Lowestoft Sc	ore 13/09/2015		Scorer	Richard Aukland - richard	@aukinfo.	cc	m / 07906	6 094578			RANKS	
Firstname	Lastname	Date Of Birth	Gender	Affiliated Club/Team Name	Age Race		Category	Time		Overall	Male	Female
					Day	rr				Rank	Rank	Rank
					(Automate	С						
Joe	Skipper	25/03/1988	Malo	Rock Estate Runners and Riders	d) 27	h	Senior	00:25	5-42	1		1
Michael	Eccles	22/03/1980		Norfolk Gazelles AC	35		Senior	00:25				2
Ted	Oldman	07/11/1996		Bungay Black Dog RC	18	-	Senior	00:26		3		3
Robert	Chenery	28/09/1986	Male	Ipswich Jaffa RC	28		Senior	00:2	7:04	4		4
Domonic	Oliver	20/11/1995		City Of Norwich AC	19		Senior	00:27		5		5
Benjamin	Harris	22/06/1977		Team Harris	38		Senior	00:2		6		6
Colin	High	22/02/1986		Guildford and Godalming AC	29		Senior	00:2		7		7
Carl Johnny	Prewer Lee	28/01/1970 10/09/1986		Lowestoft Road Runners City Of Norwich AC	45 29		Vet 45 Senior	00:23		8		9
Lawrence	Wade	25/02/1974		Bure Valley Harriers	41	_	Vet 40	00:28		10		10
Stephen	Balfe	15/04/1981		City Of Norwich AC	34	-	Senior	00:29		11		11
Chris	Haylock	07/06/1972		Lowestoft Road Runners	43		Vet 40	00:29		12		12
Adam	Butcher	23/02/1984		Rock Estate runners and riders	31		Senior	00:29	9:54	13	1	13
Martin	Horlock	20/04/1974	Male	Norwich Road Runners	41		Vet 40	00:30		14		14
Rose	Nicholson	10/04/1985		Waveney Valley AC	30	_	Senior	00:30		14		1
Chris	Mower	10/09/1975		Saint Edmund Pacers	40		Vet 40	00:30		16		15
Mark	Richards	15/06/1985		Rock Estate Runners and Riders	30	_	Senior	00:30				16
Oliver	Jones	26/05/1990		Unaffiliated	25		Senior	00:30		18		17
James	Drake	02/11/1978		Rock Estate runners and riders	36		Senior	00:30				18
Chris	Scott Butcher	21/05/1976 27/01/1982		Rock Estate Runners and Riders Lowestoft Road Runners	39 33		Senior Senior	00:30		20 21		19 20
Leigh Andrew	Manning	07/03/1966		Great Yarmouth Road Runners	49		Vet 45	00:30		22		20
Jay	Lingwood	06/03/1984		Rock Estate Runners and Riders	31		Senior	00.30		23		22
Jo	Andrews	26/08/1973		Bungay Black Dog RC	42		Vet 40	00:3		24		2
Christoper	Withey	21/02/1978		Rock Estate Runners and Riders	37		Senior	00:3		25		23
Steve	Collins	28/12/1980		Unaffiliated	34		Senior	00:3				24
Karim	Ouaddane	31/03/1965	Male	Tri-Anglia Triathlon Club	50		Vet 50	00:3	1:42	27	2	25
Simon	Cook	16/02/1979	Male	Unaffiliated	36		Senior	00:3	1:48			26
lan	Stammars	03/05/1977		Unaffiliated	38		Senior	00:3		28		26
Myles	Duffield	18/04/1973		Great Yarmouth Road Runners	42	_	Vet 40	00:32		30		28
John	Baxter	02/08/1957		Unaffiliated	58		Vet 55	00:32		31		29
Mark	Turner	06/08/1968		Unaffiliated	47	_	Vet 45	00:32				30
Darren	Moore Porter	28/05/1974 26/07/1967		Unaffiliated	41 48		Vet 40 Vet 45	00:32		33 34		31 32
Melvyn Lee	Ellis	01/12/1976		Coltishall Jaguars RC Unaffiliated	38	_	Senior	00:32		35		33
Chris	Sevinnol	03/09/1978		Unaffiliated	37		Senior	00:32		36		34
Paul	Hayward	14/07/1978		Rock Estate runners and riders	37	_	Senior	00:32		37		35
Clive	Davey	29/05/1971		Sudbury Joggers	44	-	Vet 40	00:32		38		36
Paul	Hunt	06/09/1980	Male	Unaffiliated	35		Senior	00:33	3:12	39	3	37
Tiger	Cross	06/10/1998	Male	Unaffiliated	16		Senior	00:33	3:15	40	3	38
Nigel	Herrod	20/11/1956		Waveney Valley AC	58		Vet 55	00:33		41		39
Mark	Mountain	20/08/1972		Great Yarmouth Road Runners	43	_	Vet 40	00:33		42		10
Martin	Farr	07/05/1981		Unaffiliated	34	_	Senior	00:33		43		11
James	Lambert	22/08/1979		Coltishall Jaguars RC	36	_	Senior	00:33		44		12
David	Neeve	04/06/1981		Bungay Black Dog RC	34	-	Senior Vot 45	00:33				13
Steven Matthew	Carruthers Buckoke	20/04/1969 13/09/1974		Rock Estate runners and riders Unaffiliated	46 41		Vet 45 Vet 40	00:33				14 15
Wayne	Freeman	21/12/1958		Waveney Valley AC	56	-	Vet 55	00:33				16
Alice	Wicks	27/11/1991		Unaffiliated	23		Senior	00:33				3
Neil	Bye	20/05/1980		Lowestoft Road Runners	35		Senior	00:33				17
Tim	Moore	02/10/1979		Rock Estate runners and riders	35		Senior	00:34		51		18
Gary	Gunton	07/12/1961		Unaffiliated	53		Vet 50	00:34	1:02		4	19
Mark	Saunders	28/07/1967	Male	Unaffiliated	48	i	Vet 45	00:34				50
David	Kirk	05/12/1966		Unaffiliated	48	_	Vet 45	00:34				51
Mark	Womack	16/10/1969		Unaffiliated	45	_	Vet 45	00:34		55		52
Paul	Rogers	31/01/1973		Bure Valley Harriers	42	-	Vet 40	00:34		56		53
Mark	Stone	08/07/1972		Unaffiliated	43 29		Vet 40	00:34				54 55
Liam Jason	Haggar-Pietrzak Tuttle	16/06/1986 05/11/1987		Lowestoft Road Runners Unaffiliated	29		Senior Senior	00:34				56
Michael	Quantrill	21/01/1969		Waveney Valley AC	46	-	Vet 45	00:34				57
Sarah	Stubbs	24/09/1974		Bure Valley Harriers	40	_	Vet 45	00:3				4
Joey	Clements	19/11/1980		Unaffiliated	34		Senior	00:3		62		58
Thomas	Strowlger	07/08/1982		Unaffiliated	33		Senior	00:3				59
Lee	Ffrench	26/01/1969		Unaffiliated	46		Vet 45	00:3		64		30
David	Mower	28/10/1953	Male	Waveney Valley AC	61		Vet 60	00:3	5:13	65	6	31
Jonathan	Meadows	20/01/1977		Lowestoft Road Runners	38		Senior	00:38		66		32
Graham	Read	03/03/1977		Unaffiliated	38		Senior	00:3				33
Nick	Copeman	04/11/1985		Unaffiliated	29		Senior	00:3		68		64
Mark	Lawson	14/05/1971		LCC Running Club	44	_	Vet 40	00:3				35
Duncan	Crent	15/08/1959		Ipswich Jaffa RC	56		Vet 55	00:3		70		36
Paul	Grant	28/02/1967		Waveney Valley AC	48		Vet 45	00:39				67 89
Luke Christopher	Pavey Meadows	20/04/1981 09/04/1989		Unaffiliated Unaffiliated	34 26		Senior Senior	00:38				38 39
Paul	Amer	13/05/1982		Unaffiliated	33		Senior	00:36				70
Tina	Jordan	22/02/1980		Birds Eye	35		Senior	00:36				5
Andrew	Bailey	14/12/1968		Bungay Black Dog RC	46		Vet 45	00:36				71
Joanne	Cox	18/10/1971		Bungay Black Dog RC	43		Vet 40	00:36				6
		08/03/1974		Waveney Valley AC	41		Vet 40	00:36				72

Stuart David Billy			D DI D DO	40	14.1.45	00.00.47	70	
	Spencer	17/01/1969 Male	Bungay Black Dog RC	46	Vet 45	00:36:17	79	73
Billy	McWilliam	26/10/1975 Male	Unaffiliated	39	Senior	00:36:19	80	74
	Underdown	03/07/1985 Male	Unaffiliated	30	Senior	00:36:21	81	75
Stephen	Kenworthy	17/06/1968 Male	Unaffiliated	47	Vet 45	00:36:26	82	76
Rob	Knights	20/11/1979 Male	Waveney Valley AC	35	Senior	00:36:28	83	77
William	Webb	04/09/1999 Male	Unaffiliated	16	Senior	00:36:33	84	78
								79
Peter	Edmunds	30/03/1949 Male	Bungay Black Dog RC	66	Vet 65	00:36:34	85	
Gary	Tahmasbi	13/11/1981 Male	Unaffiliated	33	Senior	00:36:35	86	80
Allan	Ing	11/03/1955 Male	Lowestoft Road Runners	60	Vet 60	00:36:36	87	81
John	Bone	12/08/1946 Male	Great Yarmouth Road Runners	69	Vet 65	00:36:37	88	82
James	Chaplin €" Madde	17/10/1989 Male	Unaffiliated	25	Senior	00:36:39	89	83
Richard	Chilvers	09/11/1967 Male	Unaffiliated	47	Vet 45	00:36:39	89	83
Simon	Sparkes	03/10/1972 Male	Bungay Black Dog RC	42	Vet 40	00:36:43	91	85
lan	Harrison	04/08/1976 Male	Unaffiliated	39	Senior	00:36:51	92	86
Kevin	Hardingham	25/01/1958 Male	Bure Valley Harriers	57	Vet 55	00:36:52	93	87
Robert	Milner	24/08/1978 Male	Waveney Valley AC	37	Senior	00:36:56	94	88
Ann	Harris	09/12/1976 Female	Team Harris	38	Senior	00:37:00	95	7
Leon	Gooch	25/02/1980 Male	Unaffiliated	35	Senior	00:37:06	96	89
Glenn	Doy	22/01/1956 Male	Unaffiliated	59	Vet 55	00:37:08	97	90
Imogen	Snelling	20/04/1975 Female	Bungay Black Dog RC	40	Vet 40	00:37:10	98	8
Christopher	Jones	03/09/1994 Male	Unaffiliated	21	Senior	00:37:17	99	91
Hugh	Gatenby	28/02/1957 Male	Unaffiliated	58	Vet 55	00:37:19	100	92
Pete	Drake	10/06/1946 Male	Rock Estate Runners and Riders	69	Vet 65	00:37:25	101	93
Stuart	Spurgeon	12/02/1974 Male	Unaffiliated	41	Vet 40	00:37:36	102	94
Chris	Chorley	10/06/1963 Male	Bungay Black Dog RC	52	Vet 50	00:37:41	103	95
Markus	Wegg	02/01/1971 Male	Lowestoft Road Runners	44	Vet 40	00:37:45	104	96
Richard	Hill	09/09/1974 Male	Unaffiliated	41	Vet 40	00:37:50	105	97
Paul	Westgate	24/09/1957 Male	Great Yarmouth Road Runners	57	Vet 55	00:37:51	106	98
Stuart	Brown	26/08/1979 Male	Unaffiliated	36	Senior	00:37:52	107	99
Eirrin	Thompson	29/05/1969 Male	Unaffiliated	46	Vet 45	00:37:59	108	100
Ashley	Norton	03/01/1981 Male	Lowestoft Road Runners	34	Senior	00:38:02	109	101
Carl	Moore	12/01/1974 Male	Unaffiliated	41	Vet 40	00:38:05	110	102
Tim	Willis	29/03/1985 Male	LCC Running Club	30	Senior	00:38:06	111	103
Lynsey	Chenery	24/07/1984 Female	Ipswich Jaffa RC	31	Senior	00:38:12	112	9
, ,								
Stephen	Jeffs	13/03/1957 Male	Unaffiliated	58	Vet 55	00:38:14	113	104
Chris	Beare	26/05/1972 Male	Unaffiliated	43	Vet 40	00:38:18	114	105
lan	Cleminson	03/03/1966 Male	Bure Valley Harriers	49	Vet 45	00:38:19	115	106
Bob	Woolnough	21/06/1958 Male	Lowestoft Road Runners	57	Vet 55	00:38:25	116	107
Adrian	Hunt	11/12/1953 Male	Bungay Black Dog RC	61	Vet 60	00:38:33	117	108
				54	Vet 50	00:38:35	118	109
Paul	Harrod	30/07/1961 Male	Waveney Valley AC					
Pete	Hunt	21/08/1970 Male	LCC Running Club	45	Vet 45	00:38:39	119	110
Em	Day	07/08/1984 Female	Unaffiliated	31	Senior	00:38:40	120	10
Gemma	Gooch	09/05/1978 Female	Unaffiliated	37	Senior	00:38:41	121	11
Lewis	Foulger	18/01/1980 Male	Unaffiliated	35	Senior	00:38:43	122	111
Jon	Buck	18/06/1964 Male	Unaffiliated	51	Vet 50	00:38:45	123	112
Tamsin	Desborough	27/06/1994 Female	Bungay Black Dog RC	21	Senior	00:38:48	124	12
Adrian	Saunders	20/07/1972 Male	Unaffiliated	43	Vet 40	00:38:48	124	113
Eddie	Robson	16/06/1966 Male	Bure Valley Harriers	49	Vet 45	00.00.50		444
Adrian						00:38:52	126	114
	Slattery	31/07/1979 Male	Unamiliared			00:38:52 00:38:52		
	Slattery	31/07/1979 Male	Unaffiliated Pure Valley Harriers	36	Senior	00:38:52	126	114
Sarah	Jay	16/04/1966 Female	Bure Valley Harriers	36 49	Senior Vet 45	00:38:52 00:38:56	126 128	114
Sarah Mike	Jay Jolly	16/04/1966 Female 17/07/1969 Male	Bure Valley Harriers Unaffiliated	36 49 46	Senior Vet 45 Vet 45	00:38:52 00:38:56 00:38:56	126 128 128	114 13 116
Sarah	Jay	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male	Bure Valley Harriers	36 49	Senior Vet 45	00:38:52 00:38:56	126 128	114
Sarah Mike	Jay Jolly	16/04/1966 Female 17/07/1969 Male	Bure Valley Harriers Unaffiliated	36 49 46	Senior Vet 45 Vet 45	00:38:52 00:38:56 00:38:56	126 128 128	114 13 116
Sarah Mike Mark Chris	Jay Jolly Peach Dye	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated	36 49 46 43 48	Senior Vet 45 Vet 45 Vet 40 Vet 45	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11	126 128 128 130 131	114 13 116 117 118
Sarah Mike Mark Chris Ian	Jay Jolly Peach Dye Chilley	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners	36 49 46 43 48 51	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12	126 128 128 130 131 132	114 116 117 118 119
Sarah Mike Mark Chris Ian Christopher	Jay Jolly Peach Dye Chilley Howard	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated	36 49 46 43 48 51 28	Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13	126 128 128 130 131 132 133	114 116 117 118 119 120
Sarah Mike Mark Chris lan Christopher Rebecca	Jay Jolly Peach Dye Chilley Howard Harris	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris	36 49 46 43 48 51 28 33	Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15	126 128 128 130 131 132 133 134	114 116 117 118 119 120
Sarah Mike Mark Chris Ian Christopher Rebecca Daren	Jay Jolly Peach Dye Chilley Howard Harris Goffin	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated	36 49 46 43 48 51 28 33 50	Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:23	126 128 128 130 131 132 133 134 135	114 116 117 118 119 120 14
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1982 Male	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Unaffiliated Unaffiliated	36 49 46 43 48 51 28 33 50	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:30	126 128 128 130 131 132 133 134 135 136	114 116 117 118 119 120 14 121 122
Sarah Mike Mark Chris Ian Christopher Rebecca Daren	Jay Jolly Peach Dye Chilley Howard Harris Goffin	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC	36 49 46 43 48 51 28 33 50 33 43	Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:23	126 128 128 130 131 132 133 134 135	114 116 117 118 119 120 14
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1962 Male 21/03/1972 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC	36 49 46 43 48 51 28 33 50 33 43	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:30	126 128 128 130 131 132 133 134 135 136	114 116 117 118 119 120 14 121 122
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1982 Male 21/03/1972 Female 21/02/1983 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC Cottishall Jaguars RC	36 49 46 43 48 51 28 33 50 33 43	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 50 Senior Vet 40 Senior	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:23 00:39:30 00:39:30 00:39:59	126 128 128 130 131 132 133 134 135 136 137	114 13 116 117 118 119 120 14 121 122 15
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1982 Male 21/03/1972 Female 21/02/1983 Female 26/05/1951 Male	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers	36 49 46 43 48 51 28 33 50 33 43 32 64	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 40 Senior Vet 40 Senior Vet 60	00:38:52 00:38:56 00:38:56 00:39:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:23 00:39:30 00:39:30 00:39:59 00:40:00	126 128 128 130 131 132 133 134 135 136 137 138	114 116 117 118 119 120 14 121 122 15 16 123
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1982 Male 21/03/1972 Female 21/02/1983 Female 26/05/1951 Male 29/12/1956 Male	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC	36 49 46 43 48 51 28 33 50 33 43 22 64	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 50 Senior Vet 60 Vet 60 Vet 55	00:38:52 00:38:56 00:38:56 00:39:56 00:39:09 00:39:11 00:39:13 00:39:13 00:39:30 00:39:30 00:39:30 00:39:30 00:39:59 00:40:00 00:40:08	126 128 128 130 131 132 133 134 135 136 137 138 139	114 13 116 117 118 119 120 14 121 122 15 16 123 124
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1982 Male 21/03/1972 Female 21/02/1983 Female 26/05/1951 Male 29/12/1956 Male 08/05/1960 Male	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC Cottishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC	36 49 46 43 48 51 28 33 50 33 43 32 64 58	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 40 Senior Vet 40 Senior Vet 60 Vet 55	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:23 00:39:30 00:39:32 00:39:59 00:40:00 00:40:08	126 128 128 130 131 132 133 134 135 136 137 138 139	114 13 116 117 118 119 120 14 121 122 15 16 123 124 125
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1972 Female 21/02/1983 Female 26/05/1951 Male 08/05/1960 Male 08/05/1960 Male	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Unaffiliated	36 49 46 43 48 51 28 33 50 33 43 32 64 58 55	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 40 Senior Vet 40 Senior Vet 60 Vet 55 Vet 55	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:23 00:39:30 00:39:30 00:39:59 00:40:00 00:40:08 00:40:12 00:40:25	126 128 128 130 131 132 133 134 135 136 137 138 139 140 141	114 13 116 117 118 119 120 14 121 122 15 16 123 124
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1982 Male 21/03/1972 Female 21/02/1983 Female 26/05/1951 Male 29/12/1956 Male 08/05/1960 Male	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC Cottishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC	36 49 46 43 48 51 28 33 50 33 43 32 64 58	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 40 Senior Vet 40 Senior Vet 60 Vet 55	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:23 00:39:30 00:39:32 00:39:59 00:40:00 00:40:08	126 128 128 130 131 132 133 134 135 136 137 138 139	114 13 116 117 118 119 120 14 121 122 15 16 123 124 125
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul lan Francesca	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1972 Female 21/02/1983 Female 26/05/1951 Male 08/05/1950 Male 08/05/1960 Male 25/03/1962 Male 31/10/1994 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners	36 49 46 43 48 51 28 33 50 33 43 32 64 58 55 53	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 40 Senior Vet 40 Senior Vet 50 Senior Vet 55 Vet 55 Vet 55 Senior	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:23 00:39:30 00:39:32 00:39:59 00:40:00 00:40:00 00:40:08 00:40:25 00:40:27	126 128 128 130 131 132 133 134 135 136 137 138 139 141 141	114 116 117 118 119 120 14 121 122 15 16 123 124 125 126 17
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul lan Francesca Alice	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/03/1965 Male 19/03/1965 Male 19/03/1972 Female 21/02/1983 Female 26/05/1951 Male 08/05/1956 Male 08/05/1950 Male 08/05/1960 Male 25/03/1962 Male 31/10/1994 Female 01/01/1988 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC	36 49 46 43 48 51 28 33 50 33 43 32 64 58 55 55	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:23 00:39:30 00:39:32 00:39:59 00:40:00 00:40:00 00:40:25 00:40:27 00:40:34	126 128 128 130 131 132 133 134 135 136 137 138 139 140 141 142	114 13 116 117 118 119 120 14 121 122 15 16 123 124 125 126 17 18
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul lan Francesca Alice Bobbie	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1965 Male 21/03/1972 Female 21/02/1983 Female 26/05/1951 Male 29/12/1956 Male 08/05/1960 Male 08/05/1960 Male 31/10/1994 Female 01/01/1988 Female 15/12/1958 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Bungay Black Dog RC	36 49 46 43 48 51 28 33 50 33 43 32 64 58 55 53 20 27	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 50 Senior Vet 60 Vet 55 Vet 55 Vet 55 Senior Vet 50 Senior Vet 50 Vet 50 Vet 50 Senior Vet 50 Senior Vet 50 Senior	00:38:52 00:38:56 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:23 00:39:30 00:39:30 00:40:00 00:40:00 00:40:00 00:40:02 00:40:25 00:40:34 00:40:36	126 128 128 130 131 132 133 134 135 136 137 138 139 140 141 142 143	114 13 116 117 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul lan Francesca Alice Bobbie Jonny	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf Burrell	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1982 Male 21/03/1992 Female 21/02/1983 Female 26/05/1951 Male 29/12/1956 Male 08/05/1960 Male 25/03/1962 Male 31/10/1994 Female 01/01/1988 Female 15/12/1958 Female 15/12/1958 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Bungay Black Dog RC Salhouse Fast Lads	36 49 46 43 48 51 28 33 50 33 43 43 32 64 58 55 53 20 27 56 38	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 50 Senior Vet 60 Vet 55 Vet 55 Vet 55 Senior Vet 50 Senior Vet 50 Senior	00:38:52 00:38:56 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:23 00:39:30 00:39:30 00:39:30 00:40:00 00:40:00 00:40:00 00:40:25 00:40:27 00:40:36 00:40:48	126 128 128 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145	114 13 116 117 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19 127
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul lan Francesca Alice Bobbie Jonny Lorrain	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf Burrell Dawson	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1982 Male 21/03/1982 Female 21/02/1983 Female 26/05/1951 Male 29/12/1956 Male 08/05/1960 Male 25/03/1962 Male 31/10/1994 Female 01/01/1988 Female 15/12/1958 Female 15/12/1958 Female 14/11/1976 Male 30/07/1959 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Bungay Black Dog RC Salhouse Fast Lads Great Yarmouth Road Runners	36 49 46 43 48 51 28 33 50 33 43 43 22 64 58 55 53 20 27 56 38	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 50 Senior Vet 60 Vet 55 Vet 55 Vet 55 Vet 55 Senior Vet 55 Senior Vet 55 Senior	00:38:52 00:38:56 00:38:56 00:38:56 00:39:09 00:39:11 00:39:13 00:39:13 00:39:30 00:39:30 00:39:30 00:39:30 00:40:00 00:40:00 00:40:00 00:40:25 00:40:27 00:40:34 00:40:36 00:40:48 00:40:49	126 128 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146	114 13 116 117 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19 127
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul lan Francesca Alice Bobbie Jonny Lorrain Shaun	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf Burrell Dawson Crowley	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1972 Female 21/03/1972 Female 21/02/1983 Female 26/05/1951 Male 29/12/1956 Male 08/05/1960 Male 25/03/1962 Male 31/10/1994 Female 01/01/1988 Female 15/12/1958 Female 15/12/1958 Female 14/11/1976 Male 30/07/1959 Female 09/04/1960 Male	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC Cottishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Bungay Black Dog RC Salhouse Fast Lads Great Yarmouth Road Runners Beccles Triathlon Club	36 49 46 43 48 51 28 33 50 33 43 32 64 58 55 53 20 27 56 38 56	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 50 Senior Vet 60 Vet 55 Vet 55 Vet 55 Senior Vet 50 Senior Vet 55 Vet 55 Vet 55 Vet 55 Vet 55 Vet 55	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11 00:39:13 00:39:13 00:39:32 00:39:30 00:39:32 00:39:32 00:39:32 00:40:00 00:40:08 00:40:12 00:40:25 00:40:27 00:40:34 00:40:36 00:40:49 00:40:49 00:40:58	126 128 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147	114 116 117 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19 127 20 128
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul lan Francesca Alice Bobbie Jonny Lorrain	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf Burrell Dawson	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1982 Male 21/03/1982 Female 21/02/1983 Female 26/05/1951 Male 29/12/1956 Male 08/05/1960 Male 25/03/1962 Male 31/10/1994 Female 01/01/1988 Female 15/12/1958 Female 15/12/1958 Female 14/11/1976 Male 30/07/1959 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Bungay Black Dog RC Salhouse Fast Lads Great Yarmouth Road Runners	36 49 46 43 48 51 28 33 50 33 43 43 22 64 58 55 53 20 27 56 38	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 50 Senior Vet 60 Vet 55 Vet 55 Vet 55 Vet 55 Senior Vet 55 Senior Vet 55 Senior	00:38:52 00:38:56 00:38:56 00:38:56 00:39:09 00:39:11 00:39:13 00:39:13 00:39:30 00:39:30 00:39:30 00:39:30 00:40:00 00:40:00 00:40:00 00:40:25 00:40:27 00:40:34 00:40:36 00:40:48 00:40:49	126 128 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146	114 13 116 117 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19 127
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul lan Francesca Alice Bobbie Jonny Lorrain Shaun Wojtek	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf Burrell Dawson Crowley Jasie	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/03/1982 Female 19/03/1982 Male 21/03/1972 Female 21/02/1983 Female 26/05/1951 Male 08/05/1960 Male 08/05/1960 Male 08/05/1960 Male 25/03/1962 Male 31/10/1994 Female 01/01/1988 Female 15/12/1956 Female 14/11/1976 Male 30/07/1959 Female 09/04/1960 Male	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Bungay Black Dog RC Salhouse Fast Lads Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated	36 49 46 43 48 51 28 33 50 33 43 32 64 58 55 53 20 27 56 56 55 55	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 55 Vet 55 Vet 55 Vet 55 Senior Vet 55 Vet 55 Vet 55 Vet 55 Vet 55	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:32 00:39:30 00:39:32 00:39:30 00:40:00 00:40:08 00:40:12 00:40:25 00:40:27 00:40:34 00:40:36 00:40:48 00:40:48 00:40:58 00:40:58	126 128 128 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147	114 13 116 117 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19 127 20 128 129
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul lan Francesca Alice Bobbie Jonny Lorrain Shaun Wojtek Jason	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf Burrell Dawson Crowley Jasie Tillett	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1982 Male 21/03/1972 Female 21/02/1983 Female 26/05/1951 Male 29/12/1956 Male 08/05/1960 Male 25/03/1962 Male 31/10/1994 Female 01/01/1988 Female 15/12/1958 Female 15/12/1958 Female 15/12/1959 Female 09/04/1960 Male 18/02/1961 Male	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Salhouse Fast Lads Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated Unaffiliated Unaffiliated Unaffiliated	36 49 46 43 48 51 28 33 50 33 43 32 64 58 55 53 20 27 56 38 56 55 55	Senior Vet 45 Vet 45 Vet 45 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 55 Vet 55 Vet 55 Senior Vet 55 Senior Vet 55 Senior Vet 55 Senior Vet 55	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:33 00:39:30 00:39:32 00:39:30 00:40:00 00:40:00 00:40:00 00:40:25 00:40:25 00:40:27 00:40:34 00:40:36 00:40:48 00:40:48 00:40:49 00:40:58 00:41:03 00:41:10	126 128 128 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147 148 149	114 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19 127 20 128 129 130
Sarah Mike Mark Chris Ian Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul Ian Francesca Alice Bobbie Jonny Lorrain Shaun Wojtek Jason Anna	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf Burrell Dawson Crowley Jasie Tillett Gray	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 03/06/1964 Male 06/05/1987 Male 19/03/1982 Female 19/03/1985 Male 21/03/1972 Female 21/02/1983 Female 26/05/1951 Male 29/12/1956 Male 08/05/1960 Male 25/03/1962 Male 31/10/1994 Female 01/01/1988 Female 15/12/1958 Female 15/12/1958 Female 14/11/1976 Male 30/07/1959 Female 09/04/1960 Male 18/02/1961 Male 27/07/1969 Male	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Salhouse Fast Lads Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated Unaffiliated Unaffiliated Unaffiliated Unaffiliated Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC	36 49 46 43 48 51 28 33 50 33 43 32 64 55 55 53 20 27 56 38 56 55 55 55 55	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 60 Vet 55 Vet 55 Vet 55 Senior Vet 50 Senior Vet 50 Senior Vet 50 Vet 55 Vet 56 Vet 45	00:38:52 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:23 00:39:30 00:39:32 00:39:59 00:40:00 00:40:00 00:40:00 00:40:25 00:40:25 00:40:27 00:40:34 00:40:36 00:40:48 00:40:48 00:40:48 00:40:48 00:40:49 00:40:58 00:41:10 00:41:11	126 128 128 130 131 132 133 134 135 136 137 138 139 140 141 141 142 143 144 145 146 147 148	114 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19 127 20 128 129 130 21
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul lan Francesca Alice Bobbie Jonny Lorrain Shaun Wojtek Jason Anna Mark	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf Burrell Dawson Crowley Jasie Tillett Gray Sherwood	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 03/06/1964 Male 06/05/1987 Male 19/03/1965 Male 19/03/1965 Male 19/03/1972 Female 21/03/1972 Female 21/02/1983 Female 26/05/1951 Male 08/05/1951 Male 08/05/1950 Male 08/05/1960 Male 25/03/1962 Male 31/10/1994 Female 01/01/1988 Female 15/12/1958 Female 14/11/1976 Male 09/04/1960 Male 27/07/1969 Male 27/07/1969 Male 27/07/1969 Male 18/11/1974 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Bungay Black Dog RC Salhouse Fast Lads Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated Unaffiliated Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC	36 49 46 43 48 51 28 33 50 33 43 32 64 58 55 53 20 27 56 38 56 55 55 54 46 40 40	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 60 Vet 55 Vet 55 Vet 55 Vet 55 Vet 50 Senior Vet 50 Vet 50 Vet 50 Vet 55 Vet 50 Vet 45 Vet 40 Vet 40	00:38:52 00:38:56 00:38:56 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:23 00:39:30 00:39:32 00:39:59 00:40:00 00:40:08 00:40:12 00:40:25 00:40:27 00:40:36 00:40:48 00:40:48 00:40:49 00:40:58 00:41:03 00:41:12 00:41:12	126 128 128 130 131 132 133 134 135 136 137 138 140 141 142 143 144 145 146 147 148 149 150 151	114 13 116 117 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19 127 20 128 129 130 21
Sarah Mike Mark Chris Ian Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul Ian Francesca Alice Bobbie Jonny Lorrain Shaun Wojtek Jason Anna Mark Sherralyn	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf Burrell Dawson Crowley Jasie Tillett Gray Sherwood Blakely	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1982 Male 21/03/1972 Female 21/02/1983 Female 26/05/1951 Male 29/12/1956 Male 08/05/1960 Male 25/03/1962 Male 31/10/1994 Female 01/01/1984 Female 15/12/1958 Female 15/12/1958 Female 15/12/1958 Female 15/12/1958 Female 15/12/1958 Female 14/11/1976 Male 30/07/1959 Female 09/04/1960 Male 18/02/1961 Male 27/07/1969 Male 18/11/1974 Female 30/06/1975 Male 05/04/1967 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Salhouse Fast Lads Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated Unaffiliated Unaffiliated Unaffiliated Unaffiliated Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC Chineham Park Running Club Unaffiliated	36 49 46 43 48 51 28 33 50 33 43 32 64 58 55 53 20 27 56 38 56 55 54 40 40 40 48	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 50 Senior Vet 60 Vet 55 Vet 55 Vet 55 Vet 55 Vet 50 Senior Vet 55 Senior Vet 55 Vet 50 Vet 40 Vet 40 Vet 40	00:38:52 00:38:56 00:38:56 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:30 00:39:30 00:39:30 00:40:00 00:40:00 00:40:08 00:40:12 00:40:25 00:40:27 00:40:34 00:40:34 00:40:36 00:40:48 00:40:48 00:40:58 00:41:10 00:41:12 00:41:21 00:41:21	126 128 128 130 131 132 133 134 135 136 137 138 140 141 142 143 144 145 146 147 148 149 150 151	114 116 117 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19 127 20 128 129 130 21 131
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul lan Francesca Alice Bobbie Jonny Lorrain Shaun Wojtek Jason Anna Mark	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf Burrell Dawson Crowley Jasie Tillett Gray Sherwood	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 02/02/1967 Male 03/06/1964 Male 06/05/1987 Male 19/03/1965 Male 19/03/1965 Male 19/03/1972 Female 21/03/1972 Female 21/02/1983 Female 26/05/1951 Male 08/05/1951 Male 08/05/1950 Male 08/05/1960 Male 25/03/1962 Male 31/10/1994 Female 01/01/1988 Female 15/12/1958 Female 14/11/1976 Male 09/04/1960 Male 27/07/1969 Male 27/07/1969 Male 27/07/1969 Male 18/11/1974 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Bungay Black Dog RC Salhouse Fast Lads Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated Unaffiliated Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC	36 49 46 43 48 51 28 33 50 33 43 32 64 58 55 53 20 27 56 38 56 55 55 54 46 40 40	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 60 Vet 55 Vet 55 Vet 55 Vet 55 Vet 50 Senior Vet 50 Vet 50 Vet 50 Vet 55 Vet 50 Vet 45 Vet 40 Vet 40	00:38:52 00:38:56 00:38:56 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:23 00:39:30 00:39:32 00:39:59 00:40:00 00:40:08 00:40:12 00:40:25 00:40:27 00:40:36 00:40:48 00:40:48 00:40:49 00:40:58 00:41:03 00:41:12 00:41:12	126 128 128 130 131 132 133 134 135 136 137 138 140 141 142 143 144 145 146 147 148 149 150 151	114 116 117 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19 127 20 128 129 130 21 131
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul lan Francesca Alice Bobbie Jonny Lorrain Shaun Wojtek Jason Anna Mark Sherralyn Stephanie	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf Burrell Dawson Crowley Jasie Tillett Gray Sherwood Blakely Hoyle	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1982 Male 21/03/1972 Female 21/02/1983 Female 26/05/1951 Male 29/12/1956 Male 08/05/1960 Male 25/03/1962 Male 31/10/1994 Female 01/01/1984 Female 15/12/1958 Female 15/12/1958 Female 15/12/1959 Female 14/11/1976 Male 30/07/1959 Female 09/04/1960 Male 18/02/1961 Male 27/07/1969 Male 18/02/1967 Male 30/06/1975 Male 05/04/1967 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC Cottishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Salhouse Fast Lads Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated	36 49 46 43 48 51 28 33 50 33 43 22 64 58 55 53 20 27 27 56 56 55 55 54 46 40 40 40 48	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 50 Senior Vet 60 Vet 55 Vet 55 Vet 55 Vet 55 Vet 50 Senior Vet 55 Vet 50 Senior Vet 40 Vet 44 Vet 45 Vet 45 Vet 45 Vet 45 Vet 40 Vet 45 Vet 45 Vet 45	00:38:52 00:38:56 00:38:56 00:38:56 00:38:56 00:38:56 00:39:09 00:39:11 00:39:13 00:39:13 00:39:33 00:39:30 00:39:30 00:39:30 00:39:59 00:40:00 00:40:08 00:40:25 00:40:27 00:40:27 00:40:34 00:40:38 00:40:48 00:40:49 00:40:58 00:40:49 00:40:58 00:41:10 00:41:12 00:41:21 00:41:27 00:41:27	126 128 128 130 131 132 133 134 135 136 137 138 140 141 142 143 144 145 146 147 148 149 150 151 152	114 116 117 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19 127 20 128 129 130 21 131
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul lan Francesca Alice Bobbie Jonny Lorrain Shaun Wojtek Jason Anna Mark Sherralyn Stephanie Julie	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf Burrell Dawson Crowley Jasie Tillett Gray Sherwood Blakely Hoyle Webster	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/03/1982 Female 19/03/1982 Male 21/03/1972 Female 21/02/1983 Female 26/05/1951 Male 26/05/1951 Male 29/12/1956 Male 08/05/1960 Male 25/03/1962 Male 31/10/1994 Female 01/01/1988 Female 15/12/1958 Female 14/11/1976 Male 30/07/1959 Female 09/04/1960 Male 18/02/1961 Male 27/07/1969 Male 18/11/1974 Female 30/06/1975 Male 15/12/1965 Female 15/12/1965 Female 15/12/1965 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC Cottishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Bungay Black Dog RC Salhouse Fast Lads Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated Great Yarmouth Road Runners	36 49 46 43 48 51 28 33 50 33 43 32 64 58 55 53 20 27 56 55 54 46 40 40 40 48 49	Senior Vet 45 Vet 45 Vet 40 Vet 45 Senior Senior Vet 50 Senior Vet 50 Senior Vet 60 Vet 55 Vet 45 Vet 45 Vet 45 Vet 45 Vet 45	00:38:52 00:38:56 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:23 00:39:30 00:39:30 00:39:30 00:40:00 00:40:08 00:40:12 00:40:25 00:40:27 00:40:34 00:40:36 00:40:49 00:40:58 00:40:49 00:40:58 00:41:10 00:41:12 00:41:21 00:41:27 00:41:34 00:41:34	126 128 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147 148 149 150 151 152 153	114 116 117 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19 127 20 128 129 130 21 131 22 23 24
Sarah Mike Mark Chris lan Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul lan Francesca Alice Bobbie Jonny Lorrain Shaun Wojtek Jason Anna Mark Sherralyn Stephanie Julie Suzy	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf Burrell Dawson Crowley Jasie Tillett Gray Sherwood Blakely Hoyle Webster Knights	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/03/1982 Female 19/03/1982 Male 19/03/1983 Female 21/02/1983 Female 26/05/1951 Male 29/12/1956 Male 08/05/1960 Male 25/03/1962 Male 31/10/1994 Female 01/01/1988 Female 15/12/1958 Female 14/11/1976 Male 03/07/1969 Male 18/02/1961 Male 27/07/1969 Male 18/02/1961 Female 18/11/1974 Female 15/12/1965 Female 15/12/1965 Female 15/12/1965 Female 15/12/1965 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Salhouse Fast Lads Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated Unaffiliated Bungay Black Dog RC Chineham Park Running Club Unaffiliated Unaffiliated Unaffiliated Unaffiliated Unaffiliated Great Yarmouth Road Runners Running Club Unaffiliated Unaffiliated Great Yarmouth Road Runners	36 49 46 43 48 51 28 33 50 33 43 32 64 58 55 53 20 27 56 46 40 40 40 40 40 40 40 40 40 40 40 40 40	Senior Vet 45 Vet 45 Vet 40 Vet 45 Senior Vet 50 Senior Vet 50 Senior Vet 50 Senior Vet 60 Vet 55 Vet 40 Vet 445 Vet 40 Vet 45 Vet 45 Vet 45 Senior	00:38:52 00:38:56 00:38:56 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:31 00:39:32 00:39:30 00:39:32 00:39:30 00:40:08 00:40:08 00:40:12 00:40:25 00:40:27 00:40:34 00:40:36 00:40:48 00:40:48 00:40:49 00:40:58 00:41:10 00:41:12 00:41:12 00:41:27 00:41:34 00:41:27 00:41:34 00:41:44 00:41:59	126 128 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147 148 149 150 151 152	114 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19 127 20 128 129 130 21 131 22 23 24 25
Sarah Mike Mark Chris Ian Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul Ian Francesca Alice Bobbie Jonny Lorrain Shaun Wojtek Jason Anna Mark Sherralyn Stephanie Julie Suzy Alan	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf Burrell Dawson Crowley Jasie Tillett Gray Sherwood Blakely Hoyle Webster Knights Richardson	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1985 Male 19/03/1972 Female 21/02/1983 Female 26/05/1951 Male 29/12/1956 Male 29/12/1956 Male 25/03/1962 Male 31/10/1994 Female 01/01/1988 Female 15/12/1958 Female 15/12/1958 Female 15/12/1959 Male 30/07/1959 Female 09/04/1960 Male 18/02/1961 Male 27/07/1969 Male 18/02/1967 Female 30/06/1975 Male 05/04/1967 Female 15/12/1965 Female 15/12/1965 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Salhouse Fast Lads Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated Unaffiliated Bungay Black Dog RC Chineham Park Running Club Unaffiliated Unaffiliated Unaffiliated Unaffiliated Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated Unaffiliated Unaffiliated Great Yarmouth Road Runners Waveney Valley AC Waveney Valley AC	36 49 46 43 48 51 28 33 50 33 43 32 64 58 55 53 20 27 56 38 56 55 54 46 40 40 48 48 48 48 48 48 48 48 48 48	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 50 Senior Vet 60 Vet 55 Vet 55 Vet 55 Senior Vet 55 Senior Vet 55 Senior Vet 55 Vet 50 Senior Vet 55 Vet 40 Vet 45 Vet 40 Vet 45 Senior Vet 45 Senior Vet 55 Senior	00:38:52 00:38:56 00:38:56 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:15 00:39:23 00:39:30 00:39:32 00:39:59 00:40:00 00:40:08 00:40:12 00:40:25 00:40:27 00:40:34 00:40:48 00:40:49 00:40:58 00:41:03 00:41:12 00:41:21 00:41:21 00:41:21 00:41:27 00:41:21 00:41:27 00:41:34	126 128 128 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147 148 149 150 151 152 153 156 156	114 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19 127 20 128 129 130 21 131 22 24 25 132
Sarah Mike Mark Chris Ian Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul Ian Francesca Alice Bobbie Jonny Lorrain Shaun Wojtek Jason Anna Mark Sherralyn Stephanie Julie Suzy Alan William	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf Burrell Dawson Crowley Jasie Tillett Gray Sherwood Blakely Hoyle Webster Knights Richardson Price	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1965 Male 21/03/1972 Female 21/02/1983 Female 26/05/1951 Male 29/12/1956 Male 08/05/1960 Male 25/03/1962 Male 31/10/1994 Female 01/01/1988 Female 15/12/1958 Female 14/11/1976 Male 30/07/1959 Female 14/11/1976 Male 18/02/1961 Male 27/07/1969 Male 18/02/1961 Male 27/07/1969 Female 15/12/1965 Female 15/12/1965 Female 15/12/1965 Female 15/12/1969 Female 15/12/1969 Female 15/12/1969 Female 15/12/1969 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Salhouse Fast Lads Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated Unaffiliated Bungay Black Dog RC Chineham Park Running Club Unaffiliated Unaffiliated Unaffiliated Unaffiliated Unaffiliated Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated Unaffiliated Great Yarmouth Road Runners Waveney Valley AC Waveney Valley AC Unaffiliated	36 49 46 43 48 51 28 33 50 33 43 32 64 58 55 53 20 27 56 38 56 55 54 46 40 40 48 49 48 48 48 48 48 48 48 48 48 48	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 50 Senior Vet 60 Vet 55 Vet 55 Vet 55 Vet 55 Senior Vet 55 Senior Vet 55 Senior Vet 55 Senior Vet 55 Vet 40 Vet 45 Vet 45 Vet 45 Vet 45 Vet 45 Vet 45 Senior Vet 65 Senior	00:38:52 00:38:56 00:38:56 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:23 00:39:30 00:39:32 00:39:32 00:40:00 00:40:00 00:40:02 00:40:25 00:40:27 00:40:36 00:40:48 00:40:48 00:40:49 00:40:58 00:40:58 00:41:10 00:41:12 00:41:21 00:41:21 00:41:27 00:41:34 00:41:34 00:41:34 00:41:44 00:41:59 00:42:07	126 128 128 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147 148 149 150 151 152 153 154 155 156 157	114 13 116 117 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19 127 20 128 129 130 21 131 22 23 24 25 132 133
Sarah Mike Mark Chris Ian Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul Ian Francesca Alice Bobbie Jonny Lorrain Shaun Wojtek Jason Anna Mark Sherralyn Stephanie Julie Suzy Alan	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf Burrell Dawson Crowley Jasie Tillett Gray Sherwood Blakely Hoyle Webster Knights Richardson	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1965 Male 19/03/1965 Male 21/03/1972 Female 21/02/1983 Female 26/05/1951 Male 29/12/1956 Male 08/05/1960 Male 25/03/1962 Male 31/10/1994 Female 01/01/1988 Female 15/12/1958 Female 14/11/1976 Male 30/07/1959 Female 14/11/1976 Male 18/02/1961 Male 27/07/1969 Male 18/02/1961 Male 27/07/1969 Female 15/12/1965 Female 15/12/1965 Female 15/12/1965 Female 15/12/1969 Female 15/12/1969 Female 15/12/1969 Female 15/12/1969 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Salhouse Fast Lads Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated Unaffiliated Bungay Black Dog RC Chineham Park Running Club Unaffiliated Unaffiliated Unaffiliated Unaffiliated Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated Unaffiliated Unaffiliated Great Yarmouth Road Runners Waveney Valley AC Waveney Valley AC	36 49 46 43 48 51 28 33 50 33 43 32 64 58 55 53 20 27 56 38 56 55 54 46 40 40 48 48 48 48 48 48 48 48 48 48	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 50 Senior Vet 60 Vet 55 Vet 55 Vet 55 Senior Vet 55 Senior Vet 55 Senior Vet 55 Vet 50 Senior Vet 55 Vet 40 Vet 45 Vet 40 Vet 45 Senior Vet 45 Senior Vet 55 Senior	00:38:52 00:38:56 00:38:56 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:15 00:39:23 00:39:30 00:39:32 00:39:59 00:40:00 00:40:08 00:40:12 00:40:25 00:40:27 00:40:34 00:40:48 00:40:49 00:40:58 00:41:03 00:41:12 00:41:21 00:41:21 00:41:21 00:41:27 00:41:21 00:41:27 00:41:34	126 128 128 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147 148 149 150 151 152 153 156 156	114 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19 127 20 128 129 130 21 131 22 24 25 132
Sarah Mike Mark Chris Ian Christopher Rebecca Daren Carl Laura Nicola Jonathan Patrick Paul Ian Francesca Alice Bobbie Jonny Lorrain Shaun Wojtek Jason Anna Mark Sherralyn Stephanie Julie Suzy Alan William	Jay Jolly Peach Dye Chilley Howard Harris Goffin Hoult Devereux John Price Larke Harvey Harper Turner Kirk Sauerzapf Burrell Dawson Crowley Jasie Tillett Gray Sherwood Blakely Hoyle Webster Knights Richardson Price	16/04/1966 Female 17/07/1969 Male 26/04/1972 Male 26/04/1972 Male 02/02/1967 Male 13/06/1964 Male 06/05/1987 Male 19/02/1982 Female 19/03/1985 Male 19/03/1972 Female 21/02/1983 Female 26/05/1951 Male 29/12/1956 Male 29/12/1956 Male 25/03/1962 Male 31/10/1994 Female 01/01/1988 Female 15/12/1958 Female 15/12/1958 Female 15/12/1959 Male 30/07/1959 Female 09/04/1960 Male 18/02/1961 Male 27/07/1969 Male 18/02/1967 Female 30/06/1975 Male 05/04/1967 Female 15/12/1965 Female 15/12/1965 Female	Bure Valley Harriers Unaffiliated Great Yarmouth Road Runners Unaffiliated Lowestoft Road Runners Unaffiliated Team Harris Unaffiliated Unaffiliated Bungay Black Dog RC Coltishall Jaguars RC Sudbury Joggers Wymondham AC Waveney Valley AC Unaffiliated Great Yarmouth Road Runners Bungay Black Dog RC Salhouse Fast Lads Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated Unaffiliated Bungay Black Dog RC Chineham Park Running Club Unaffiliated Unaffiliated Unaffiliated Unaffiliated Unaffiliated Great Yarmouth Road Runners Beccles Triathlon Club Unaffiliated Unaffiliated Great Yarmouth Road Runners Waveney Valley AC Waveney Valley AC Unaffiliated	36 49 46 43 48 51 28 33 50 33 43 32 64 58 55 53 20 27 56 38 56 55 54 46 40 40 48 49 48 48 48 48 48 48 48 48 48 48	Senior Vet 45 Vet 45 Vet 40 Vet 45 Vet 50 Senior Senior Vet 50 Senior Vet 50 Senior Vet 60 Vet 55 Vet 55 Vet 55 Vet 55 Senior Vet 55 Senior Vet 55 Senior Vet 55 Senior Vet 55 Vet 45 Vet 45 Vet 45 Vet 45 Vet 45 Vet 45 Senior Vet 65 Senior	00:38:52 00:38:56 00:38:56 00:38:56 00:38:56 00:39:09 00:39:11 00:39:12 00:39:13 00:39:15 00:39:23 00:39:30 00:39:32 00:39:32 00:40:00 00:40:00 00:40:02 00:40:25 00:40:27 00:40:36 00:40:48 00:40:48 00:40:49 00:40:58 00:40:58 00:41:10 00:41:12 00:41:21 00:41:21 00:41:27 00:41:34 00:41:34 00:41:34 00:41:44 00:41:59 00:42:07	126 128 128 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147 148 149 150 151 152 153 154 155 156 157	114 13 116 117 118 119 120 14 121 122 15 16 123 124 125 126 17 18 19 127 20 128 129 130 21 131 22 23 24 25 132 133

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Laura	Harlow	13/09/1989 Female	Unaffiliated	26	Senior	00:42:18	162		27
Martin	Hazell	22/05/1967 Male	Unaffiliated	48	Vet 45	00:42:27	163	136	
Adele	Bushell	26/12/1966 Female	Coltishall Jaguars RC	48	Vet 45	00:42:30	164		28
Gary	Allard	17/05/1975 Male	Unaffiliated	40	Vet 40	00:42:57	165	137	
Richard	Poynton	17/03/1971 Male	Unaffiliated	44	Vet 40	00:43:08	166	138	
Jonathan	Strowlger	04/03/1978 Male	Unaffiliated	37	Senior	00:43:18	167	139	
Jay	Butcher	29/09/1977 Female	Waveney Valley AC	37	Senior	00:43:23	168		29
Roberta	Kay	21/11/1964 Female	Unaffiliated	50	Vet 50	00:43:24	169		30
Vanessa	May	22/10/1980 Female	Unaffiliated	34	Senior	00:43:26	170		31
Steph	Strowger	03/07/1989 Female	Lowestoft Road Runners	26	Senior	00:43:43	171		32
Hayley	Donnelly	02/05/1973 Female	Unaffiliated	42	Vet 40	00:43:45	172		33
Andy	Smith	12/12/1969 Male	Unaffiliated	45	Vet 45	00:44:06	173	140	
John	England	11/07/1947 Male	Great Yarmouth and District AC	68	Vet 65	00:44:10	174	141	
Ben	Webb	05/10/1972 Male	Unaffiliated	42	Vet 40	00:44:16	175	142	
Ray	Walsh	23/09/1963 Male	THE STELLA MAN	51	Vet 50	00:44:24	176	143	
Sue	Cattermole	24/08/1960 Female	Unaffiliated	55	Vet 55	00:44:34	177	143	34
David	Hutcheon	15/03/1944 Male	Bure Valley Harriers	71	Vet 65	00:44:39	178	144	- 34
								144	25
Silke	Hunter	29/09/1968 Female	Unaffiliated	46	Vet 45	00:45:11	179	4.5	35
Tony	Ludlam	27/12/1965 Male	Unaffiliated	49	Vet 45	00:45:18	180	145	
David	Drewitt	20/06/1950 Male	Great Yarmouth and District AC	65	Vet 65	00:45:25	181	146	
Stephen	Clark	13/11/1984 Male	Unaffiliated	30	Senior	00:45:39	182	147	
Kevin	Barnard	28/02/1972 Male	Unaffiliated	43	Vet 40	00:45:48	183	148	
Tony	Carr	15/12/1965 Male	Birds Eye	49	Vet 45	00:45:53	184	149	
Brenda	Hutcheon	19/12/1947 Female	Bure Valley Harriers	67	Vet 65	00:46:15	185		36
Kerry	Surkitt	14/01/1973 Female	Unaffiliated	42	Vet 40	00:46:17	186		37
Rachel	Acamon-Carbonell	01/06/1977 Female	Great Yarmouth Road Runners	38	Senior	00:46:22	187		38
Cheryl	Goymer	20/02/1962 Female	Waveney Valley AC	53	Vet 50	00:46:31	188		39
Rebecca	Durant	26/04/1952 Female	Coltishall Jaguars RC	63	Vet 60	00:46:33	189		40
Caroline	Grint	26/10/1973 Female	Unaffiliated	41	Vet 40	00:46:37	190		41
Dennis	Simpson	25/04/1960 Male	Norwich Road Runners	55	Vet 55	00:46:52	191	150	
Keelan	Smith	16/12/1983 Male	Saxmundham Sports Running & F	31	Senior	00:46:56	192	151	
Jo	Fisk	31/01/1972 Female	Waveney Valley AC	43	Vet 40	00:46:57	193		42
Dave	Martindale	25/11/1957 Male	Unaffiliated	57	Vet 55	00:47:05	194	152	
Nicholas	Carter	20/08/1940 Male	Unaffiliated	75	Vet 65	00:47:24	195	153	
Sarah	Sparkes	17/07/1973 Female	Bungay Black Dog RC	42	Vet 40	00:47:33	196		43
Sharon	Emery	22/01/1974 Female	Unaffiliated	41	Vet 40	00:47:36	197		44
Ashley	Hutchings	26/09/1966 Male	Unaffiliated	48	Vet 45	00:48:02	198	154	
Michael	Garry	20/11/1942 Male	Unaffiliated	72	Vet 65	00:48:22	199	155	
Phillip	Laurier	16/01/1949 Male	Lowestoft Road Runners	66	Vet 65	00:48:28	200	156	
Lisa	May	26/01/1977 Female	Unaffiliated	38	Senior	00:48:31	201	100	45
Sharon	Breward	13/12/1971 Female	Sudbury Joggers	43	Vet 40	00:49:27	202		46
Sarah	Pennock	10/06/1979 Female	Sudbury Joggers Sudbury Joggers	36	Senior	00:49:27	202		46
David	Warton	25/08/1956 Male	Unaffiliated	59	Vet 55	00:49:38	202	157	40
Paul	Bird	05/06/1962 Male		53	Vet 50	00:49:38	204	157	
			Bungay Black Dog RC						
Michael	Bird	21/06/1968 Male	Unaffiliated	47	Vet 45	00:52:20	206	159	- 40
Ashling	Riva	29/03/1963 Female	Unaffiliated	52	Vet 50	00:53:06	207		48
Rachael	Spencer	22/02/1968 Female	Unaffiliated	47	Vet 45	00:53:41	208		49
Sarah	Watts	16/12/1967 Female	Diss and District AC	47	Vet 45	00:55:23	209		50
Des	Ferridge	18/02/1971 Male	Unaffiliated	44	Vet 40	00:57:41	210	160	
Nigel	Page	24/10/1959 Male	Unaffiliated	55	Vet 55	01:19:09	211	161	
Carrie	Morris	30/07/1992 Female	Unaffiliated	23	Senior	DNF			
Richard	Gallard	28/12/1969 Male	Access Community Trust	45	Vet 45	DNS			
David	Waterman	15/03/1960 Male	Bungay Black Dog RC	55	Vet 55	DNS			
Stuart	Young	10/06/1965 Male	Bungay Black Dog RC	50	Vet 50	DNS			
Paul	Saunders	16/03/1972 Male	Tri-Anglia Triathlon Club	43	Vet 40	DNS			
Andrew	Farman	03/11/1981 Male	Unaffiliated	33	Senior	DNS			
Shelley	Haverson	04/08/1981 Female	Unaffiliated	34	Senior	DNS			
Dr Marc	Hummersone	10/02/1973 Male	Unaffiliated	42	Vet 40	DNS			
David	Watson	25/03/1980 Male	Unaffiliated	35	Senior	DNS			
Matthew	Wooltorton	17/01/1982 Male	Unaffiliated	33	Senior	DNS			
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