	82	00:39:48	407	Darryl	Futter	Bungay Black Dog	M	Vet 50
84 00:40:13 305 Adrian Hunt Unattached M Vet 55 85 00:40:26 392 Shelley Smith Lowestoft Road Runners F Senior 86 00:40:28 320 David Hutcheon Coltishall Jaguars M Vet 65 87 00:40:38 313 Lorrain Dawson Great Yarmouth Road F Vet 50 88 00:40:42 281 Stephen Bullen Unattached M Vet 40 89 00:40:42 289 Paul Breach Unattached M Vet 45 90 00:40:48 372 Graham Hardingham Norfolk Gazelles M Vet 45 91 00:40:50 275 Colin Whale Bungay Black Dog M Vet 45 92 00:41:00 255 Tom Cheongvee Unattached M Senior 93 00:41:00 398 Marie Worrall Great Yarmouth Road </td <td>83</td> <td>00:39:59</td> <td>338</td> <td>Wayne</td> <td>Freeman</td> <td></td> <td>M</td> <td>Vet 50</td>	83	00:39:59	338	Wayne	Freeman		M	Vet 50
86 00:40:28 320 David Hutcheon Coltishall Jaguars M Vet 65 87 00:40:38 313 Lorrain Dawson Great Yarmouth Road F Vet 50 88 00:40:42 281 Stephen Bullen Unattached M Vet 40 89 00:40:42 289 Paul Breach Unattached M Vet 45 90 00:40:48 372 Graham Hardingham Norfolk Gazelles M Vet 50 91 00:40:50 275 Colin Whale Bungay Black Dog M Vet 45 92 00:41:00 255 Tom Cheongvee Unattached M Senior 93 00:41:00 255 Tom Cheongvee Unattached F Vet 40 94 00:41:03 263 Paula Lambert Waveney Valley AC F Vet 40 95 00:41:36 398 Marie Worrall Great Yarmouth Road	84				Hunt	Unattached	M	Vet 55
87 00:40:38 313 Lorrain Dawson Great Yarmouth Road F Vet 50 88 00:40:42 281 Stephen Bullen Unattached M Vet 40 89 00:40:42 289 Paul Breach Unattached M Vet 45 90 00:40:48 372 Graham Hardingham Norfolk Gazelles M Vet 50 91 00:40:50 275 Colin Whale Bungay Black Dog M Vet 45 92 00:41:00 255 Tom Cheongvee Unattached M Senior 93 00:41:00 255 Tom Cheongvee Unattached M Senior 94 00:41:00 398 Marie Worrall Great Yarmouth Road F Vet 40 95 00:41:38 427 David Lewis Unattached M Vet 45 97 00:41:45 301 Simon Bunting Lowestoft Road Runners	85	00:40:26	392	Shelley	Smith	Lowestoft Road Runners	F	Senior
87 00:40:38 313 Lorrain Dawson Great Yarmouth Road F Vet 50 88 00:40:42 281 Stephen Bullen Unattached M Vet 40 89 00:40:42 289 Paul Breach Unattached M Vet 45 90 00:40:48 372 Graham Hardingham Norfolk Gazelles M Vet 50 91 00:40:50 275 Colin Whale Bungay Black Dog M Vet 45 92 00:41:00 255 Tom Cheongvee Unattached M Senior 93 00:41:03 263 Paula Lambert Waveney Valley AC F Vet 40 94 00:41:06 398 Marie Worrall Great Yarmouth Road F Vet 40 95 00:41:38 427 David Lewis Unattached M Vet 45 97 00:41:46 266 Andrew Manning Great Yarmouth Road	86	00:40:28	320	David	Hutcheon	Coltishall Jaguars	M	Vet 65
89 00:40:42 289 Paul Breach Unattached M Vet 45 90 00:40:48 372 Graham Hardingham Norfolk Gazelles M Vet 50 91 00:40:50 275 Colin Whale Bungay Black Dog M Vet 45 92 00:41:00 255 Tom Cheongvee Unattached M Senior 93 00:41:03 263 Paula Lambert Waveney Valley AC F Vet 40 94 00:41:06 398 Marie Worrall Great Yarmouth Road F Vet 40 95 00:41:38 427 David Lewis Unattached M Senior 96 00:41:45 301 Simon Bunting Lowestoft Road Runners M Vet 45 97 00:41:46 266 Andrew Manning Great Yarmouth Road M Vet 45 98 00:41:48 429 Kalvin Scott Unattached	87	00:40:38	313	Lorrain	Dawson		F	Vet 50
90 00:40:48 372 Graham Hardingham Norfolk Gazelles M Vet 50 91 00:40:50 275 Colin Whale Bungay Black Dog M Vet 45 92 00:41:00 255 Tom Cheongvee Unattached M Senior 93 00:41:03 263 Paula Lambert Waveney Valley AC F Vet 40 94 00:41:06 398 Marie Worrall Great Yarmouth Road F Vet 40 95 00:41:38 427 David Lewis Unattached M Senior 96 00:41:45 301 Simon Bunting Lowestoft Road Runners M Vet 45 97 00:41:46 266 Andrew Manning Great Yarmouth Road M Vet 45 98 00:41:48 429 Kalvin Scott Unattached M Vet 55 100 00:41:49 397 Howard Wilcox Unattached <td>88</td> <td>00:40:42</td> <td>281</td> <td>Stephen</td> <td>Bullen</td> <td>Unattached</td> <td>M</td> <td>Vet 40</td>	88	00:40:42	281	Stephen	Bullen	Unattached	M	Vet 40
91 00:40:50 275 Colin Whale Bungay Black Dog M Vet 45 92 00:41:00 255 Tom Cheongvee Unattached M Senior 93 00:41:03 263 Paula Lambert Waveney Valley AC F Vet 40 94 00:41:06 398 Marie Worrall Great Yarmouth Road F Vet 40 95 00:41:38 427 David Lewis Unattached M Senior 96 00:41:45 301 Simon Bunting Lowestoft Road Runners M Vet 45 97 00:41:46 266 Andrew Manning Great Yarmouth Road M Vet 45 98 00:41:48 429 Kalvin Scott Unattached M Vet 45 99 00:41:49 397 Howard Wilcox Unattached M Vet 55 100 00:41:57 262 Heather Hollister Coltishall Jaguars<	89	00:40:42	289	Paul	Breach	Unattached	M	Vet 45
91 00:40:50 275 Colin Whale Bungay Black Dog M Vet 45 92 00:41:00 255 Tom Cheongvee Unattached M Senior 93 00:41:03 263 Paula Lambert Waveney Valley AC F Vet 40 94 00:41:06 398 Marie Worrall Great Yarmouth Road F Vet 40 95 00:41:38 427 David Lewis Unattached M Senior 96 00:41:45 301 Simon Bunting Lowestoft Road Runners M Vet 45 97 00:41:46 266 Andrew Manning Great Yarmouth Road M Vet 45 98 00:41:48 429 Kalvin Scott Unattached M Vet 45 99 00:41:49 397 Howard Wilcox Unattached M Vet 55 100 00:41:57 262 Heather Hollister Coltishall Jaguars<	90	00:40:48	372	Graham	Hardingham	Norfolk Gazelles	M	Vet 50
93 00:41:03 263 Paula Lambert Waveney Valley AC F Vet 40 94 00:41:06 398 Marie Worrall Great Yarmouth Road F Vet 40 95 00:41:38 427 David Lewis Unattached M Senior 96 00:41:45 301 Simon Bunting Lowestoft Road Runners M Vet 45 97 00:41:46 266 Andrew Manning Great Yarmouth Road M Vet 45 98 00:41:48 429 Kalvin Scott Unattached M Senior 99 00:41:49 397 Howard Wilcox Unattached M Vet 55 100 00:41:57 262 Heather Hollister Coltishall Jaguars F Vet 60 101 00:41:58 388 Elanyne Hilton Lowestoft Road Runners F Vet 40 102 00:42:02 394 Cathrine Meadows <	91	00:40:50	275	Colin	Whale	Bungay Black Dog	M	Vet 45
93 00:41:03 263 Paula Lambert Waveney Valley AC F Vet 40 94 00:41:06 398 Marie Worrall Great Yarmouth Road F Vet 40 95 00:41:38 427 David Lewis Unattached M Senior 96 00:41:45 301 Simon Bunting Lowestoft Road Runners M Vet 45 97 00:41:46 266 Andrew Manning Great Yarmouth Road M Vet 45 98 00:41:48 429 Kalvin Scott Unattached M Senior 99 00:41:49 397 Howard Wilcox Unattached M Vet 55 100 00:41:57 262 Heather Hollister Coltishall Jaguars F Vet 60 101 00:41:58 388 Elanyne Hilton Lowestoft Road Runners F Vet 40 102 00:42:02 394 Cathrine Meadows <	92	00:41:00	255	Tom	Cheongvee	<u> </u>	M	Senior
95 00:41:38 427 David Lewis Unattached M Senior 96 00:41:45 301 Simon Bunting Lowestoft Road Runners M Vet 45 97 00:41:46 266 Andrew Manning Great Yarmouth Road M Vet 45 98 00:41:48 429 Kalvin Scott Unattached M Senior 99 00:41:49 397 Howard Wilcox Unattached M Vet 55 100 00:41:57 262 Heather Hollister Coltishall Jaguars F Vet 60 101 00:41:58 388 Elanyne Hilton Lowestoft Road Runners F Vet 40 102 00:42:02 394 Cathrine Meadows Unattached F Senior 103 00:42:15 371 David Walton Unattached M Vet 55 104 00:42:35 339 Paul Harrod Waveney Valley	93	00:41:03	263	Paula		Waveney Valley AC	F	
95 00:41:38 427 David Lewis Unattached M Senior 96 00:41:45 301 Simon Bunting Lowestoft Road Runners M Vet 45 97 00:41:46 266 Andrew Manning Great Yarmouth Road M Vet 45 98 00:41:48 429 Kalvin Scott Unattached M Senior 99 00:41:49 397 Howard Wilcox Unattached M Vet 55 100 00:41:57 262 Heather Hollister Coltishall Jaguars F Vet 60 101 00:41:58 388 Elanyne Hilton Lowestoft Road Runners F Vet 40 102 00:42:02 394 Cathrine Meadows Unattached F Senior 103 00:42:05 371 David Walton Unattached M Vet 55 104 00:42:35 339 Paul Harrod Waveney Valley	94	00:41:06	398	Marie	Worrall	Great Yarmouth Road	F	Vet 40
96 00:41:45 301 Simon Bunting Lowestoft Road Runners M Vet 45 97 00:41:46 266 Andrew Manning Great Yarmouth Road M Vet 45 98 00:41:48 429 Kalvin Scott Unattached M Vet 55 99 00:41:49 397 Howard Wilcox Unattached M Vet 55 100 00:41:57 262 Heather Hollister Coltishall Jaguars F Vet 60 101 00:41:58 388 Elanyne Hilton Lowestoft Road Runners F Vet 40 102 00:42:02 394 Cathrine Meadows Unattached F Senior 103 00:42:02 394 Cathrine Meadows Unattached M Vet 55 104 00:42:03 339 Paul Harrod Waveney Valley AC M Vet 50 106 00:42:40 381 Nigel Ball Una					Lewis	Unattached	M	
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103 00:42:15 371 David Walton Unattached M Vet 55 104 00:42:35 339 Paul Harrod Waveney Valley AC M Vet 50 106 00:42:40 381 Nigel Ball Unattached M Vet 40	102					Unattached	F	
106 00:42:40 381 Nigel Ball Unattached M Vet 40	103	00:42:15	371	David	Walton	Unattached	M	
	104	00:42:35	339	Paul	Harrod	Waveney Valley AC	M	Vet 50
	106	00:42:40	381	Nigel	Ball	Unattached	M	Vet 40
105 00:42:40 294 Colin Lambert Unattached M Vet 55	105	00:42:40	294		Lambert	Unattached	M	Vet 55

107 100:42:43 370	POS	TIME	NO	FIRST NAME	SURNAME	CLUB	M/F	Category
109 00-42:57 311	107	00:42:43	370	Gary	Allard	Unattached	M	
109 100-42:57 311	108	00:42:53	387		Hutchings	Unattached	M	Senior
111 00:43:46 362	109	00:42:57	311	Ailsa		Bungay Black Dog	F	Senior
1112 00:44:02 369 David Drewitt Great Yarmouth AC M Vet 60 113 00:44:07 341 Christine Cooke Coltishall Jaguars F Vet 50 114 00:44:13 319 Brenda Hutcheon Coltishall Jaguars F Vet 50 115 00:44:13 319 Brenda Hutcheon Coltishall Jaguars F Vet 50 115 00:44:19 409 Faye Ellis Lowestoft Road Runners F Senior 116 00:44:33 395 Damian Murdin Unattached M Senior 117 00:44:55 326 Sally Adams Unattached F Vet 50 119 00:45:02 307 Karen Evans Unattached F Senior 118 00:45:02 257 Mark Durrant Unattached F Senior 118 00:45:02 257 Mark Durrant Unattached M Vet 45 120 00:45:26 330 Nick Riches CONAC M Vet 45 121 00:45:27 340 Matt Bullock Unattached M Vet 45 122 00:45:31 288 Roy Phillips Lowestoft Road Runners M Vet 45 123 00:45:32 299 Rod Palmer Unattached M Vet 45 123 00:45:32 299 Rod Palmer Unattached M Vet 65 125 00:45:41 293 Pauline Richardson Great Yarmouth Road F Vet 50 126 00:45:42 298 Mark Palmer Unattached M Vet 45 126 00:45:42 298 Mark Palmer Unattached M Vet 40 127 00:45:47 266 Nicholas Carter Lowestoft Road Runners M Vet 65 128 00:45:49 264 Phillip Laurier Lowestoft Road Runners M Vet 60 129 00:46:19 273 Ashling Riva Unattached M Vet 45 130 00:46:28 328 Kevin Barnard Unattached M Senior 131 00:46:28 328 Kevin Barnard Unattached M Senior 130 00:47:54 385 Marion Walker Framlingham Flyers F Vet 50 135 00:47:54 381 Miki Bloomfield The Saxons F Vet 45 137 00:47:54 381 Miki Bloomfield The Saxons F Vet 45 140 00:48:14 390 Rebecca Durant Coltishall Jaguars F Vet 55 141 00:50:33 430 Ashley Hutchings Unattached M Vet 65 142 00:50:33 430 Ashley Hutchings Unattached F Senior	110	00:43:37	403	John	England	Great Yarmouth AC	M	Vet 60
113 00:44:07 341 Christine Cooke Coltishall Jaguars F Vet 50 114 00:44:13 319 Brenda Hutcheon Coltishall Jaguars F Vet 60 115 00:44:19 409 Faye Ellis Lowestoft Road Runners F Senior 116 00:44:33 395 Damian Murdin Unattached M Senior 117 00:44:55 326 Sally Adams Unattached F Vet 50 119 00:45:02 307 Karen Evans Unattached F Vet 50 119 00:45:02 307 Karen Evans Unattached F Senior 118 00:45:02 307 Mark Durrant Unattached M Vet 45 120 00:45:26 330 Nick Riches CONAC M Vet 45 120 00:45:27 340 Matt Bullock Unattached M Vet 40 122 00:45:31 288 Roy Phillips Lowestoft Road Runners M Vet 45 123 00:45:32 299 Rod Palmer Unattached M Vet 45 123 00:45:32 299 Rod Palmer Unattached M Vet 50 125 00:45:41 293 Pauline Richardson Great Yarmouth Road F Vet 50 126 00:45:42 298 Mark Palmer Unattached M Vet 50 126 00:45:42 298 Mark Palmer Unattached M Vet 50 126 00:45:47 286 Nicholas Carter Lowestoft Road Runners M Vet 60 129 00:46:19 273 Ashling Riva Unattached M Vet 61 129 00:46:19 273 Ashling Riva Unattached M Vet 61 130 00:46:23 328 Kevin Barnard Unattached M Senior 131 00:47:54 385 Marion Walker Framlingham Flyers F Vet 40 133 00:47:54 385 Marion Walker Framlingham Flyers F Vet 40 130 00:47:54 385 Marion Walker Framlingham Flyers F Vet 55 141 00:49:12 336 Eric Hutchings Unattached M Vet 65 141 00:49:12 336 Eric Hutchings Unattached M Vet 65 141 00:49:12 335 David Sowter Coltishall Jaguars F Vet 55 141 00:50:33 335 David Sowter Coltishall Jaguars F Vet 55 141 00:50:33 330 Rebecca Durant Coltishall Jaguars F Vet 55 141 00:50:33 330 Rebecca Durant Coltishall Jaguars F Vet 55 14	111			Catherine	Carfooot	Waveney Valley AC	F	Senior
114 00:44:13 319 Brenda Hutcheon Coltishall Jaguars F Vet 60	112	00:44:02	369	David	Drewitt	Great Yarmouth AC	M	Vet 60
114 00:44:13 319 Brenda Hutcheon Coltishall Jaguars F Vet 60	113	00:44:07	341	Christine	Cooke	Coltishall Jaguars	F	Vet 50
115 00:44:19 409							F	
116	115	00:44:19	409	Faye	Ellis	Lowestoft Road Runners	F	Senior
117	116	00:44:33	395		Murdin	Unattached	M	
119 00:45:02 307			326	Sally	Adams	Unattached	F	Vet 50
118	119	00:45:02	307	•	Evans	Unattached	F	Senior
120 00:45:26 330					Durrant	Unattached	М	
121 00:45:27 340 Matt				Nick	Riches	CONAC	М	
123 00:45:32 299 Rod Palmer Unattached M Vet 65 124 00:45:41 293 Pauline Richardson Great Yarmouth Road F Vet 50 125 00:45:41 265 Ivan Lees Great Yarmouth Road M Vet 55 126 00:45:42 298 Mark Palmer Unattached M Vet 40 127 00:45:47 286 Nicholas Carter Lowestoft Road Runners M Vet 65 128 00:45:49 264 Phillip Laurier Lowestoft Road Runners M Vet 65 128 00:45:49 264 Phillip Laurier Lowestoft Road Runners M Vet 65 130 00:46:29 325 George Askew Unattached M Vet 45 130 00:46:28 328 Kevin Barnard Unattached M Senior 131 00:46:28 328 Kevin Barnard Unattached M Vet 60 132 00:47:45 278 Dave Martindale Luton AC M Vet 60 133 00:47:48 376 Sara Bloor The Saxons F Vet 40 134 00:47:54 385 Marion Walker Framlingham Flyers F Vet 55 135 00:47:54 384 Miki Bloomfield The Saxons F Vet 40 136 00:47:54 383 Lynda Debano The Saxons F Vet 40 130 00:47:54 383 Lynda Debano The Saxons F Vet 45 137 00:47:54 383 Lynda Debano The Saxons F Vet 55 138 00:47:54 383 Lynda Debano The Saxons F Vet 55 138 00:47:54 383 Lynda Debano The Saxons F Vet 55 141 00:49:12 336 Eric Hutchings Unattached M Senior 140 00:49:12 336 Eric Hutchings Unattached M Vet 65 142 00:50:05 335 David Sowter Coltishall Jaguars F Vet 55 141 00:49:12 336 Eric Hutchings Unattached M Vet 40 144 00:50:23 430 Ashley Hutchings Unattached M Vet 40 145 00:50:39 240 Angela Mower Waveney Valley AC F Senior 149 00:53:46 368 Sallyann Prothorge Lowestoft Road Runners F Vet 55 148 00:50:30 250 Angela Mower Waveney Valley AC F Vet 55 148 00:55:07 391 Gary Lansdale Unattached F Senior 150 00:55:07 391 Gary Lansdale Unattached F Senior 15				Matt	Bullock	Unattached	М	
123 00:45:32 299 Rod Palmer Unattached M Vet 65 124 00:45:41 293 Pauline Richardson Great Yarmouth Road F Vet 50 125 00:45:41 256 Ivan Lees Great Yarmouth Road M Vet 55 126 00:45:42 298 Mark Palmer Unattached M Vet 40 127 00:45:47 286 Nicholas Carter Lowestoft Road Runners M Vet 65 128 00:45:49 264 Phillip Laurier Lowestoft Road Runners M Vet 60 129 00:46:19 273 Ashling Riva Unattached M Vet 45 130 00:46:23 328 Kevin Barnard Unattached M Senior 131 00:46:28 328 Kevin Barnard Unattached M Vet 60 132 00:47:45 278 Dave Martindale Luton AC M Vet 60 133 00:47:45 278 Dave Martindale Luton AC M Vet 60 133 00:47:54 385 Marion Walker Framlingham Flyers F Vet 40 134 00:47:54 385 Marion Walker Framlingham Flyers F Vet 40 136 00:47:54 383 Lynda Debano The Saxons F Vet 40 138 00:47:54 383 Lynda Debano The Saxons F Vet 40 139 00:48:14 390 Rebecca Durant Coltishall Jaguars F Vet 55 141 00:49:12 336 Eric Hutchings Unattached M Senior 140 00:49:12 336 Eric Hutchings Unattached M Vet 65 142 00:50:05 335 David Sowter Coltishall Jaguars F Vet 55 141 00:50:23 336 Eric Hutchings Unattached M Vet 65 142 00:50:03 335 David Sowter Coltishall Jaguars F Vet 55 148 00:50:39 240 Angela Mower Waveney Valley AC F Senior 149 00:53:46 368 Sallyann Prothorge Lowestoft Road Runners F Vet 50 149 00:53:46 368 Sallyann Prothorge Lowestoft Road Runners F Vet 50 150 00:55:07 391 Gary Lansdale Unattached F Senior 150 00:55:07 391 Gary Lansdale Unatta	122	00:45:31	288	Roy	Phillips	Lowestoft Road Runners	М	Vet 45
125 00:45:41 265	123	00:45:32	299		Palmer	Unattached	М	Vet 65
125 00:45:41 265	124	00:45:41	293	Pauline	Richardson	Great Yarmouth Road	F	Vet 50
127 00:45:47 286 Nicholas Carter Lowestoft Road Runners M Vet 65 128 00:45:49 264 Phillip Laurier Lowestoft Road Runners M Vet 60 129 00:46:19 273 Ashling Riva Unattached M Vet 45 130 00:46:23 425 George Askew Unattached M Senior 131 00:46:23 425 Revin Barnard Unattached M Senior 132 00:47:45 278 Dave Martindale Luton AC M Vet 60 133 00:47:45 376 Sara Bloor The Saxons F Vet 40 134 00:47:54 385 Marion Walker Framlingham Flyers F Vet 45 135 00:47:54 387 Miki Bloomfield The Saxons F Vet 45 137 00:47:54 383 Lynda Debano The Saxons	125	00:45:41	265	Ivan	Lees	Great Yarmouth Road	М	
127 00:45:47 286 Nicholas Carter Lowestoft Road Runners M Vet 65 128 00:45:49 264 Phillip Laurier Lowestoft Road Runners M Vet 45 130 00:46:19 273 Ashling Riva Unattached M Vet 45 130 00:46:23 425 George Askew Unattached M Senior 131 00:46:28 328 Kevin Barnard Unattached M Senior 132 00:47:45 278 Dave Martindale Luton AC M Vet 60 133 00:47:45 385 Marion Walker Framlingham Flyers F Vet 40 134 00:47:54 385 Marion Walker Framlingham Flyers F Vet 45 135 00:47:54 387 Miki Bloomfield The Saxons F Vet 45 137 00:47:54 383 Lynda Debano The Saxons	126	00:45:42	298	Mark	Palmer	Unattached	М	Vet 40
128 00:45:49 264 Phillip Laurier Lowestoft Road Runners M Vet 60 129 00:46:19 273 Ashling Riva Unattached M Vet 45 130 00:46:23 425 George Askew Unattached M Senior 131 00:47:45 278 Dave Martindale Luton AC M Vet 60 133 00:47:48 376 Sara Bloor The Saxons F Vet 40 134 00:47:54 385 Marion Walker Framlingham Flyers F Vet 40 135 00:47:54 385 Marion Walker Framlingham Flyers F Vet 45 135 00:47:54 384 Miki Bloomfield The Saxons F Vet 45 137 00:47:54 383 Lynda Debano The Saxons F Vet 45 137 00:47:54 419 Rachel Acamon-Carbonelli Unattached		00:45:47	286	Nicholas		Lowestoft Road Runners	М	Vet 65
129 00:46:19 273 Ashling Riva Unattached M Vet 45 130 00:46:23 425 George Askew Unattached M Senior 131 00:46:28 328 Kevin Barnard Unattached M Senior 132 00:47:45 278 Dave Martindale Luton AC M Vet 60 133 00:47:48 376 Sara Bloor The Saxons F Vet 40 134 00:47:54 385 Marion Walker Framlingham Flyers F Vet 55 135 00:47:54 384 Miki Bloomfield The Saxons F Vet 40 136 00:47:54 377 Michaela Bailey The Saxons F Vet 45 137 00:47:54 383 Lynda Debano The Saxons F Vet 55 138 00:47:54 349 Rachel Acamon-Carbonelli Unattached F Senior 139 00:48:10 308 Matthew Reynolds Unattached M Senior 140 00:48:14 390 Rebecca Durant Coltishall Jaguars F Vet 55 141 00:49:12 336 Eric Hutchings Unattached M Vet 65 142 00:50:05 335 David Sowter Coltishall Jaguars M Vet 65 143 00:50:14 325 Tony Ludlam Unattached M Vet 40 144 00:50:23 430 Ashley Hutchings Unattached M Vet 40 145 00:50:39 411 Tamsin Desborough Great Yarmouth AC F Senior 146 00:51:30 404 Maureen England Great Yarmouth AC F Senior 148 00:53:38 290 Helen Denny Unattached F Senior 149 00:53:46 368 Sallyann Prothorge Lowestoft Road Runners F Vet 55 150 00:54:01 271 Rosamund Payne Unattached M Senior 150 00:55:07 391 Gary Lansdale Unattached M Senior 155 DNF 277 Louis Martindale Luton AC M Senior 155 DNF 277 Louis Martindale Luton AC M Senior 155 DNF 277 Louis Martindale Luton AC M Senior 155 DNF 277 Louis Martindale Luton AC M Senior 155 DNF 277 Louis Martindale Luton AC M Senior 155 DNF 277 Louis Martindale Luton AC M Senior 155 DNF 277 Louis Martindale Luton AC M Senior 155 DNF 277 Louis Martindale		00:45:49	264				М	
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137 00:47:54 383 Lynda Debano The Saxons F Vet 55 138 00:47:54 419 Rachel Acamon-Carbonelli Unattached F Senior 139 00:48:10 308 Matthew Reynolds Unattached M Senior 140 00:48:14 390 Rebecca Durant Coltishall Jaguars F Vet 55 141 00:49:12 336 Eric Hutchings Unattached M Vet 65 142 00:50:05 335 David Sowter Coltishall Jaguars M Vet 65 143 00:50:05 335 David Sowter Coltishall Jaguars M Vet 65 143 00:50:14 325 Tony Ludlam Unattached M Vet 40 144 00:50:23 430 Ashley Hutchings Unattached M Vet 40 145 00:50:39 411 Tamsin Desborough Great Yarmo	135	00:47:54	384	Miki	Bloomfield		F	Vet 40
137 00:47:54 383 Lynda Debano The Saxons F Vet 55 138 00:47:54 419 Rachel Acamon-Carbonelli Unattached F Senior 139 00:48:10 308 Matthew Reynolds Unattached M Senior 140 00:48:14 390 Rebecca Durant Coltishall Jaguars F Vet 55 141 00:49:12 336 Eric Hutchings Unattached M Vet 65 142 00:50:05 335 David Sowter Coltishall Jaguars M Vet 65 143 00:50:14 325 Tony Ludlam Unattached M Vet 40 144 00:50:23 430 Ashley Hutchings Unattached M Vet 40 145 00:50:39 411 Tamsin Desborough Great Yarmouth AC F Senior 146 00:51:30 404 Maureen England Great Yar	136	00:47:54	377	Michaela	Bailey	The Saxons	F	Vet 45
138 00:47:54 419 Rachel Acamon-Carbonelli Unattached F Senior 139 00:48:10 308 Matthew Reynolds Unattached M Senior 140 00:48:14 390 Rebecca Durant Coltishall Jaguars F Vet 55 141 00:49:12 336 Eric Hutchings Unattached M Vet 65 142 00:50:05 335 David Sowter Coltishall Jaguars M Vet 65 143 00:50:14 325 Tony Ludlam Unattached M Vet 40 144 00:50:23 430 Ashley Hutchings Unattached M Vet 40 145 00:50:39 411 Tamsin Desborough Great Yarmouth AC F Senior 146 00:51:30 404 Maureen England Great Yarmouth AC F Vet 65 147 00:53:39 280 Angela Mower Wa		00:47:54	383	Lynda		The Saxons	F	Vet 55
140 00:48:14 390 Rebecca Durant Coltishall Jaguars F Vet 55 141 00:49:12 336 Eric Hutchings Unattached M Vet 65 142 00:50:05 335 David Sowter Coltishall Jaguars M Vet 65 143 00:50:14 325 Tony Ludlam Unattached M Vet 40 144 00:50:23 430 Ashley Hutchings Unattached M Vet 40 145 00:50:39 411 Tamsin Desborough Great Yarmouth AC F Senior 146 00:51:30 404 Maureen England Great Yarmouth AC F Vet 65 147 00:53:30 280 Angela Mower Waveney Valley AC F Vet 55 148 00:53:38 290 Helen Denny Unattached F Vet 55 149 00:53:46 368 Sallyann Prothorge Lowest	138	00:47:54	419		Acamon-Carbonelli	Unattached	F	Senior
140 00:48:14 390 Rebecca Durant Coltishall Jaguars F Vet 55 141 00:49:12 336 Eric Hutchings Unattached M Vet 65 142 00:50:05 335 David Sowter Coltishall Jaguars M Vet 65 143 00:50:14 325 Tony Ludlam Unattached M Vet 40 144 00:50:23 430 Ashley Hutchings Unattached M Vet 40 145 00:50:39 411 Tamsin Desborough Great Yarmouth AC F Senior 146 00:51:30 404 Maureen England Great Yarmouth AC F Vet 65 147 00:53:30 280 Angela Mower Waveney Valley AC F Vet 55 148 00:53:38 290 Helen Denny Unattached F Vet 50 150 00:54:01 271 Rosamund Payne Unattached	139	00:48:10	308	Matthew	Reynolds	Unattached	M	Senior
142 00:50:05 335 David Sowter Coltishall Jaguars M Vet 65 143 00:50:14 325 Tony Ludlam Unattached M Vet 40 144 00:50:23 430 Ashley Hutchings Unattached M Vet 40 145 00:50:39 411 Tamsin Desborough Great Yarmouth AC F Senior 146 00:51:30 404 Maureen England Great Yarmouth AC F Vet 65 147 00:53:09 280 Angela Mower Waveney Valley AC F Vet 55 148 00:53:38 290 Helen Denny Unattached F Senior 149 00:53:46 368 Sallyann Prothorge Lowestoft Road Runners F Vet 50 150 00:54:01 271 Rosamund Payne Unattached F Vet 45 151 00:55:07 391 Gary Lansdale Una	140	00:48:14	390	Rebecca		Coltishall Jaguars	F	Vet 55
143 00:50:14 325 Tony Ludlam Unattached M Vet 40 144 00:50:23 430 Ashley Hutchings Unattached M Vet 40 145 00:50:39 411 Tamsin Desborough Great Yarmouth AC F Senior 146 00:51:30 404 Maureen England Great Yarmouth AC F Vet 65 147 00:53:09 280 Angela Mower Waveney Valley AC F Vet 55 148 00:53:38 290 Helen Denny Unattached F Senior 149 00:53:46 368 Sallyann Prothorge Lowestoft Road Runners F Vet 50 150 00:54:01 271 Rosamund Payne Unattached F Vet 45 151 00:55:07 391 Gary Lansdale Unattached M Senior 152 00:55:41 416 Rosie Grieve Waveney Val	141	00:49:12	336	Eric	Hutchings	Unattached	M	Vet 65
143 00:50:14 325 Tony Ludlam Unattached M Vet 40 144 00:50:23 430 Ashley Hutchings Unattached M Vet 40 145 00:50:39 411 Tamsin Desborough Great Yarmouth AC F Senior 146 00:51:30 404 Maureen England Great Yarmouth AC F Vet 65 147 00:53:09 280 Angela Mower Waveney Valley AC F Vet 55 148 00:53:38 290 Helen Denny Unattached F Senior 149 00:53:46 368 Sallyann Prothorge Lowestoft Road Runners F Vet 50 150 00:54:01 271 Rosamund Payne Unattached F Vet 45 151 00:55:07 391 Gary Lansdale Unattached M Senior 152 00:55:41 416 Rosie Grieve Waveney Val	142	00:50:05	335	David	Sowter	Coltishall Jaguars	M	Vet 65
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148 00:53:38 290 Helen Denny Unattached F Senior 149 00:53:46 368 Sallyann Prothorge Lowestoft Road Runners F Vet 50 150 00:54:01 271 Rosamund Payne Unattached F Vet 45 151 00:55:07 391 Gary Lansdale Unattached M Senior 152 00:55:41 416 Rosie Grieve Waveney Valley AC F Senior 153 00:59:03 268 Wendy Merfield The Saxons F Vet 65 154 01:02:29 342 Hayley Donnelly Unattached F Senior 155 DNF 277 Louis Martindale Luton AC M Senior	146	00:51:30	404	Maureen		Great Yarmouth AC	F	Vet 65
148 00:53:38 290 Helen Denny Unattached F Senior 149 00:53:46 368 Sallyann Prothorge Lowestoft Road Runners F Vet 50 150 00:54:01 271 Rosamund Payne Unattached F Vet 45 151 00:55:07 391 Gary Lansdale Unattached M Senior 152 00:55:41 416 Rosie Grieve Waveney Valley AC F Senior 153 00:59:03 268 Wendy Merfield The Saxons F Vet 65 154 01:02:29 342 Hayley Donnelly Unattached F Senior 155 DNF 277 Louis Martindale Luton AC M Senior	147					Waveney Valley AC	F	
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150 00:54:01 271 Rosamund Payne Unattached F Vet 45 151 00:55:07 391 Gary Lansdale Unattached M Senior 152 00:55:41 416 Rosie Grieve Waveney Valley AC F Senior 153 00:59:03 268 Wendy Merfield The Saxons F Vet 65 154 01:02:29 342 Hayley Donnelly Unattached F Senior 155 DNF 277 Louis Martindale Luton AC M Senior	149					Lowestoft Road Runners	F	
152 00:55:41 416 Rosie Grieve Waveney Valley AC F Senior 153 00:59:03 268 Wendy Merfield The Saxons F Vet 65 154 01:02:29 342 Hayley Donnelly Unattached F Senior 155 DNF 277 Louis Martindale Luton AC M Senior	150	00:54:01	271	Rosamund	Payne	Unattached	F	Vet 45
152 00:55:41 416 Rosie Grieve Waveney Valley AC F Senior 153 00:59:03 268 Wendy Merfield The Saxons F Vet 65 154 01:02:29 342 Hayley Donnelly Unattached F Senior 155 DNF 277 Louis Martindale Luton AC M Senior	151	00:55:07	391	Gary	Lansdale	Unattached	M	Senior
15401:02:29342HayleyDonnellyUnattachedFSenior155DNF277LouisMartindaleLuton ACMSenior	152	00:55:41	416		Grieve	Waveney Valley AC	F	
155 DNF 277 Louis Martindale Luton AC M Senior	153	00:59:03	268	Wendy	Merfield	The Saxons	F	Vet 65
	154	01:02:29	342	Hayley	Donnelly	Unattached	F	Senior
	155	DNF	277			Luton AC	M	Senior
	156	DNF	412	Charlie	Jones	Rock Estate Riders	M	Senior
157 DNF 256 Philip Conquest Unattached M Vet 55	157	DNF	256	Philip	Conquest	Unattached	M	
158 DNR 332 Mark Mountain Great Yarmouth Road M Senior		DNR	332	•	-	Great Yarmouth Road	M	
159 DNR 254 Robert Arnell Great Yarmouth Road M Vet 65				D 1 4				1/-1.05

POS	TIME	NO	FIRST NAME	SURNAME	CLUB	M/F	Category
160	DNR	270	Sam	Payne	Unattached	M	Senior
161	DNR	272	Philip	Powles	Unattached	M	Senior
162	DNR	310	Andrew	Horton	Unattached	M	Senior
163	DNR	279	David	Mower	Waveney Valley AC	M	Vet 55