NO	TIME	POSITION	FIRST NAME	SURNAME	CLUB	M/F
210	00:27:01	1	Carl	Prewer	Lowestoft Road Runners	М
102	00:27:12	2	Robert	Chenery	lpswich Jaffa RC	М
136	00:27:17	3	Ben	Harris	Unattached	М
215	00:27:37	4	Johnny	Lee	Unattached	М
149	00:27:46	5	Nick	Palmer	Stowmarket Striders RC	М
133	00:28:10	6	Dominic	Oliver	Great Yarmouth & District AC	М
148	00:28:57	7	Jonathan	Ling	lpswich Jaffa RC	М
254	00:29:25	8	Lee	Cook	Rock Estate	М
235	00:30:08	9	Chris	Scott	Lowestoft Road Runners	М
104	00:30:18	10	Stuart	Calver	Unattached	М
192	00:31:00	11	Lee	Casey	Lowestoft A.B.C Boxing Club	М
185	00:31:07	12	Paul	Lyon	Lowestoft Road Runners	M
229	00:31:16	13	Kyle	Wilcox	Unattached	М
219	00:31:18	14	Jonathan	Cordle	Tri-Anglia	М
107	00:31:20	15	Andy	Roberts	Unattached	М
249	00:31:23	16	lan	McInally	Unattached	М
222	00:31:24	17	Mick	Glynn	Unattached	M
266	00:31:25	18	Jonathan	Meadows	Lowestoft Road Runners	М
231	00:31:53	19	Tim	Earl	Waveney Valley AC	М
121	00:32:05	20	Ross	Lambert	Unattached	М
190	00:32:11	21	Peter	Davison-White	Lowestoft A.B.C Boxing Club	M
247	00:32:29	22	Mark	Philo	Tri-Anglia	М
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	М
184	00:33:20	26	Ashley	Norton	Lowestoft Road Runners	М
186	00:33:27	27	John	Weston	lpswich 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	М
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	М
129	00:34:39	41	Simon	Wiggins	Felixstowe RRC	М
126	00:34:45	42	Duncan	Chenery	Ipswich Jaffa RC	М
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 55	Leon	Gooch	Unattached	M
250	00:36:12	55	Mike	Teale	Unattached	М

156	00:36:13	56	Phil	Cox	Unattached	М
135	00:36:17	57	Paul	Brown	Great Yarmouth & District AC	М
171	00:36:24	58	Paddy	Woodham	Unattached CID1	М
132	00:36:31	59	Richard	knights	Unattached	М
252	00:36:32	60	Leigh	Smith	Unattached	М
191	00:36:33	61	Lewis	Davies	Lowestoft A.B.C Boxing Club	М
230	00:36:34	62	Peter	Edmunds	Unattached	М
270	00:36:37	63	Chris	Davies	Unattached	М
259	00:36:38	64	John	Bone	Great Yarmouth Road Runners	М
258	00:36:39	65	Ashley	Palmer	Unattached	М
209	00:36:40	66	Mike	Bretton	Unattached	М
207	00:36:43	67	Steve	Gibbs	Waveney Valley AC	М
241	00:36:44	68	Sylvia	Kiafvla	Unattached	F
244	00:36:55	69	Paul	Harrod	Waveney Valley AC	М
164	00:37:03	70	Sarah	Vick	The Saxons	F
267	00:37:05	71	Peter	Drake	Rock Estate	М
139	00:37:10	72	Darryl	Futter	Bungay Black Dog Running Club	М
245	00:37:10	73	Karim	Quaddane	Unattached	М
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	00:37:10	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	М
227	00:39:05	90	Tina	Jordan	Birds Eye	F
248		91	Paul	Westgate	Great Yarmouth Road Runners	M
169	00:39:06 00:39:13	92	Rob			M
				Brotherston	Unattached CID2	_
175	00:39:13	93	Darren Chris	Winchester	Unattached CID2	M
147	00:39:21	94 95		Dye	Unattached	M
161 127	00:39:29 00:39:30	95	Nigel	Lyman	Bungay Black Dog Running Club Unattached	M M
		96	Steve	Mableson		
276	00:39:30		Luke	Pipe McCabo	Unattached	M
117	00:39:36	98	Patrick	McCabe Manning	Unattached  Rungay Black Dog Running Club	M F
199	00:39:36	99	Annette	Manning Hazell	Bungay Black Dog Running Club	
200	00:39:39	100	Martin		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	М
172	00:40:25	114	Simon	Bridgland	Unattached CID2	М
174	00:40:26	115	Shane	Davey	Unattached CID4	М
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	М
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	М
122	00:41:31	122	Marie	Ayers	Unattached	F
278	00:41:31	123	Mark	Lawson	Great Yarmouth & District AC	М
123	00:41:32	124	Philip	Ayers	Unattached	М
216	00:41:51	125	Ewan	Gittins	Unattached	М
208	00:41:57	126	James	Wilson	Unattached	М
166	00:42:01	127	Gary	Small	Unattached CID3	М
113	00:42:08	128	Dennis	Simpson	Unattached	М
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	00:42:45	135	Andrew	McNamara	Great Yarmouth & District AC	M
242	00:43:01	136	David	Wanton	Unattached	M
		137				M
176	00:43:07		Darren	Skuse	Unattached CID3	
157	00:43:14	138	Mark	Durrant	Unattached	M
111	00:43:30	139	David	Drewitt	Great Yarmouth & District AC	M
		440	04 1 1 -	111-	l la atta ala a d	
218	00:43:33	140	Stephanie	Hoyle	Unattached	F
256	00:43:34	141	Hayley	Donnelly	Unattached	F
256 201	00:43:34 00:43:49	141 142	Hayley Adele	Donnelly Bushell	Unattached Coltishall Jaguars	F
256 201 170	00:43:34 00:43:49 00:44:10	141 142 143	Hayley Adele Alan	Donnelly Bushell Barnes	Unattached Coltishall Jaguars Unattached CID3	F F M
256 201 170 261	00:43:34 00:43:49 00:44:10 00:44:22	141 142 143 144	Hayley Adele Alan Elaine	Donnelly Bushell Barnes Stone	Unattached Coltishall Jaguars Unattached CID3 Unattached	F F M F
256 201 170 261 125	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27	141 142 143 144 145	Hayley Adele Alan Elaine Paul	Donnelly Bushell Barnes Stone Breach	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached	F M F M
256 201 170 261 125 187	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27 00:44:49	141 142 143 144 145 146	Hayley Adele Alan Elaine Paul Ashley	Donnelly Bushell Barnes Stone Breach Hutchings	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached Unattached Unattached	F M F M
256 201 170 261 125 187 211	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27 00:44:49 00:44:57	141 142 143 144 145 146 147	Hayley Adele Alan Elaine Paul Ashley Tamsin	Donnelly Bushell Barnes Stone Breach Hutchings Desborough	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached Unattached Great Yarmouth Road Runners	F M F M
256 201 170 261 125 187 211 159	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27 00:44:49 00:44:57 00:45:01	141 142 143 144 145 146 147	Hayley Adele Alan Elaine Paul Ashley Tamsin Phillip	Donnelly Bushell Barnes Stone Breach Hutchings Desborough Laurier	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached Unattached Great Yarmouth Road Runners Lowestoft Road Runners	F M F M M
256 201 170 261 125 187 211 159 179	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27 00:44:49 00:44:57 00:45:01 00:45:05	141 142 143 144 145 146 147 148	Hayley Adele Alan Elaine Paul Ashley Tamsin Phillip Kevin	Donnelly Bushell Barnes Stone Breach Hutchings Desborough Laurier Barnard	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached Unattached Great Yarmouth Road Runners Lowestoft Road Runners Unattached	F M F M M F
256 201 170 261 125 187 211 159 179 223	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27 00:44:49 00:44:57 00:45:01 00:45:05 00:45:08	141 142 143 144 145 146 147 148 149	Hayley Adele Alan Elaine Paul Ashley Tamsin Phillip Kevin Alison	Donnelly Bushell Barnes Stone Breach Hutchings Desborough Laurier Barnard Ayers	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached Unattached Great Yarmouth Road Runners Lowestoft Road Runners Unattached Unattached Unattached Unattached	F M F M M M F
256 201 170 261 125 187 211 159 179 223 239	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27 00:44:49 00:44:57 00:45:01 00:45:05 00:45:08 00:45:16	141 142 143 144 145 146 147 148 149 150	Hayley Adele Alan Elaine Paul Ashley Tamsin Phillip Kevin Alison Sally	Donnelly Bushell Barnes Stone Breach Hutchings Desborough Laurier Barnard Ayers Adams	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached Unattached Great Yarmouth Road Runners Lowestoft Road Runners Unattached Unattached Unattached Unattached Unattached	F M F M M F M
256 201 170 261 125 187 211 159 179 223 239 206	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27 00:44:49 00:44:57 00:45:01 00:45:05 00:45:08 00:45:16 00:45:20	141 142 143 144 145 146 147 148 149 150 151	Hayley Adele Alan Elaine Paul Ashley Tamsin Phillip Kevin Alison Sally Carolyn	Donnelly Bushell Barnes Stone Breach Hutchings Desborough Laurier Barnard Ayers Adams Poole	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached Unattached Great Yarmouth Road Runners Lowestoft Road Runners Unattached Unattached Unattached Unattached Norfolk Gazelles AC	F M M M M F M
256 201 170 261 125 187 211 159 179 223 239 206 220	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27 00:44:49 00:44:57 00:45:01 00:45:05 00:45:08 00:45:16 00:45:20 00:45:22	141 142 143 144 145 146 147 148 149 150 151 152	Hayley Adele Alan Elaine Paul Ashley Tamsin Phillip Kevin Alison Sally Carolyn Anne	Donnelly Bushell Barnes Stone Breach Hutchings Desborough Laurier Barnard Ayers Adams Poole Florence	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached Unattached Great Yarmouth Road Runners Lowestoft Road Runners Unattached Unattached Unattached Unattached Tri-Anglia	F M M M F M M F F
256 201 170 261 125 187 211 159 179 223 239 206 220 153	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27 00:44:49 00:44:57 00:45:01 00:45:05 00:45:08 00:45:16 00:45:20 00:45:22 00:45:54	141 142 143 144 145 146 147 148 149 150 151 152 153	Hayley Adele Alan Elaine Paul Ashley Tamsin Phillip Kevin Alison Sally Carolyn Anne Nicholas	Donnelly Bushell Barnes Stone Breach Hutchings Desborough Laurier Barnard Ayers Adams Poole Florence Carter	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached Unattached Great Yarmouth Road Runners Lowestoft Road Runners Unattached Unattached Unattached Unattached Tri-Anglia Unattached Unattached	F M M F F F F M
256 201 170 261 125 187 211 159 179 223 239 206 220 153 189	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27 00:44:49 00:44:57 00:45:01 00:45:05 00:45:08 00:45:16 00:45:20 00:45:22 00:45:54 00:45:59	141 142 143 144 145 146 147 148 149 150 151 152 153 154	Hayley Adele Alan Elaine Paul Ashley Tamsin Phillip Kevin Alison Sally Carolyn Anne Nicholas Ben	Donnelly Bushell Barnes Stone Breach Hutchings Desborough Laurier Barnard Ayers Adams Poole Florence Carter Poole	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached Unattached Great Yarmouth Road Runners Lowestoft Road Runners Unattached Unattached Unattached Unattached Unattached Unattached Unattached Lowestoft Rozelles AC Tri-Anglia Unattached Lowestoft A.B.C Boxing Club	F M M M F M M F F F F
256 201 170 261 125 187 211 159 179 223 239 206 220 153 189 151	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27 00:44:49 00:44:57 00:45:01 00:45:05 00:45:08 00:45:16 00:45:20 00:45:22 00:45:54 00:45:59 00:46:13	141 142 143 144 145 146 147 148 149 150 151 152 153 154 155	Hayley Adele Alan Elaine Paul Ashley Tamsin Phillip Kevin Alison Sally Carolyn Anne Nicholas Ben Darren	Donnelly Bushell Barnes Stone Breach Hutchings Desborough Laurier Barnard Ayers Adams Poole Florence Carter Poole Hambly	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached Unattached Great Yarmouth Road Runners Lowestoft Road Runners Unattached Unattached Unattached Unattached Unattached Lowestoft Gazelles AC Tri-Anglia Unattached Lowestoft A.B.C Boxing Club Unattached	F M M F F F F M M M
256 201 170 261 125 187 211 159 179 223 239 206 220 153 189 151 168	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27 00:44:49 00:44:57 00:45:01 00:45:05 00:45:08 00:45:16 00:45:20 00:45:22 00:45:54 00:45:59 00:46:13 00:46:23	141 142 143 144 145 146 147 148 149 150 151 152 153 154 155 156	Hayley Adele Alan Elaine Paul Ashley Tamsin Phillip Kevin Alison Sally Carolyn Anne Nicholas Ben Darren Shelley	Donnelly Bushell Barnes Stone Breach Hutchings Desborough Laurier Barnard Ayers Adams Poole Florence Carter Poole Hambly Haverson	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached Unattached Great Yarmouth Road Runners Lowestoft Road Runners Unattached Unattached Unattached Unattached Unattached Lowestoft Gazelles AC Tri-Anglia Unattached Lowestoft A.B.C Boxing Club Unattached Waveney Valley AC	F M M F F M M M F F M M M F F M M M F F M M M F F M M M F F M M M F F M M M F M M F M M M F M M M M F M M M M M F M
256 201 170 261 125 187 211 159 179 223 239 206 220 153 189 151 168 152	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27 00:44:49 00:44:57 00:45:01 00:45:05 00:45:08 00:45:16 00:45:20 00:45:22 00:45:54 00:45:59 00:46:13 00:46:23 00:46:25	141 142 143 144 145 146 147 148 149 150 151 152 153 154 155 156 157	Hayley Adele Alan Elaine Paul Ashley Tamsin Phillip Kevin Alison Sally Carolyn Anne Nicholas Ben Darren Shelley Ashling	Donnelly Bushell Barnes Stone Breach Hutchings Desborough Laurier Barnard Ayers Adams Poole Florence Carter Poole Hambly Haverson Rivá	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached Unattached Great Yarmouth Road Runners Lowestoft Road Runners Unattached Unattached Unattached Unattached Unattached Lowestoft Road Runners Unattached Unattached Unattached Waveney Valley AC Unattached	F M M F F M M M F F F F F F F F F F F F
256 201 170 261 125 187 211 159 179 223 239 206 220 153 189 151 168 152 150	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27 00:44:49 00:44:57 00:45:01 00:45:05 00:45:08 00:45:16 00:45:20 00:45:22 00:45:54 00:45:59 00:46:13 00:46:23 00:46:25 00:46:28	141 142 143 144 145 146 147 148 149 150 151 152 153 154 155 156 157 158	Hayley Adele Alan Elaine Paul Ashley Tamsin Phillip Kevin Alison Sally Carolyn Anne Nicholas Ben Darren Shelley Ashling Rod	Donnelly Bushell Barnes Stone Breach Hutchings Desborough Laurier Barnard Ayers Adams Poole Florence Carter Poole Hambly Haverson Rivá Palmer	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached Unattached Great Yarmouth Road Runners Lowestoft Road Runners Unattached Unattached Unattached Unattached Unattached Unattached Lowestoft A.B.C Boxing Club Unattached	F M M F F M M M F F M M M F F M M M M F F M M M M F F M M M M F F M
256 201 170 261 125 187 211 159 179 223 239 206 220 153 189 151 168 152 150 236	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27 00:44:49 00:44:57 00:45:01 00:45:05 00:45:08 00:45:16 00:45:20 00:45:22 00:45:54 00:45:59 00:46:13 00:46:23 00:46:25 00:46:28 00:46:30	141 142 143 144 145 146 147 148 149 150 151 152 153 154 155 156 157 158 159	Hayley Adele Alan Elaine Paul Ashley Tamsin Phillip Kevin Alison Sally Carolyn Anne Nicholas Ben Darren Shelley Ashling Rod Melissa	Donnelly Bushell Barnes Stone Breach Hutchings Desborough Laurier Barnard Ayers Adams Poole Florence Carter Poole Hambly Haverson Rivá Palmer Mitchell	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached Unattached Great Yarmouth Road Runners Lowestoft Road Runners Unattached Unattached Unattached Unattached Unattached Unattached Lowestoft A.B.C Boxing Club Unattached Unattached Coyotes	F M M F F M M M F F M M F F F F F F F F
256 201 170 261 125 187 211 159 179 223 239 206 220 153 189 151 168 152 150 236 116	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27 00:44:49 00:44:57 00:45:01 00:45:05 00:45:08 00:45:16 00:45:20 00:45:22 00:45:54 00:45:59 00:46:13 00:46:23 00:46:28 00:46:30 00:46:31	141 142 143 144 145 146 147 148 149 150 151 152 153 154 155 156 157 158 159 160	Hayley Adele Alan Elaine Paul Ashley Tamsin Phillip Kevin Alison Sally Carolyn Anne Nicholas Ben Darren Shelley Ashling Rod	Donnelly Bushell Barnes Stone Breach Hutchings Desborough Laurier Barnard Ayers Adams Poole Florence Carter Poole Hambly Haverson Rivá Palmer	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached Unattached Great Yarmouth Road Runners Lowestoft Road Runners Unattached Unattached Unattached Unattached Unattached Lowestoft A.B.C Boxing Club Unattached Waveney Valley AC Unattached Unattached Waveney Valley AC Unattached Unattached Unattached Unattached Waveney Valley AC	F M M F F M M F F F M M F F F F F F F F
256 201 170 261 125 187 211 159 179 223 239 206 220 153 189 151 168 152 150 236 116 280	00:43:34 00:43:49 00:44:10 00:44:22 00:44:27 00:44:49 00:44:57 00:45:01 00:45:05 00:45:08 00:45:16 00:45:20 00:45:22 00:45:54 00:45:59 00:46:13 00:46:23 00:46:23 00:46:31 00:46:31	141 142 143 144 145 146 147 148 149 150 151 152 153 154 155 156 157 158 159 160 161	Hayley Adele Alan Elaine Paul Ashley Tamsin Phillip Kevin Alison Sally Carolyn Anne Nicholas Ben Darren Shelley Ashling Rod Melissa Amie Jane Donna	Donnelly Bushell Barnes Stone Breach Hutchings Desborough Laurier Barnard Ayers Adams Poole Florence Carter Poole Hambly Haverson Rivá Palmer Mitchell Williams Boggis	Unattached Coltishall Jaguars Unattached CID3 Unattached Unattached Unattached Great Yarmouth Road Runners Lowestoft Road Runners Unattached Unattached Unattached Unattached Unattached Varieles AC Tri-Anglia Unattached Lowestoft A.B.C Boxing Club Unattached Unattached Coyotes Waveney Valley AC Waveney Valley AC Waveney Valley AC	F M M F F M M F F F F F F F F F F F F F
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237	00:48:22	168	Liam	Miller	Coyotes	М
120	00:48:25	169	Carrie	Martindale	Unattached	F
118	00:48:26	170	Dave	Martindale	Unattached	М
251	00:50:10	171	Robert	Arnell	Great Yarmouth Road Runners	М
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	М
138	00:53:45	175	Graeme	Kidd	Unattached	М
112	00:57:55	176	Roger	Mawer	Lowestoft Road Runners	М
163	01:03:09	177	Wendy	Merfield	The Saxons	F
109	DNF	DNF	Stephen	Oldman	Bungay Black Dog Running Club	М
142	DNS	DNS	Ailsa	MacDonald	Waveney Valley AC	F
130	DNS	DNS	Bob	Arnell	Great Yarmouth Road Runners	М
114	DNS	DNS	Mark	Thompson	Unattached	М

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