

	Turkey Trot	14/12/2014	Scorer: Richard Aukland - richard@aukinfo.com / 07906 094578						
Race No	Firstname	Lastname	Gender	Affiliated Club/Team Name	Category	Time	Overall Rank	Male Rank	Female Rank
269	Joe	Skipper	Male	City Of Norwich AC	Senior	00:54:48	1	1	
114	Carl	Goose	Male	City Of Norwich AC	Senior	00:55:21	2	2	
85	Michael	Eccles	Male	Norfolk Gazelles AC	Senior	00:56:30	3	3	
284	Matthew	Spencer	Male	Ipswich Jaffa RC	Senior	00:56:35	4	4	
198	Kieran	Mcmorran	Male	Bungay Black Dog RC	Senior	00:56:40	5	5	
61	Lee	Cook	Male	Lowestoft Road Runners	Senior	00:57:37	6	6	
176	Will	Law	Male	Ipswich Jaffa RC	Senior	00:58:20	7	7	
250	Jeremy	Rogers	Male	Abbey Runners	Vet 40	00:58:24	8	8	
175	Jim	Last	Male	Framlingham Flyers	Senior	00:58:29	9	9	
291	Roger	Stone	Male	Felixstowe RRC	Vet 45	00:58:59	10	10	
306	Lawrence	Wade	Male	Eastern Veterans AC	Vet 40	00:59:58	11	11	
107	Jack	Gillick	Male	Wymondham AC	Senior	01:00:31	12	12	
319	Thomas	White	Male	Saint Edmund Pacers	Senior	01:00:57	13	13	
268	Darren	Sheppard	Male	Framlingham Flyers	Vet 40	01:01:50	14	14	
207	John	Moore	Male	Norfolk Gazelles AC	Vet 50	01:02:11	15	15	
32	Warren	Birch	Male	Ipswich Jaffa RC	Vet 45	01:02:16	16	16	
138	Mark	Hayward	Male	Stowmarket Striders RC	Senior	01:02:18	17	17	
278	Dave	Solomon	Male	Felixstowe RRC	Vet 45	01:03:24	18	18	
170	Todd	Lake	Male	Dereham Runners & AC	Vet 50	01:03:39	19	19	
182	Jay	Lingwood	Male	Unaffiliated	Senior	01:03:55	20	20	
134	Richard	Hayes	Male	Unaffiliated	Vet 40	01:04:14	21	21	
42	Jason	Brunt	Male	Unaffiliated	Vet 40	01:04:48	22	22	
259	Chris	Scott	Male	Unaffiliated	Senior	01:04:50	23	23	
58	Mark	Clues	Male	Tri-Anglia Triathlon Club	Vet 45	01:04:52	24	24	
44	Andy	Buck	Male	Sudbury Joggers	Vet 50	01:04:56	25	25	
217	Paul	Nickells	Male	Woodbridge Shufflers RC	Vet 50	01:05:13	26	26	
321	Luke	Whitwell	Male	Felixstowe RRC	Senior	01:05:55	27	27	
325	Jon	Wiles	Male	Bungay Black Dog RC	Vet 40	01:05:56	28	28	
49	Leigh	Butcher	Male	Lowestoft Road Runners	Senior	01:06:04	29	29	
135	Chris	Haylock	Male	Lowestoft Road Runners	Vet 40	01:06:09	30	30	
146	David	Hook	Male	City Of Norwich AC	Senior	01:06:20	31	31	
13	David	Asker	Male	Tri-Anglia Triathlon Club	Senior	01:06:32	32	32	
5	Martin	Adcock	Male	Unaffiliated	Vet 45	01:06:54	33	33	
129	Robin	Harper	Male	Felixstowe RRC	Senior	01:06:56	34	34	
275	Jem	Smith	Male	Sudbury Joggers	Vet 40	01:07:00	35	35	
329	Peter	Woods	Male	Stowmarket Striders RC	Senior	01:07:00	35	35	
263	Tim	Sexton	Male	Norfolk Gazelles AC	Vet 40	01:07:14	37	37	
328	Christopher	Withey	Male	Unaffiliated	Senior	01:07:16	38	38	
97	Rory	French	Male	Unaffiliated	Senior	01:07:51	39	39	
227	Karim	Ouaddane	Male	Unaffiliated	Vet 45	01:07:54	40	40	
246	Colin	Robilliard	Male	Unaffiliated	Vet 60	01:08:02	41	41	
90	Marc	Evans	Male	Great Yarmouth Road Runners	Senior	01:08:11	42	42	
56	Ben	Churchman	Male	Diss and District AC	Senior	01:08:32	43	43	
82	Karen	Doak	Female	Tri-Anglia Triathlon Club	Senior	01:08:58	44		1
293	Matthew	Sutton	Male	Great Yarmouth Road Runners	Senior	01:08:59	45	44	
100	Kevin	Garwood	Male	Wymondham AC	Vet 50	01:09:13	46	45	
260	Lloyd	Scriven	Male	Unaffiliated	Vet 40	01:09:15	47	46	
45	Matt	Buckoke	Male	Great Yarmouth Road Runners	Vet 40	01:09:26	48	47	
178	Neil	Leeds	Male	Unaffiliated	Senior	01:09:36	49	48	
20	Andrew	Baker	Male	Great Yarmouth Road Runners	Vet 45	01:09:43	50	49	
179	Mark	Leeks	Male	Ipswich Jaffa RC	Senior	01:10:30	51	50	
286	John	Squirrell	Male	Stowmarket Striders RC	Vet 60	01:10:39	52	51	
29	Robin	Belsom	Male	Ipswich Jaffa RC	Vet 50	01:10:47	53	52	
154	Adrian	Jay	Male	Eastern Veterans AC	Vet 45	01:10:54	54	53	
60	Jim	Comber	Male	Sudbury Joggers	Vet 40	01:10:58	55	54	
200	Chris	Meadows	Male	Ravens City of London Running Club	Senior	01:11:01	56	55	
122	Nick	Gurney	Male	Norwich Road Runners	Senior	01:11:13	57	56	
11	Chris	Arnold	Male	Tri-Anglia Triathlon Club	Vet 55	01:11:31	58	57	
169	Neville	Knights	Male	Dereham Runners & AC	Vet 55	01:11:56	59	58	
153	Alan	Jackson	Male	Ipswich Jaffa RC	Vet 55	01:11:59	60	59	
201	Jonathan	Meadows	Male	Lowestoft Road Runners	Senior	01:12:14	61	60	
131	Stephen	Hatten	Male	Saint Edmund Pacers	Vet 45	01:12:18	62	61	
290	Mark	Stone	Male	Great Yarmouth Road Runners	Vet 40	01:12:23	63	62	
288	Neil	Stevens	Male	Unaffiliated	Vet 45	01:12:30	64	63	
123	Chris	Hall	Male	Bungay Black Dog RC	Senior	01:13:04	65	64	
57	Neville	Clarke	Male	Newmarket Joggers	Vet 60	01:13:22	66	65	
137	Paul	Hayward	Male	Unaffiliated	Senior	01:13:52	67	66	
24	Jordan	Beaumont	Male	Ipswich Jaffa RC	Senior	01:13:53	68	67	
274	Philip	Smith	Male	Unaffiliated	Vet 40	01:13:54	69	68	
310	Jack	Walker	Male	Unaffiliated	Senior	01:13:54	69	68	
202	Simon	Merrick	Male	Felixstowe RRC	Vet 40	01:13:58	71	70	
332	Paul	Wright	Male	Woodbridge Shufflers RC	Senior	01:14:00	72	71	

279	Simon	Sparkes	Male	Bungay Black Dog RC	Vet 40	01:14:19	73	72	
323	Simon	Wiggins	Male	Felixstowe RRC	Vet 40	01:14:25	74	73	
302	Ian	Tooley	Male	Great Yarmouth Road Runners	Vet 50	01:14:39	75	74	
53	Stuart	Canwell	Male	Great Yarmouth Road Runners	Senior	01:14:46	76	75	
249	Peter	Rogers	Male	Beccles Triathlon Club	Senior	01:15:03	77	76	
197	Gary	Mcdonald	Male	Lowestoft Road Runners	Senior	01:15:10	78	77	
187	Anthony	Maclean	Male	Framlingham Flyers	Vet 40	01:15:13	79	78	
234	Clive	Purbrook	Male	Newmarket Joggers	Vet 55	01:15:20	80	79	
211	Vaughan	Morris	Male	Unaffiliated	Vet 50	01:15:24	81	80	
67	Joanne	Cox	Female	Bungay Black Dog RC	Vet 40	01:15:25	82		2
318	John	Wharton	Male	Bungay Black Dog RC	Vet 60	01:15:32	83	81	
23	Tony	Beales	Male	Wymondham AC	Vet 45	01:16:04	84	82	
63	Nick,	Copema	Male	Unaffiliated	Senior	01:16:09	85	83	
128	Mitchell	Hare	Male	Unaffiliated	Senior	01:16:12	86	84	
141	Colin	Hewes	Male	UKnetrunner.co.UK	Vet 60	01:16:20	87	85	
145	Keith	Hood	Male	Wymondham AC	Vet 55	01:16:38	88	86	
86	Peter	Edmunds	Male	Bungay Black Dog RC	Vet 65	01:16:41	89	87	
133	Jim	Hayes	Male	North Norfolk Beach Runners	Vet 65	01:16:45	90	88	
228	Ashley	Palmer	Male	Unaffiliated	Senior	01:16:48	91	89	
91	Matthew	Eveleigh	Male	Stowmarket Striders RC	Senior	01:17:04	92	90	
140	Nigel	Herrod	Male	Waveney Valley AC	Vet 55	01:17:09	93	91	
172	James	Lambert	Male	Coltishall Jaguars RC	Senior	01:17:12	94	92	
281	Sabina	Spence	Female	City Of Norwich AC	Vet 40	01:17:17	95		3
116	John	Gostling	Male	City Of Norwich AC	Senior	01:17:18	96	93	
265	Roland	Shaw	Male	Bungay Black Dog RC	Vet 55	01:17:23	97	94	
292	Haley	Suttle	Female	Stowmarket Striders RC	Vet 50	01:17:37	98		4
236	Victoria	Quantrill	Female	Great Yarmouth Road Runners	Vet 40	01:17:39	99		5
245	Lisa	Riley	Female	Lowestoft Road Runners	Vet 45	01:17:40	100		6
125	Jane	Hannah	Female	Bungay Black Dog RC	Senior	01:17:54	101		7
136	Guy	Hayward	Male	Framlingham Flyers	Vet 40	01:18:16	102	95	
165	Stuart	Kenrick	Male	Unaffiliated	Senior	01:18:16	102	95	
240	Bruce	Rayner	Male	Bungay Black Dog RC	Vet 55	01:18:20	104	97	
334	Toby	Yeaman	Male	Unaffiliated	Senior	01:19:01	105	98	
8	Peter	Andrews	Male	Waveney Valley AC	Vet 40	01:19:06	106	99	
330	Paul	Woodyatt	Male	City Of Norwich AC	Vet 50	01:19:13	107	100	
312	John	Walshe	Male	East Cork AC	Vet 60	01:19:24	108	101	
224	Katie	Oliver	Female	Felixstowe RRC	Senior	01:19:28	109		8
159	Martin	Jones	Male	Unaffiliated	Vet 40	01:19:41	110	102	
80	Richard	Dempsey	Male	Unaffiliated	Vet 45	01:19:47	111	103	
221	Sabrina	Norton	Female	Bungay Black Dog RC	Senior	01:19:52	112		9
283	Stuart	Spencer	Male	Bungay Black Dog RC	Vet 45	01:19:52	112	104	
158	Mike	Jolly	Male	Unaffiliated	Vet 45	01:20:14	114	105	
307	Penny	Waggott	Female	Stowmarket Striders RC	Vet 45	01:20:16	115		10
64	Stephen	Corbould	Male	Norfolk Gazelles AC	Vet 55	01:20:19	116	106	
70	Rebecca	Cruikshank	Female	Unaffiliated	Vet 40	01:20:25	117		11
87	Ian	Edwards	Male	Norfolk Gazelles AC	Senior	01:20:38	118	107	
88	Caren	Elvin	Female	Waveney Valley AC	Vet 40	01:20:42	119		12
83	Peter	Downing	Male	Unaffiliated	Vet 60	01:20:53	120	108	
166	Nigel	Kinsella	Male	Unaffiliated	Vet 45	01:20:54	121	109	
126	Emily	Hannant	Female	Coltishall Jaguars RC	Senior	01:20:55	122		13
204	Rachel	Miller	Female	Norwich Road Runners	Vet 40	01:20:55	122		13
308	Jo	Walker	Female	Bungay Black Dog RC	Senior	01:20:57	124		15
189	Sarah	Maidment	Female	Bungay Black Dog RC	Senior	01:20:59	125		16
230	Bob	Paul	Male	Bungay Black Dog RC	Vet 60	01:20:59	125	110	
36	Kevin	Breitsprecher	Male	Unaffiliated	Senior	01:21:08	127	111	
77	Lorraine	Dawson	Female	Great Yarmouth Road Runners	Vet 55	01:21:11	128		17
267	David	Sheahan	Male	Unaffiliated	Vet 50	01:21:18	129	112	
71	Rachel	Cubitt	Female	Norwich Road Runners	Senior	01:21:19	130		18
22	Adi	Barratt	Male	Unaffiliated	Senior	01:21:29	131	113	
185	David	Loveridge	Male	Great Yarmouth Road Runners	Senior	01:21:35	132	114	
132	Karen	Hatton	Female	Saint Edmund Pacers	Vet 55	01:21:59	133		19
174	Vladimir	Laptikhovsky	Male	Waveney Valley AC	Vet 50	01:22:02	134	115	
14	Mark	Avery	Male	Ipswich Jaffa RC	Vet 45	01:22:05	135	116	
143	Tom	Hoblyn	Male	Saint Edmund Pacers	Vet 50	01:22:07	136	117	
266	Jenny	Sheahan	Female	Unaffiliated	Vet 50	01:22:08	137		20
242	Jon	Regester	Male	Unaffiliated	Vet 45	01:22:20	138	118	
253	Bobbie	Sauerzapf	Female	Bungay Black Dog RC	Vet 55	01:22:21	139		21
229	Jo	Parden	Female	Framlingham Flyers	Vet 45	01:22:37	140		22
55	Duncan	Carter	Male	Beccles Triathlon Club	Vet 40	01:22:45	141	119	
161	Lisa	Joyce	Female	Waveney Valley AC	Vet 40	01:22:46	142		23
162	Michaela	Kadanikova	Female	Ipswich Jaffa RC	Senior	01:22:55	143		24
331	Philip	Worledge	Male	Unaffiliated	Vet 40	01:22:56	144	120	
2	Catherine	Abbott	Female	Stowmarket Striders RC	Vet 40	01:23:01	145		25
208	Jamie	Mordecai	Male	Unaffiliated	Senior	01:23:08	146	121	
220	Philip	Norman	Male	St Neots Riverside Runners	Vet 60	01:23:11	147	122	
119	Simon	Green	Male	Ipswich Triathlon Club	Vet 55	01:23:11	147	122	

105	Nigel	Gilham	Male	Bungay Black Dog RC	Vet 60	01:23:18	149	124
335	Stuart	Young	Male	Bungay Black Dog RC	Vet 45	01:23:32	150	125
74	David	Daniels	Male	Stowmarket Striders RC	Vet 50	01:23:38	151	126
287	Liz	Stevens	Female	Unaffiliated	Vet 45	01:23:43	152	26
124	Andrew	Halstein	Male	Unaffiliated	Vet 50	01:23:46	153	127
190	Elizabeth	Maidment	Female	Orion Harriers	Vet 40	01:23:47	154	27
152	Gary	Hutchings	Male	Framlingham Flyers	Vet 50	01:23:58	155	128
196	Sandra	Mayhew	Female	Stowmarket Striders RC	Vet 50	01:24:06	156	28
252	Graham	Sampson	Male	Bungay Black Dog RC	Vet 65	01:24:08	157	129
210	Tony	Morley	Male	Bungay Black Dog RC	Vet 55	01:24:08	157	129
18	Claire	Baker	Female	Great Yarmouth Road Runners	Senior	01:24:13	159	29
311	Marion	Walker	Female	Framlingham Flyers	Vet 60	01:24:15	160	30
69	Lee	Crisp	Male	Felixstowe RRC	Vet 40	01:24:22	161	131
38	Juliette	Bringloe	Female	Norwich Road Runners	Senior	01:24:25	162	31
40	Andreas	Brodbeck	Male	Great Yarmouth Road Runners	Vet 55	01:24:29	163	132
188	Meera	Mahadevan	Female	Unaffiliated	Vet 40	01:24:37	164	32
257	Belinda	Schofield	Female	Newmarket Joggers	Vet 55	01:24:38	165	33
148	Alan	Huggins	Male	Diss and District AC	Senior	01:24:39	166	133
305	Alan	Varle	Male	Waveney Valley AC	Vet 65	01:24:42	167	134
37	Steve	Bright	Male	Unaffiliated	Vet 50	01:24:44	168	135
52	Thomas	Cadmores	Male	Unaffiliated	Vet 40	01:24:51	169	136
264	Bridget	Shaw	Female	Bungay Black Dog RC	Senior	01:24:53	170	34
94	Michael	Fisher	Male	Unaffiliated	Senior	01:25:25	171	137
118	Paul	Grant	Male	Waveney Valley AC	Vet 45	01:25:40	172	138
39	Angela	Brinkley	Female	Stowmarket Striders RC	Vet 50	01:25:49	173	35
276	Michael	Smith	Male	Wymondham AC	Vet 65	01:26:07	174	139
48	Jayne	Burman	Female	Felixstowe RRC	Senior	01:26:11	175	36
216	John	Newell	Male	Wymondham AC	Vet 45	01:26:17	176	140
54	Mik	Carr	Male	Bungay Black Dog RC	Vet 55	01:26:23	177	141
173	Kerstin	Langer	Female	Great Yarmouth Road Runners	Vet 45	01:26:37	178	37
296	Ben	Taylor	Male	Unaffiliated	Vet 40	01:26:38	179	142
3	Sian	Abbott	Female	Ipswich Jaffa RC	Senior	01:26:57	180	38
248	Graeme	Rockett	Male	Tri-Anglia Triathlon Club	Vet 50	01:27:00	181	143
289	Elaine	Stone	Female	Great Yarmouth Road Runners	Vet 55	01:27:05	182	39
59	David	Coley	Male	Ipswich Jaffa RC	Vet 65	01:27:12	183	144
193	Ollie	Matthews	Male	Unaffiliated	Senior	01:27:33	184	145
127	Tony	Hardy	Male	Bungay Black Dog RC	Vet 50	01:27:38	185	146
30	Shona	Bendix	Female	Bungay Black Dog RC	Vet 45	01:27:51	186	40
177	Stuart	Lawn	Male	Bungay Black Dog RC	Senior	01:28:01	187	147
199	Catherine	Meadows	Female	Unaffiliated	Senior	01:28:05	188	41
139	Martin	Hazell	Male	Unaffiliated	Vet 45	01:28:29	189	148
168	Alice	Kirk	Female	Bungay Black Dog RC	Senior	01:28:30	190	42
101	Ruth	Gaunt	Female	Norwich Road Runners	Vet 45	01:28:32	191	43
4	Louise	Adamson	Female	Waveney Valley AC	Vet 55	01:28:33	192	44
103	Paul	Gerber	Male	Coltishall Jaguars RC	Vet 45	01:28:39	193	149
277	Richard	Smith	Male	Felixstowe RRC	Vet 55	01:28:48	194	150
262	Sarah	Severwright	Female	Felixstowe RRC	Senior	01:28:49	195	45
115	Lin	Goram	Female	Unaffiliated	Senior	01:28:51	196	46
75	Rob	Davies	Male	Unaffiliated	Senior	01:29:02	197	151
255	Nick	Saunders	Male	Unaffiliated	Senior	01:29:03	198	152
79	Charmine	De'Ath	Female	Unaffiliated	Senior	01:29:15	199	47
12	Robin	Ashe	Male	Bungay Black Dog RC	Vet 60	01:29:18	200	153
270	Mike	Smith	Male	Wymondham AC	Vet 65	01:29:25	201	154
34	Sara	Bloor	Female	Saxmundham Sports Running & Fitness Club	Vet 45	01:29:31	202	48
17	Michaela	Bailey	Female	Unaffiliated	Vet 45	01:29:56	203	49
16	Marie	Ayers	Female	Unaffiliated	Vet 40	01:29:57	204	50
15	Philip	Ayers	Male	Unaffiliated	Vet 45	01:29:57	204	155
33	Louise	Blazey	Female	Norwich Road Runners	Senior	01:30:00	206	51
149	Wendy	Hughes	Female	Stowmarket Striders RC	Vet 50	01:30:09	207	52
95	Michael	Flower	Male	Norfolk Harriers RC	Senior	01:30:16	208	156
280	Sarah	Sparkes	Female	Bungay Black Dog RC	Vet 40	01:30:28	209	53
271	Lisa	Smith	Female	Great Yarmouth Road Runners	Vet 40	01:30:53	210	54
155	Carl	Jessup	Male	Great Yarmouth Road Runners	Senior	01:30:53	210	157
156	Nicola	John	Female	Unaffiliated	Senior	01:31:29	212	55
186	Christopher	Lucas	Male	Saxmundham Sports Running & Fitness Club	Vet 50	01:31:50	213	158
254	Paul	Saunders	Male	Tri-Anglia Triathlon Club	Vet 40	01:32:17	214	159
181	Dave	Lines	Male	Tri-Anglia Triathlon Club	Vet 40	01:32:49	215	160
147	Christopher	Howard	Male	Unaffiliated	Senior	01:33:08	216	161
121	Julie	Grooms	Female	Unaffiliated	Vet 45	01:33:37	217	56
164	Deirdra	Keating	Female	Stowmarket Striders RC	Vet 45	01:34:10	218	57
273	Larissa	Smith	Female	Bungay Black Dog RC	Senior	01:34:16	219	58
285	Carole	Spong	Female	Great Yarmouth Road Runners	Vet 65	01:34:22	220	59
195	Carol	Maycock	Female	Bungay Black Dog RC	Vet 55	01:35:56	221	60
46	Christy	Bullen	Male	Unaffiliated	Senior	01:35:59	222	162
25	Sarah	Beckett	Female	Unaffiliated	Vet 40	01:36:33	223	61
320	Katie	Whitmore	Female	Unaffiliated	Vet 40	01:36:33	223	61

28	Jackie	Bell	Female	Bungay Black Dog RC	Vet 50	01:36:41	225		63
322	Steph	Whyte	Female	Unaffiliated	Senior	01:36:42	226		64
109	Douglas	Gladwin	Male	Bungay Black Dog RC	Vet 50	01:36:58	227	163	
84	Lucy	Duffy	Female	Unaffiliated	Senior	01:36:58	227		65
297	Ruby	Thirkettle	Female	Unaffiliated	Senior	01:37:04	229		66
192	Deborah	Maton	Female	Bungay Black Dog RC	Senior	01:37:13	230		67
239	Robyn	Rake	Female	Stowmarket Striders RC	Senior	01:37:15	231		68
272	Anna	Smith	Female	Stowmarket Striders RC	Vet 40	01:37:16	232		69
93	Clare	Feavours	Female	Bungay Black Dog RC	Senior	01:37:22	233		70
205	Brian	Moore	Male	Norwich Road Runners	Vet 60	01:37:26	234	164	
117	Ann	Granger	Female	Saxmundham Saxons	Vet 50	01:37:38	235		71
110	Karen	Glenister	Female	Unaffiliated	Vet 40	01:37:46	236		72
7	Joanna	Andrews	Female	Unaffiliated	Senior	01:38:19	237		73
241	Samantha	Reddy	Female	Norwich Road Runners	Vet 45	01:38:25	238		74
324	Carla	Wiggins	Female	Felixstowe RRC	Senior	01:38:30	239		75
314	Ruth	Warren	Female	Framlingham Flyers	Vet 40	01:39:45	240		76
206	Lynda	Moore	Female	Norwich Road Runners	Vet 60	01:40:05	241		77
92	Robin	Farrar	Male	Bungay Black Dog RC	Vet 65	01:41:08	242	165	
120	Louise	Grinsdale	Female	Norwich Road Runners	Vet 40	01:41:28	243		78
309	Carolyn	Walker	Female	Unaffiliated	Senior	01:41:36	244		79
78	Mike	Deacon	Male	Felixstowe RRC	Vet 65	01:41:53	245	166	
235	Gina	Purvis	Female	Saxmundham Sports Running & Fitness Club	Vet 55	01:42:08	246		80
223	Philip	Nutley	Male	Saint Edmund Pacers	Vet 65	01:42:37	247	167	
96	Kerry	Folkes	Female	Unaffiliated	Senior	01:43:41	248		81
89	Sharon	Emery	Female	Unaffiliated	Vet 40	01:44:45	249		82
231	Lindsey	Phillipson	Female	Felixstowe RRC	Vet 40	01:44:58	250		83
226	Anneli	Ostler	Female	Felixstowe RRC	Senior	01:44:59	251		84
313	Susannah	Warman	Female	Bungay Black Dog RC	Vet 40	01:45:26	252		85
225	Anne	Oliver	Female	Felixstowe RRC	Vet 60	01:45:53	253		86
301	Andrew	Toogood	Male	North Norfolk Beach Runners	Vet 50	01:46:36	254	168	
191	Judith	Masters	Female	Bungay Black Dog RC	Vet 55	01:47:07	255		87
316	Karen	Waters	Female	Bungay Black Dog RC	Vet 45	01:47:41	256		88
72	Emma	Culley	Female	Unaffiliated	Vet 40	01:48:07	257		89
130	Louise	Harrison	Female	Great Run Local	Senior	01:48:24	258		90
163	Claire	Keable	Female	Great Run Local	Senior	01:48:31	259		91
244	Hilary	Ricketts	Female	Unaffiliated	Vet 45	01:50:43	260		92
232	Susan	Potter	Female	Bungay Black Dog RC	Vet 55	01:52:34	261		93
81	Jo	Dickinson	Female	Felixstowe RRC	Vet 45	01:52:54	262		94
157	Lucy	Johnston	Female	Bungay Black Dog RC	Senior	01:57:23	263		95
300	Loretta	Thurston	Female	Bungay Black Dog RC	Senior	01:57:23	263		95
336	Manjinder	Jagdar	Female	Norwich Road Runners	Senior	02:01:29	265		97
50	Laura	Button	Female	Bungay Black Dog RC	Senior	01:09:00	266		98
1	Catherine	Abbott	Female	Stowmarket Striders RC	Vet 40	DNS			
6	Paul	Allcock	Male	Long Eaton Running Club	Senior	DNS			
9	Karen	Archbold	Female	Lowestoft Road Runners	Vet 45	DNS			
10	Jen	Armstrong	Female	North Norfolk Beach Runners	Vet 40	DNS			
19	Nicola	Baker	Female	Great Yarmouth Road Runners	Vet 45	DNS			
21	Emily	Barclay	Female	Bungay Black Dog RC	Senior	DNF			
26	Jackie	Bell	Female	Bungay Black Dog RC	Vet 50	DNS			
27	Sophie	Bell	Female	Bungay Black Dog RC	Senior	DNS			
31	Tanya	Betts	Female	Unaffiliated	Vet 40	DNS			
35	John	Bone	Male	Great Yarmouth Road Runners	Vet 65	DNS			
41	Hugh	Brown	Male	North Norfolk Beach Runners	Vet 45	DNS			
43	Kate	Bryson	Female	Beccles Triathlon Club	Vet 50	DNS			
47	Simon	Bunting	Male	Lowestoft Road Runners	Vet 45	DNS			
51	Shaun	Button	Male	Bungay Black Dog RC	Senior	DNS			
62	Lesley	Cooper	Female	Felixstowe RRC	Vet 45	DNS			
65	Emma-Jane	Cowley	Female	Bungay Black Dog RC	Senior	DNS			
66	Simon	Cowley	Male	Bungay Black Dog RC	Senior	DNS			
73	Tracey	Curl	Female	City Of Norwich AC	Vet 50	DNS			
76	Nicholas	Dawson	Male	Unaffiliated	Vet 55	DNS			
98	Terry	Garrity	Male	Bungay Black Dog RC	Vet 60	DNS			
99	Hazel	Garrity	Female	Unaffiliated	Vet 60	DNS			
104	Victoria	Giles	Female	Unaffiliated	Senior	DNS			
106	Deborah	Gillespie	Female	North Norfolk Beach Runners	Vet 45	DNS			
108	David	Girling	Male	Great Yarmouth Road Runners	Vet 50	DNS			
111	James	Goldsmith	Male	Unaffiliated	Senior	DNS			
112	Lauren	Goldsmith	Female	Unaffiliated	Senior	DNS			
113	Adrian	Goode	Male	Felixstowe RRC	Vet 50	DNS			
142	Martin	Hewetson	Male	Norwich Road Runners	Vet 40	DNS			
144	Carl	Honeywood	Male	Unaffiliated	Senior	DNS			
150	Jane	Hunt	Female	Waveney Valley AC	Vet 45	DNS			
151	Steve	Hunter	Male	Unaffiliated	Vet 40	DNS			
160	Shaun	Jones	Male	Stowmarket Striders RC	Senior	DNS			
167	Rebecca	Kirby	Female	Unaffiliated	Senior	DNS			
171	Paula	Lambert	Female	Unaffiliated	Vet 45	DNS			

180	Rebecca	Lineker	Female	Unaffiliated	Senior	DNS			
194	Shane	May	Male	Unaffiliated	Vet 40	DNS			
203	Rachel	Miller	Female	Unaffiliated	Vet 40	DNS			
209	John	Morgan	Male	North Norfolk Beach Runners	Vet 50	DNS			
212	Fiona	Morrison	Female	North Norfolk Beach Runners	Vet 60	DNS			
213	Thomas	Moulder	Male	Unaffiliated	Senior	DNS			
214	Steve	Mowles	Male	Felixstowe RRC	Vet 45	DNS			
215	Darren	Neale	Male	North Norfolk Beach Runners	Senior	DNS			
218	Nina	Nickerson	Female	Unaffiliated	Senior	DNS			
219	Paul	Nicol	Male	Unaffiliated	Vet 40	DNS			
222	Chris	Nunn	Male	Unaffiliated	Vet 60	DNS			
233	Michael	Pritchard	Male	Waveney Valley AC	Vet 40	DNS			
237	Fiona	Quinn	Female	Sphinx AC	Senior	DNS			
238	Allison	Ragosa-Buckley	Female	Unaffiliated	Senior	DNS			
243	Tony	Richardson	Male	Wymondham AC	Vet 55	DNS			
247	Odette	Robson	Female	Saint Edmund Pacers	Vet 40	DNS			
251	Goy	Roper	Male	City Of Norwich AC	Vet 50	DNS			
256	Chris	Sawford	Male	Unaffiliated	Senior	DNS			
258	Paul	Schwer	Male	Felixstowe RRC	Vet 50	DNS			
261	Jamie	Seamark	Male	North Norfolk Beach Runners	Vet 40	DNS			
282	Melanie	Spencer	Female	Unaffiliated	Vet 50	DNS			
294	Hayley	Swain	Female	Unaffiliated	Vet 40	DNS			
295	Rob	Swain	Male	Unaffiliated	Senior	DNS			
298	Laura	Thomas	Female	Ipswich Jaffa RC	Senior	DNS			
299	Ian	Thomas	Male	Norfolk Gazelles AC	Vet 55	DNS			
303	Cathy	Tooley	Female	Great Yarmouth Road Runners	Vet 50	DNS			
304	Victoria	Utting	Female	Norwich Road Runners	Vet 40	DNS			
315	David	Waterman	Male	Bungay Black Dog RC	Vet 50	DNS			
317	Mark	Watts	Male	Saint Edmund Pacers	Vet 50	DNS			
327	Neil	Williamson	Male	Unaffiliated	Senior	DNS			
68	Danny	Cracknell	Male	Unaffiliated	Senior	DNF			
102	Alex	Gaunt	Male	Norwich Road Runners	Vet 45	DNF			
183	David	Lock	Male	Unaffiliated	Vet 50	DNF			
184	Richard	Lock	Male	Unaffiliated	Vet 45	DNF			
326	Darren	Wilks	Male	Unaffiliated	Senior	DNF			
333	Andrew	Wright	Male	Unaffiliated	Vet 55	DNF			