



TOP 20 RESULTS TO RACE 9

			FREETHORPE TEN	VALENTINES 10K	RINGLAND HALF	WYMONDHAM 20M	DEREHAM 10M	HOLT 10K	WROXHAM 5K	HD 10K	WORSTEAD 5M	TOTAL OF BEST 7 RACES								
SENIOR WOMEN																				
Jessica Behan	Norwich Road Runners	1:09:18	94	40:32	97	01:29:44.4	98	2:29:16	99	0.046259	98	0.028824	99	18:32.3	93	40:37	99	0:31:58.6	98	688
Juliette Watkinson	Wymondham AC	1:06:44	96			01:27:39.4	99			0.045898	99	0.028212	100	18:21.4	94	39:48	100	0:31:23.9	99	687
Claire Kent	Wymondham AC	1:20:14	83	44:27	94	01:35:51.2	94			0.051546	92	0.031369	96	20:47.7	73	43:46	98	0:34:35.2	97	654
Jasmin Honour		1:15:11	90	45:44	91					0.053957	89	0.03295	94	22:28.4	56	47:50	93	0:40:08.9	87	600
Heidi Isbill						01:45:18.0	83	2:45:22	95	0.054791	85	0.033858	93	22:15.4	59	51:57	85	0:38:58.1	92	592
Anna Frostwick	Tri-Anglia Triathlon Club	1:20:17	82	46:54	88	01:43:58.0	86			0.053566	90			22:40.3	54	48:32	92	0:38:59.4	91	583
Hayley Strivens	GoodGym Race Team	1:21:47	77	56:01	50	01:52:53.0	69	3:28:05	71			0.037639	77	22:44.9	51	54:36	77	0:40:15.7	86	508
Rowena Leary	Norfolk Gazelles AC			40:25	98	01:43:23.9	87			0.048464	96	0.030821	97	19:24.0	89					467
Becky Willett	Norwich Road Runners	1:13:41	91	43:54	95	01:41:50.2	88			0.05135	93			20:26.6	78					445
Michelle Barker	Wymondham AC	1:29:06	57	51:55	75	02:00:40.8	46			0.059147	81					52:04	84	0:41:54.9	83	426
Katherine Trehane	Norfolk Gazelles AC					01:35:38.9	95	3:21:20	73	0.050683	94					45:01	96			358
Hattie Swain	Coltishall Jaguars RC	1:27:48	63	51:56	74	02:01:14.0	45							25:03.6	26	56:17	69	0:43:25.5	75	352
Kate Gooding	Wymondham AC	1:26:18	68							0.056083	84	0.034517	92			49:33	89			333
Eleanore Haylock	Lonely goats rc	1:37:32	33	1:01:38	20	02:07:42.8	31	3:36:11	67			0.041008	60	26:34.3	7	59:31	50	0:46:41.8	66	327
Hannah Purvis	Wymondham AC	2:01:53	1	54:18	62							0.038782	70	25:07.2	24	56:16	70	0:42:37.8	81	308
Alice Kirk	Bungay Black Dog RC	1:36:26	36	55:20	56	02:08:23.0	23	3:36:37	65					25:45.0	16	1:00:16	47	0:49:12.5	59	302
Leanne Bagge	Wymondham AC	1:21:57	75	48:29	85					0.054403	88			22:44.3	53					301
Faith Viney	Bure Valley Harriers	1:04:12	100	38:00	100									17:34.7	98					298
Amy Beck	Norwich Road Runners			38:47	99									18:13.9	95			0:31:16.0	100	294
Alicia Lacey	Norwich Road Runners	1:13:19	92			01:38:20.2	91							19:30.2	88					271
WOMEN 40-44																				
Cassie Barker	Wymondham AC	1:16:30	89			01:41:12.1	91	2:38:56	97	0.053991	92	0.033397	98	22:42.0	82	47:25	96	0:38:08.3	95	658
Lisa Greengrass	Wymondham AC			47:10	95	01:49:16.4	87			0.054833	90	0.033853	97	22:50.5	80	49:08	95	0:38:21.0	94	638
Jennifer Gould		1:26:59	73	50:23	90	01:55:59.5	70	3:11:11	83	0.058708	84	0.036622	89	23:23.8	79	53:35	86	0:40:15.0	91	602
Hazel Thorn		1:24:57	79	50:57	86	01:53:05.0	79			0.05777	86	0.036019	92			52:55	88	0:41:26.0	90	600
Louise Juby	Dereham Runners & AC	1:07:26	99							0.04628	100	0.029994	100	18:55.6	99	42:26	100	0:32:24.7	100	598
Stacey Harper	Norwich Road Runners	1:13:19	95	43:45	98	01:38:22.2	96	2:38:29	98	0.051521	96			20:44.2	95					578
Marion Bensley	Coltishall Jaguars RC	1:39:49	45	57:39	73	02:10:47.4	47			0.068575	68	0.043913	75	26:08.6	60	59:27	76	0:45:01.7	85	484
Stephanie Deeks	Great Yarmouth Road Runners	1:40:00	42	1:04:49	52	02:22:28.4	31	3:56:09	72	0.06813	69	0.042488	77	27:04.8	58	1:03:05	73	0:48:07.3	82	483
Helen Terry	Norfolk Gazelles AC	1:15:09	92			01:39:23.8	95			0.050749	98			21:10.6	94			0:37:36.5	96	475
Rebecca Wicks		1:42:01	36	1:00:05	66	02:23:35.4	30	3:41:51	77	0.073153	63	0.045709	72	31:56.7	49	1:11:33	65	0:57:22.1	76	468
Emma Blake	North Norfolk Beach Runners	1:08:44	98	40:51	100	01:30:49.2	99			0.048625	99									396
Alexandra Smith	Wymondham AC	1:12:34	96			01:31:20.9	98							19:32.5	98			0:33:26.8	99	391
Charlotte Richardson	Wymondham AC	1:27:50	71			01:54:52.1	73			0.059132	83			23:27.7	78	55:05	85			390
Nicola Hill	Norwich Road Runners			43:50	96					0.0534	93			21:51.6	91	47:17	98			378
Christine Ashton		1:18:18	86			01:43:14.7	90	2:50:33	95					21:54.0	90					361
Anne Flanagan	Norwich Road Runners			43:44	99					0.052275	94					45:26	99			292
Louise Paterson	Bure Valley Harriers													21:21.1	93	47:22	97	0:35:58.4	97	287
Hayley Thompson	Reepham Runners			56:35	74	02:06:44.8	58							25:23.7	69			0:44:18.8	86	287
Joanna Killingworth	Norwich Road Runners	1:16:00	90	43:50	97					0.051123	97									284
Katherine Mortlock	Bure Valley Harriers	1:42:44	35	58:33	70	02:15:30.8	41					0.043171	76	28:16.4	56					278
WOMEN 45-49																				
Sabina Spence	Bure Valley Harriers	1:10:07	100	43:02	100	01:32:42.7	100	2:26:25	100					20:26.8	99	44:21	99	0:35:05.9	100	698
Penny Studley	Great Yarmouth Road Runners	1:15:13	97	44:55	98			2:38:18	97	0.052043	98					48:23	95	0:36:19.7	98	583
Caroline Peek	Lowestoft Road Runners			50:14	91	01:54:42.8	85	3:10:43	84	0.059816	87			24:11.0	89	54:40	94			530
Katie Whitmore	Wymondham AC	1:30:03	83	54:18	87					0.062373	83			26:06.2	74	57:14	91	0:44:05.6	92	510
Theresa Dooley	Norfolk Gazelles AC					01:40:32.6	99			0.04963	99	0.030966	100	21:08.0	97	46:41	97			492
Laura Waters		1:38:55	68	1:00:40	72	02:18:17.3	52			0.068414	72	0.041794	82	27:27.4	63	1:03:06	83			492
Justine Davenport	Norfolk Gazelles AC	1:40:54	62							0.062531	82	0.04016	85	26:08.7	72	1:00:34	86	0:44:09.1	91	478
Claire Rackham	Norwich Road Runners			46:10	96	01:47:31.6	94	2:53:51	93	0.055478	95			22:42.2	94					472

Louise	Holland	Wymondham AC	1:22:03	91			01:51:15.3	90		0.055994	94		22:55.0	93		0:39:57.5	95	463	
Kerry	Smith	North Norfolk Beach Runners	1:48:05	53	1:03:36	63	02:20:20.0	49		0.070286	68		27:24.9	64	1:06:17	77	0:47:38.6	87	461
Joanna	Godwin	Wymondham AC	1:22:15	90	49:08	93	01:53:40.3	87	2:55:43	91			23:23.2	92				453	
Sarah	Stubbs	City of Norwich Athletics Club					01:41:44.6	97		0.052988	96	0.033185	99	21:33.8	96			388	
Melanie	Widdows				47:39	95	01:49:45.2	92		0.056049	93	0.033635	98					378	
Fiona	Williams	Great Yarmouth Road Runners			55:56	84				0.064465	79	0.039859	86				0:43:14.2	93	342
Shayney	Blyth				56:34	83	02:06:44.4	61					25:23.1	79			0:45:28.1	88	311
Claire	Beckett				57:19	81			3:36:24	76	0.068425	71			1:04:12	81		309	
Alison	Bilyard	Great Yarmouth Road Runners			1:01:16	68				0.068648	70			1:02:05	84	0:47:55.6	86	308	
Sharon	Hurren	Wymondham AC								0.048933	100			43:56	100	0:35:31.7	99	299	
Marianne	Page	Norfolk Gazelles AC	1:18:39	95			01:44:14.1	95				0.035082	95					285	
Paula	Smith	Runners-next-the-Sea								0.056663	92	0.034513	96			0:38:33.8	97	285	

WOMEN 50-54

Elly	Young	Coltishall Jaguars RC			44:20	100	01:38:01.6	100	2:44:29	99	0.050825	99	0.031566	100	20:52.8	100	0:36:14.1	98	696		
Louise	Hurr	Norfolk Gazelles AC	1:16:31	96			01:39:30.2	98			0.053925	98	0.032988	97	21:14.0	98	47:37	98	0:36:08.2	99	684
Jo	Anverali	Great Yarmouth Road Runners	1:15:34	98			01:41:51.7	96	2:51:09	94			0.032265	99	21:25.0	96	46:34	99	0:35:58.6	100	682
Nicola	Baker	Great Yarmouth Road Runners	1:15:54	97			01:41:50.2	97	2:51:09	95			0.032292	98	21:23.5	97			0:37:13.6	97	581
Ruth	Gaunt	Norwich Road Runners	1:20:03	93			01:44:28.0	95	2:46:51	97	0.056531	95	0.035025	94		50:33	95			569	
Ruth	Steele	Coltishall Jaguars RC	1:21:28	92		50:01	93	01:46:16.2	94		0.054712	97		22:48.2	92			0:39:53.9	95	563	
Anneke	Cook	Wymondham AC			49:09	96	01:51:05.8	91			0.05609	96	0.03566	90		53:01	91	0:41:07.0	91	555	
Terry	Brunton				51:54	90					0.059978	89	0.035392	92	23:30.4	91	51:32	93	0:40:15.4	94	549
Marian	Crossland	City Of Norwich AC	1:24:48	90	49:48	94					0.058383	92		23:40.7	89	52:55	92	0:40:47.3	92	549	
Debbie	Powles	Norfolk Gazelles AC	1:25:19	88							0.059385	90	0.035653	91	23:50.0	88	53:57	90	0:40:17.2	93	540
Sharon	Jones	Coltishall Jaguars RC	1:32:02	83	53:43	88	01:58:50.2	87			0.062299	86		24:57.4	85			0:43:59.3	87	516	
Lisa	Rodgers	Wymondham AC	2:01:54	59	1:05:53	69	02:24:05.1	78	3:46:25	79	0.072519	75	0.048411	73	31:42.9	69	1:09:40	68	0:54:52.6	66	511
Helen	Mian	Norfolk Gazelles AC	1:14:40	100			01:39:16.1	99			0.050811	100		21:01.2	99	45:31	100			498	
Mary	Cordeaux	City Of Norwich AC	1:42:39	67	58:16	77	02:11:01.6	81					0.040833	84	27:40.9	77			0:46:36.2	83	469
Emma	Potter-Campbell	Dereham Runners & AC	1:19:23	94	55:11	84							0.033013	96	22:18.6	95			0:38:31.2	96	465
Karen	Evans	Coltishall Jaguars RC	1:32:24	80			01:58:55.7	86	3:12:43	90				25:10.4	83	54:54	87			426	
Julie	London	Norfolk Gazelles AC	1:30:37	84			02:10:44.1	82	3:14:55	89	0.062802	85		28:23.8	74					414	
Michelle	Waters	Norfolk Gazelles AC					02:10:39.0	83			0.074321	73		28:37.6	73	1:00:29	79	0:48:01.7	77	385	
Tracey	Goodrum	Lonely Goat RC	1:41:37	68	1:01:12	73	02:24:56.0	76								1:00:41	78	0:48:10.4	76	371	
Tracey	Renshaw	Wymondham AC			51:25	91					0.059115	91	0.03613	89		54:38	88			359	

WOMEN 55-59

Ruth	Gainsford	Coltishall Jaguars RC	1:25:50	99	51:52	98	01:55:49.5	96	3:02:01	98	0.05888	97	0.036209	97	23:48.2	98	52:49	99	0:48:39.3	89	686
Jenny	Mayne	City Of Norwich AC	1:28:46	95	53:43	96	01:56:45.1	95			0.064264	93		25:21.8	97	1:03:25	92	0:47:24.8	93	661	
Jackie	Eastaugh-King	Norwich Road Runners	1:54:51	80	58:04	91			4:00:49	91	0.068468	90	0.041516	93	27:02.1	90	58:04	95			630
Anna	Coulborn	Great Yarmouth Road Runners	1:26:32	98	50:16	99	01:52:43.4	99			0.059549	96		26:40.7	95	54:06	97			584	
Judy	Crooks	Norwich Road Runners	1:28:26	97	53:30	97					0.059716	95				53:12	98	0:40:46.5	100	487	
Philippa	Rudd	Norwich Road Runners	1:28:29	96			01:54:22.5	98	3:04:35	97	0.067519	92	0.037971	96							479
Jackie	Gooch	Coltishall Jaguars RC	1:35:38	90	55:12	94	02:02:56.7	92			0.062498	94						0:48:38.4	90	460	
Rachel	Hirst	Bungay Black Dog RC	1:38:37	88					3:26:43	94					27:20.8	89	1:00:36	94	0:47:46.7	92	457
Marina	Murdoch	Wymondham AC	1:55:37	79			02:31:13.6	86					0.048419	86	31:42.5	81	1:09:40	90			422
Julie	Dilrew		1:32:32	94			02:00:05.4	93	3:07:07	96						57:26	96			379	
Rachel	Robson	North Norfolk Beach Runners					01:56:59.4	94					0.035465	98	24:37.5	96					288
Debbie	Secret		1:32:42	93	55:03	95	02:05:40.9	91													279
Sally	Porter	Bure Valley Harriers			57:43	92									26:58.1	91			0:46:54.0	95	278
Mitzy	O'Loughlin	Bungay Black Dog RC	1:49:36	82			02:21:07.7	87	3:45:24	92											261
Catherine	Henery	City of Norwich Athletics Club									0.05103	100			21:19.6	100					200
Susan	Aves	Springfield Striders					01:47:29.0	100					0.034749	99							199
Jenny	Sheahan	Eastern Masters AC									0.055052	99				50:16	100				199
Louise	Wilkinson	City Of Norwich AC			48:19	100									24:01.1	97					197
Dianne	Bird						01:55:36.3	97											0:41:03.8	99	196
Patsy	Bradley	Wymondham AC					02:08:12.2	90					0.038546	95							185

WOMEN 60-64

Bobbie	Sauerzapf	Bungay Black Dog RC	1:26:43	97			01:58:46.0	99	3:10:20	99			0.038067	97	27:11.6	92	56:47	100	0:42:58.1	97	681
Susan	Moore	Norfolk Gazelles AC					02:16:41.2	96	3:54:51	96	0.071505	97	0.041984	95	26:52.1	93	1:00:46	98	0:45:38.5	95	670
Jayne	Capps-Jenner	Bungay Black Dog RC	1:39:16	91	56:39	97			3:27:25	97			0.040765	96	26:48.6	94	1:00:36	99			574
Teresa	Solomon		1:43:25	89	1:02:01	94	02:20:05.7	95					0.043944	93			1:06:39	96	0:51:33.4	92	559
Elaine	Haggarty	Great Yarmouth & District AC	1:51:28	88	1:05:04	93	02:28:05.2	92							31:59.3	89	1:11:20	94	0:55:31.7	89	545
Elaine	Hudson	Norfolk Gazelles AC	1:29:53	96			02:04:02.9	97			0.063646	98			25:35.0	96			0:47:07.7	94	481
Alison	Stewart	Norwich Road Runners	1:22:44	99	47:57	100					0.056666	100	0.035074	100							399

Gail	Hardingham	Bure Valley Harriers			50:06	99					0.037766	99	23:58.6	98			0:41:08.9	99	395
Sue	Carver	Norwich Road Runners	1:42:29	90	1:01:12	95		4:01:07	95							1:06:35	97		377
Patricia	Tuttle	Waveney Valley AC	1:33:32	95				3:09:19	100	0.062072	99								294
Elaine	Savvas				54:48	98					0.03799	98					0:44:18.6	96	292
Doreen	Neal	Coltishall Jaguars RC	1:35:18	94				3:16:17	98								0:47:19.3	93	285
Amanda	Gray	Wymondham AC			1:05:55	92					0.04787	91				1:09:58	95	278	
Helen	Taylor	Norwich Road Runners	2:02:53	87	1:10:26	91										1:13:53	93	271	
Anne	Ellen	Norfolk Gazelles AC											22:28.9	100			0:37:12.6	100	200
Ceridwen	Howell	Runners-next-the-Sea					02:27:43.2	93			0.044422	92							185
Hazel	Cason	Dereham Runners AC											30:43.7	90			0:54:19.9	90	180
Suzanne	King		2:17:06	86			03:05:11.7	91											177
Sharon	Baldwin	Bungay Black Dog RC	1:17:23	100															100
Angie	Bear	Wymondham AC					01:57:33.6	100											100

WOMEN 65+

Rosemary	Jackson	Coltishall Jaguars RC	1:29:16	100	52:15	98	01:55:01.3	100	3:07:19	100	0.059777	99	0.036632	100	23:41.6	100	52:50	99	0:41:57.5	99	698
Linda	Cusack				50:48	99					0.056838	100					50:53	100	0:39:05.3	100	399
Sheila	Smith		1:43:45	95	59:18	95	02:16:02.0	97			0.067693	97									384
Jennifer	Burfoot	Norfolk Gazelles AC	1:41:19	96							0.074317	96			28:38.1	95	1:08:07	93			380
Jacqueline	Wood	Dereham Runners & AC			1:02:05	92	02:19:55.0	96				0.048168	97					0:51:13.1	94	379	
Anita	Betts	Great Yarmouth Road Runners					02:34:08.7	92			0.080118	94					1:15:12	92	0:58:08.2	92	370
Jennifer	Rowley				1:04:36	91	02:26:19.8	94	4:07:13	98											283
Sandy	Wells	Great Yarmouth & District AC	1:47:47	94			02:27:29.0	93			0.078138	95									282
Pat	Brightman	Great Yarmouth and District AC							4:07:14	97					36:29.1	91			0:56:45.0	93	281
Margaret	Faherty	Norwich Road Runners	1:49:18	93	1:07:39	90	02:22:54.6	95													278
Alison	Rostron						02:07:05.4	98	3:38:26	99											197
Anne	Graveling				53:41	97	01:56:39.7	99													196
Jane	Ashby	Ryston Runners AC									0.060727	98					55:41	97			195
Heather	Hollister														26:30.8	99			0:46:08.3	96	195
Cindy	Burgess	Wymondham AC			58:39	96									27:14.9	98					194
Jane	King														27:20.4	97			0:45:45.9	97	194
Elizabeth	Letzer	North Norfolk Beach Runners										0.045515	98		28:31.5	96					194
Carole	Spong	Great Yarmouth Road Runners	1:37:57	97													1:03:49	96			193
Elizabeth	Davison	Norwich Road Runners			1:02:04	93											1:07:06	94			187
Maureen	England				1:12:26	89													1:01:19.4	91	180

SENIOR MEN

Kyle	Brooks	Wymondham AC	1:03:26	88	38:33	87	01:23:40.2	95	2:14:16	94	0.042884	90	0.026451	96	17:26.4	67	37:23	98	0:29:04.1	96	656
John	Hudson	Norwich Road Runners			36:20	94	01:20:07.6	99	2:05:19	97	0.041075	98			17:04.2	73	37:32	97	0:28:56.7	97	655
Daniel	Smith	Coltishall Jaguars RC	1:06:25	80	38:39	86	01:24:29.3	92	2:16:40	91	0.043935	86			17:55.2	51	39:30	93	0:30:58.1	91	619
Dominic	Richardson	Norwich Road Runners	1:04:10	85	37:39	89	01:26:28.3	86			0.043333	89	0.026898	94	17:40.2	59	37:33	96			598
Nick	Kent	Wymondham AC	1:08:32	75	39:06	84	01:27:06.0	85				0.027361	92		17:52.9	53	39:33	92	0:30:49.5	93	574
Liam	Rowlands	Norwich Road Runners	1:03:58	86	37:37	90	01:23:57.0	94							17:52.3	54	37:45	95	0:29:58.6	94	513
Scott	Bruce	Lowestoft Road Runners	1:11:54	64	42:03	67	01:33:39.0	63	2:43:39	72	0.049941	67			19:18.0	12	43:23	77	0:33:46.4	83	493
Jordan	Isbill						01:35:07.4	60	2:27:57	82	0.046979	79	0.029869	85			41:41	83	0:34:37.1	77	466
Chris	Parker	North Norfolk Beach Runners	1:03:07	89	36:42	93			2:16:22	92		0.026188	97				38:23	94			465
Chris	Harrison	Norwich Road Runners	1:04:46	83			01:25:10.9	88	2:26:05	84	0.042387	95			40:54	87					437
Robert	Organ		1:14:37	56	44:00	55	01:39:15.6	45	3:07:41	45	0.053731	51	0.033446	72	20:07.9	1	47:03	67	0:35:09.5	75	421
Michael	Eccles	Norfolk Gazelles AC					01:16:08.2	100			0.039457	99			16:18.0	92	34:55	99			390
Sam	Barker	Wymondham AC	1:09:08	72	40:47	74			2:18:44	87		0.028172	90		17:29.1	63					386
Jack	Stuttle	Coltishall Jaguars RC			39:22	80	01:28:29.3	80			0.045422	83			18:00.7	50			0:31:29.9	89	382
David	Roy	Wymondham AC			35:34	95						0.025225	100		16:47.3	85			0:28:18.0	100	380
Kieron	McFarlane	City Of Norwich AC			39:19	82					0.050671	62	0.028404	88	17:50.7	55			0:30:56.8	92	379
Martin	Farr	Lowestoft Road Runners	1:06:11	82			01:24:55.0	90			0.044443	85			18:35.8	34	41:02	86			377
Rafal	Drygas		1:09:09	71	41:19	70	01:30:01.1	74			0.049063	72			19:36.9	6	43:18	78			371
Aidan	Banfield	Wymondham AC			38:42	85						0.026847	95		17:21.3	70	39:52	90			340
Michal	Grucelski		1:15:10	54	44:07	54	01:36:20.4	57			0.049168	70					43:01	80			315

MEN 40-44

Neil	Adams	North Norfolk Beach Runners	59:41	99	35:22	97			2:16:23	96	0.040478	100	0.025097	99	16:24.9	96	36:31	99			686
Marc	Coles	Norwich Road Runners	1:02:38	97	37:58	92	01:22:17.0	95	2:08:26	98	0.043155	96	0.026509	96	17:44.4	91	37:48	97	0:29:32.9	95	674
Simon	Wright	Norwich Road Runners	59:32	100	35:44	96					0.043317	95	0.026164	97	17:26.8	93	38:46	94	0:29:20.6	96	671
Mark	Mardell	Norwich Road Runners	1:12:25	80	42:23	86					0.047847	85	0.029609	92	19:23.1	79	42:00	90	0:33:49.2	88	600
Andrew	Thomas	Great Yarmouth Road Runners	1:12:46	77	43:39	83	01:36:22.0	76	2:40:59	80	0.051748	79	0.030845	89	20:11.3	75	44:20	86	0:34:01.2	87	581
Simon	Cook	Lowestoft Road Runners	1:00:23	98			01:20:25.4	97			0.0438	94			18:13.5	85	38:30	95	0:30:51.2	91	560
Adrian	Leddy		1:12:31	79							0.050233	81	0.031131	88	20:49.2	68	44:44	85	0:35:34.2	83	484
Trevor	Gannon	Norwich Road Runners			35:50	95	01:21:47.9	96			0.041902	98			16:56.7	95			0:28:51.5	98	482

Marc Evans	Great Yarmouth Road Runners	37:50	93							0.02687	94	17:50.0	89	39:11	93	0:30:30.6	92	461
James Fowler	Norfolk Gazelles AC	1:04:53	93			01:25:34.5	92		0.044095	92		17:57.7	87			0:30:00.1	93	457
James Johnson	Norwich Road Runners			34:22	99	01:16:13.0	99		0.040948	99				36:54	98			395
Matt Pyatt	Dereham Runners & AC			34:23	98	01:16:51.2	98							35:24	100	0:28:16.0	99	395
Dominic Blake	Reepham Runners			33:17	100	01:12:57.0	100	1:56:03	100							0:29:52.2	94	394
Liam Swift				44:40	81	01:39:46.0	71		0.053209	75	0.031219	87	19:25.0	78				392
Carl White								2:10:42	97	0.042634	97	0.026054	98			0:29:11.5	97	389
Alastair Leckie	Norwich Road Runners	1:03:32	95	37:11	94	01:26:40.2	91					18:04.2	86					366
Paul Smith	Norwich Road Runners	1:05:44	92	38:24	91				0.045873	91		18:39.0	84					358
Gav Dent	North Norfolk Beach Runners	1:16:56	72	44:59	78	01:39:36.1	72		0.05703	67		21:07.5	66					355
James Frary	Norfolk Gazelles AC	1:17:19	70			01:39:56.8	69		0.065024	62	0.039653	75	21:13.5	65				341
Stuart Gollands		1:20:10	65	46:49	73	01:45:52.1	57		0.054106	71				52:35	74			340

MEN 45-49

Jan Kaiser	City Of Norwich AC	59:21	99	35:12	100			2:05:51	99	0.040308	100	0.024939	100		35:17	100	0:28:10.5	100	698	
Chris Haylock	Lowestoft Road Runners	1:01:58	98	36:45	99					0.042458	97	0.026356	99	17:36.1	97	37:45	98	0:29:44.2	98	686
Chris Bullock	Norwich Road Runners	1:04:29	95	38:52	95	01:24:40.5	98		0.043088	95	0.026778	97	18:03.9	90	38:55	96	0:31:18.7	95	671	
Darren Easter	Dereham Runners & AC	1:04:57	94	37:52	97				0.043836	93	0.027635	95	17:41.3	96	38:59	95	0:30:42.3	97	667	
Neil Walpole	Norwich Road Runners	1:08:07	88	40:26	93	01:44:17.0	66		0.048238	85		19:44.3	80	41:19	92	0:32:10.1	94	598		
Mark Banfield	Wymondham AC	1:02:32	97						0.045086	92	0.027429	96	17:50.0	95	39:27	94	0:31:14.2	96	570	
Mark Stone	Great Yarmouth Road Runners	1:14:17	74	43:43	86	01:37:47.3	78	2:43:40	79	0.050162	79		20:39.0	74	46:10	86	0:35:11.6	85	567	
Keith Walpole	Norwich Road Runners	1:13:43	78	46:48	73	01:44:54.3	65		0.048116	86		20:17.6	76	47:34	84	0:34:34.0	88	550		
Lee Bryer	Reepham Runners	1:14:48	72	45:04	81	01:42:42.2	68		0.050439	76	0.031126	87	20:07.6	78	46:02	87		549		
Jason Brunt	Norfolk Gazelles AC	1:07:31	90			01:29:57.5	91	2:21:50	95	0.04659	90		19:20.2	83		0:32:20.7	93	542		
Darren Armstrong	North Norfolk Beach Runners					01:31:47.9	87		0.045448	91	0.028242	92	18:48.2	85	42:09	91	0:33:40.7	92	538	
Cathal Daly	City Of Norwich AC	1:19:09	65	45:31	80	01:50:40.0	55	2:59:19	66	0.053398	72	0.033499	82	21:16.9	67	49:03	77	0:37:07.0	81	525
Mat Porter	Norwich Road Runners	1:04:59	93	37:59	96	01:25:00.1	97		0.043212	94			17:51.8	93				473		
Jason Black	Norfolk Gazelles AC	1:14:11	75			01:39:34.0	76	2:52:33	74			0.031134	86	20:25.7	75		0:35:15.0	84	470	
Ben Snelling	Norwich Road Runners							2:41:13	81	0.047868	88	0.029885	89		43:25	90	0:34:05.6	91	439	
Robert Spence		1:13:41	79	43:07	88	01:37:46.9	79	2:39:57	83							0:37:17.1	80	409		
Lawrence Wade	City of Norwich Athletics Club					01:19:36.7	100		0.040671	98			17:08.0	100		0:28:39.2	99	397		
Philip Websdale	Dereham Runners & AC	1:21:42	58	46:44	74			2:59:38	65	0.095086	53		21:02.0	71		0:37:59.8	76	397		
Jimmy Secker	Sudbury Joggers	1:16:24	69	44:52	83	01:42:14.7	69					0.031524	85		45:45	88		394		
David Houghton	Norwich Road Runners					01:27:45.2	93	2:27:23	91				18:11.5	88	41:11	93		365		

MEN 50-54

Darren Honour		1:05:40	99	37:16	99	01:21:32.6	100	2:37:33	90	0.043433	98	0.027002	98	18:30.2	97	39:42	99	0:35:22.1	89	690
Matthew Jones	City Of Norwich AC	1:19:10	70			01:37:46.0	88	2:38:49	89	0.049112	89	0.030314	96	19:57.2	84		0:34:35.2	90	606	
Wayne Ramsbottom	Dereham Runners & AC	1:15:31	82	45:39	81	01:42:34.8	82	2:49:08	83	0.054655	72	0.032468	84	21:43.4	66	49:26	86	0:36:23.8	85	583
Andrew Dormer	Great Yarmouth Road Runners	1:06:04	98	39:07	98	01:25:21.0	98			0.044965	96		19:00.9	89			0:32:29.3	95	574	
Neil Button	Coltishall Jaguars RC	1:08:15	96	39:59	96					0.045856	94		18:44.2	94	42:22	96	0:31:39.7	97	573	
Adrian Waters	Norfolk Gazelles AC					01:29:50.0	96	2:29:28	95	0.045587	95		18:46.3	91	40:33	98	0:32:42.1	94	569	
Graham Johnson	Coltishall Jaguars RC			44:21	89	01:38:04.0	86	2:25:08	96	0.046373	93		19:09.3	87		0:36:14.3	86	537		
Kevin Rooney		1:03:14	100			01:22:55.4	99					0.02688	99	17:57.5	99		0:30:13.6	99	496	
Garry Whiting	Wymondham AC	1:17:14	75	44:45	87	01:45:33.8	79			0.053404	76	0.032358	86		47:03	91		494		
James Nice	City Of Norwich AC	1:17:13	76	45:02	84	01:46:13.6	78	2:47:05	84	0.052252	80	0.033264	82					484		
Mark Clues	Tri-Anglia Triathlon Club					39:11	97			0.044572	97	0.027519	97	18:39.0	95		0:31:40.5	96	482	
Michael Quantrell	Waveney Valley AC	1:08:28	95			01:32:25.1	94			0.048595	90				43:32	94	0:33:58.5	92	465	
James Bool	Great Yarmouth Road Runners	1:13:07	87			01:37:56.1	87			0.049236	88	0.030478	95	20:10.8	79			436		
Mark Tufts	Wymondham AC	1:13:16	86			01:36:09.4	89			0.049942	87	0.032117	88	20:40.4	72			422		
Hugh Woolfenden	Norfolk Gazelles AC					02:03:47.9	51	3:15:26	70	0.056939	68	0.034977	78	22:28.9	60	51:14	83		410	
Nicholas Bensley	Ryston Runners			37:07	100								16:54.1	100	37:30	100	0:29:42.1	100	400	
Mike Jolly	Reepham Runners	1:26:52	59	58:56	55	02:11:31.2	43	3:03:36	77	0.058671	65					0:41:50.1	76	375		
Owen Barber	Coltishall Jaguars RC			50:14	73	01:50:47.0	72							52:24	79	0:42:34.2	75	299		
Lee Oxbury	Norfolk Gazelles AC	1:28:10	55									0.031712	92	20:14.3	78	1:00:41	72	297		
Steve Nichols		1:22:08	69			01:52:29.7	70					0.035225	76			0:39:14.9	81	296		

MEN 55-59

Mark Garrett	Norwich Road Runners	1:05:54	99	40:17	99	01:28:10.2	99			0.045487	98	0.027396	99	18:26.2	99	39:45	99	0:30:58.7	100	694
Richard White	Wymondham AC			39:28	100	01:26:20.7	100	2:18:49	99			0.028443	97	19:33.6	94	40:47	98	0:33:00.2	97	685
Mark Griffin		1:14:45	93	43:12	97	01:37:52.4	91			0.048377	93	0.029784	95	19:40.3	93	41:55	96	0:33:18.8	96	663
Chris Chorley	Bungay Black Dog RC	1:13:37	94			01:37:03.6	94	2:47:28	92			0.030249	94	20:35.2	88	44:47	94	0:34:55.1	95	651
David Kellaway	Dereham Runners & AC	1:15:12	91	43:19	96	01:37:20.8	92	2:36:15	96	0.048896	91	0.030909	93	20:03.6	90				649	
Will Buck	Norwich Road Runners			45:10	93	01:37:04.0	93			0.052553	85	0.031985	90	21:26.0	83	46:01	92	0:36:26.4	91	627
Chris Moore	Norfolk Gazelles AC					01:39:58.4	90	2:43:58	93	0.052317	87	0.032126	89	20:58.0	87	46:43	90	0:36:56.1	89	625

