

NO	TIME	POSITION	FIRST NAME	SURNAME	CLUB	M/F
210	00:27:01	1	Carl	Prewer	Lowestoft Road Runners	M
102	00:27:12	2	Robert	Chenery	Ipswich Jaffa RC	M
136	00:27:17	3	Ben	Harris	Unattached	M
215	00:27:37	4	Johnny	Lee	Unattached	M
149	00:27:46	5	Nick	Palmer	Stowmarket Striders RC	M
133	00:28:10	6	Dominic	Oliver	Great Yarmouth & District AC	M
148	00:28:57	7	Jonathan	Ling	Ipswich Jaffa RC	M
254	00:29:25	8	Lee	Cook	Rock Estate	M
235	00:30:08	9	Chris	Scott	Lowestoft Road Runners	M
104	00:30:18	10	Stuart	Calver	Unattached	M
192	00:31:00	11	Lee	Casey	Lowestoft A.B.C Boxing Club	M
185	00:31:07	12	Paul	Lyon	Lowestoft Road Runners	M
229	00:31:16	13	Kyle	Wilcox	Unattached	M
219	00:31:18	14	Jonathan	Cordle	Tri-Anglia	M
107	00:31:20	15	Andy	Roberts	Unattached	M
249	00:31:23	16	Ian	McInally	Unattached	M
222	00:31:24	17	Mick	Glynn	Unattached	M
266	00:31:25	18	Jonathan	Meadows	Lowestoft Road Runners	M
231	00:31:53	19	Tim	Earl	Waveney Valley AC	M
121	00:32:05	20	Ross	Lambert	Unattached	M
190	00:32:11	21	Peter	Davison-White	Lowestoft A.B.C Boxing Club	M
247	00:32:29	22	Mark	Philo	Tri-Anglia	M
197	00:32:55	23	John	Baxter	Unattached	M
264	00:33:12	24	Carl	Moore	Unattached	M
246	00:33:16	25	Lee	Cousens	Waveney Valley AC	M
184	00:33:20	26	Ashley	Norton	Lowestoft Road Runners	M
186	00:33:27	27	John	Weston	Ipswich Jaffa RC	M
115	00:33:33	28	Nick	Overy	Unattached	M
271	00:33:34	29	James	Drake	Rock Estate	M
178	00:33:38	30	Peter	McGowan	Portobello Running Club	M
277	00:33:42	31	Craig	Leech	Unattached	M
154	00:33:49	32	Barry	Stratford	Unattached	M
160	00:33:52	33	David	Fletcher	Unattached	M
183	00:34:10	34	Catherine	Lee	Great Yarmouth & District AC	F
203	00:34:19	35	Matt	Hardy	Unattached	M
196	00:34:20	36	Jon	Wetherell	Unattached	M
253	00:34:25	37	Martin	Reeve	Unattached	M
134	00:34:26	38	Seamus	Wrigley	Waveney Valley AC	M
214	00:34:34	39	Karen	Archbold	Lowestoft Road Runners	F
260	00:34:36	40	Lee	Ellis	Unattached	M
129	00:34:39	41	Simon	Wiggins	Felixstowe RRC	M
126	00:34:45	42	Duncan	Chenery	Ipswich Jaffa RC	M
194	00:34:47	43	Billy	Innes	Lowestoft A.B.C Boxing Club	M
221	00:35:03	44	Phil	Denby	Tri-Anglia	M
262	00:35:06	45	Robert	Brough	Unattached	M
263	00:35:17	46	Ryan	Mitchell	Unattached	M
217	00:35:18	47	Alan	Brady	Unattached	M
213	00:35:19	48	Samuel	Payne	Unattached	M
265	00:35:22	49	Mark	Elflett	Lowestoft Road Runners	M
167	00:35:24	50	Mark	Hedges	Unattached CID1	M
141	00:35:37	51	Stephen	Leeves	Great Yarmouth Road Runners	M
198	00:36:00	52	Jonathan	Price	Sudbury Joggers	M
268	00:36:06	53	Jon	Comyn	Waveney Valley AC	M
158	00:36:11	54	Leon	Gooch	Unattached	M
250	00:36:12	55	Mike	Teale	Unattached	M

156	00:36:13	56	Phil	Cox	Unattached	M
135	00:36:17	57	Paul	Brown	Great Yarmouth & District AC	M
171	00:36:24	58	Paddy	Woodham	Unattached CID1	M
132	00:36:31	59	Richard	knights	Unattached	M
252	00:36:32	60	Leigh	Smith	Unattached	M
191	00:36:33	61	Lewis	Davies	Lowestoft A.B.C Boxing Club	M
230	00:36:34	62	Peter	Edmunds	Unattached	M
270	00:36:37	63	Chris	Davies	Unattached	M
259	00:36:38	64	John	Bone	Great Yarmouth Road Runners	M
258	00:36:39	65	Ashley	Palmer	Unattached	M
209	00:36:40	66	Mike	Bretton	Unattached	M
207	00:36:43	67	Steve	Gibbs	Waveney Valley AC	M
241	00:36:44	68	Sylvia	Kiafvla	Unattached	F
244	00:36:55	69	Paul	Harrod	Waveney Valley AC	M
164	00:37:03	70	Sarah	Vick	The Saxons	F
267	00:37:05	71	Peter	Drake	Rock Estate	M
139	00:37:10	72	Darryl	Futter	Bungay Black Dog Running Club	M
245	00:37:10	73	Karim	Quaddane	Unattached	M
193	00:37:16	74	Jamie	Brewer	Lowestoft A.B.C Boxing Club	M
257	00:37:18	75	Roger	Williams	Great Yarmouth Road Runners	M
188	00:37:20	76	Wayne	Freeman	Unattached	M
180	00:37:21	77	Glenn	Doy	Unattached	M
145	00:37:23	78	Michael	Kirk	Unattached	M
255	00:37:29	79	James	Donnelly	Unattached	M
110	00:37:37	80	Adrian	Hunt	Unattached	M
202	00:37:41	81	Lisa	Knights	Unattached	F
105	00:38:10	82	Michael	Flower	Norfolk Harriers	M
240	00:38:14	83	Paula	Lambert	Waveney Valley AC	F
137	00:38:24	84	Matthew	Reynolds	Unattached	M
143	00:38:26	85	Markus	Wegg	Unattached	M
228	00:38:28	86	Joesph	Mayne	Waveney Valley AC	M
226	00:38:31	87	Nigel	Ayers	Unattached	M
103	00:38:38	88	Sue	Allen	Coltishall Jaguars	F
232	00:38:44	89	Adrian	Fisher	Unattached	M
227	00:39:05	90	Tina	Jordan	Birds Eye	F
248	00:39:06	91	Paul	Westgate	Great Yarmouth Road Runners	M
169	00:39:13	92	Rob	Brotherston	Unattached CID2	M
175	00:39:13	93	Darren	Winchester	Unattached CID2	M
147	00:39:21	94	Chris	Dye	Unattached	M
161	00:39:29	95	Nigel	Lyman	Bungay Black Dog Running Club	M
127	00:39:30	96	Steve	Mablesen	Unattached	M
276	00:39:30	97	Luke	Pipe	Unattached	M
117	00:39:36	98	Patrick	McCabe	Unattached	M
199	00:39:36	99	Annette	Manning	Bungay Black Dog Running Club	F
200	00:39:39	100	Martin	Hazell	Unattached	M
128	00:39:48	101	Jason	Tillett	Unattached	M
144	00:39:48	102	Nicholas	Gibbs	Unattached	M
106	00:39:50	103	Neil	Thomas	Bungay Black Dog Running Club	M
204	00:39:54	104	Nicholas	Hodges	Unattached	M
131	00:40:04	105	Christopher	Howard	Unattached	M
181	00:40:06	106	Kelvin	Waters	Unattached	M
225	00:40:08	107	Dan	Hurren	Unattached	M
273	00:40:09	108	Steven	Shipley	Unattached	M
233	00:40:12	109	Leslie	Slater	Unattached	F
124	00:40:15	110	Lorrain	Dawson	Great Yarmouth Road Runners	F
224	00:40:18	111	Harley	Ayers	Unattached	M

205	00:40:23	112	Silke	Hunter	Unattached	F
272	00:40:24	113	Philip	Conquest	Unattached	M
172	00:40:25	114	Simon	Bridgland	Unattached CID2	M
174	00:40:26	115	Shane	Davey	Unattached CID4	M
162	00:40:34	116	Heather	Hollister	Coltishall Jaguars	F
155	00:41:21	117	Lisa	Riley	Unattached	F
177	00:41:21	118	Matthew	Rogers	Unattached CID1	M
269	00:41:22	119	Elayne	Hilton	Lowestoft Road Runners	F
140	00:41:25	120	Pauline	Richardson	Great Yarmouth Road Runners	F
279	00:41:26	121	Blake	Peter	Unattached	M
122	00:41:31	122	Marie	Ayers	Unattached	F
278	00:41:31	123	Mark	Lawson	Great Yarmouth & District AC	M
123	00:41:32	124	Philip	Ayers	Unattached	M
216	00:41:51	125	Ewan	Gittins	Unattached	M
208	00:41:57	126	James	Wilson	Unattached	M
166	00:42:01	127	Gary	Small	Unattached CID3	M
113	00:42:08	128	Dennis	Simpson	Unattached	M
275	00:42:10	129	Victoria	Swanston	Unattached	F
243	00:42:22	130	Phillip	Codmore	Unattached	M
100	00:42:24	131	Abi	Ife	Unattached	F
101	00:42:24	132	Tracey	Read	Unattached	F
146	00:42:31	133	Carolyn	Jay	Unattached	F
238	00:42:45	134	Adam	Faben	Unattached	M
108	00:43:00	135	Andrew	McNamara	Great Yarmouth & District AC	M
242	00:43:01	136	David	Wanton	Unattached	M
176	00:43:07	137	Darren	Skuse	Unattached CID3	M
157	00:43:14	138	Mark	Durrant	Unattached	M
111	00:43:30	139	David	Drewitt	Great Yarmouth & District AC	M
218	00:43:33	140	Stephanie	Hoyle	Unattached	F
256	00:43:34	141	Hayley	Donnelly	Unattached	F
201	00:43:49	142	Adele	Bushell	Coltishall Jaguars	F
170	00:44:10	143	Alan	Barnes	Unattached CID3	M
261	00:44:22	144	Elaine	Stone	Unattached	F
125	00:44:27	145	Paul	Breach	Unattached	M
187	00:44:49	146	Ashley	Hutchings	Unattached	M
211	00:44:57	147	Tamsin	Desborough	Great Yarmouth Road Runners	F
159	00:45:01	148	Phillip	Laurier	Lowestoft Road Runners	M
179	00:45:05	149	Kevin	Barnard	Unattached	M
223	00:45:08	150	Alison	Ayers	Unattached	F
239	00:45:16	151	Sally	Adams	Unattached	F
206	00:45:20	152	Carolyn	Poole	Norfolk Gazelles AC	F
220	00:45:22	153	Anne	Florence	Tri-Anglia	F
153	00:45:54	154	Nicholas	Carter	Unattached	M
189	00:45:59	155	Ben	Poole	Lowestoft A.B.C Boxing Club	M
151	00:46:13	156	Darren	Hambly	Unattached	M
168	00:46:23	157	Shelley	Haverson	Waveney Valley AC	F
152	00:46:25	158	Ashling	Rivá	Unattached	F
150	00:46:28	159	Rod	Palmer	Unattached	M
236	00:46:30	160	Melissa	Mitchell	Coyotes	F
116	00:46:31	161	Amie Jane	Williams	Waveney Valley AC	F
280	00:46:31	162	Donna	Boggis	Waveney Valley AC	F
195	00:46:46	163	Rebecca	Dowsett	Unattached	F
234	00:47:02	164	Georgina	Scott	Lowestoft Road Runners	F
274	00:47:18	165	Vicky	Aldred	Lowestoft Road Runners	F
119	00:47:44	166	Stuart	Martindale	Unattached	M
182	00:47:55	167	Tony	Ludlam	Unattached	M

237	00:48:22	168	Liam	Miller	Coyotes	M
120	00:48:25	169	Carrie	Martindale	Unattached	F
118	00:48:26	170	Dave	Martindale	Unattached	M
251	00:50:10	171	Robert	Arnell	Great Yarmouth Road Runners	M
212	00:50:19	172	Helen	Denny	Unattached	F
165	00:51:32	173	Hayley	Coleman	Unattached CID4	F
173	00:51:32	174	Denny	Davey	Unattached CID4	M
138	00:53:45	175	Graeme	Kidd	Unattached	M
112	00:57:55	176	Roger	Mawer	Lowestoft Road Runners	M
163	01:03:09	177	Wendy	Merfield	The Saxons	F
109	DNF	DNF	Stephen	Oldman	Bungay Black Dog Running Club	M
142	DNS	DNS	Ailsa	MacDonald	Waveney Valley AC	F
130	DNS	DNS	Bob	Arnell	Great Yarmouth Road Runners	M
114	DNS	DNS	Mark	Thompson	Unattached	M

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