

Dereham Road Runners 5K

Overall Finish List

July 22, 2012

Results By Mucky Races

Place	Name	Team	Bib No	Gender	Age	Age Group	Place	Chip Time	Gun Time	Total Pace	NCC
1	ASHLEY HARRELL	Conac	1	M	23	1 Top Fin		15:22.3	15:22.3	3:04/K	Y
2	Nick Earl	Conac	248	M	27	2 Top Fin		15:30.6	15:30.6	3:06/K	Y
3	JAMES PRESTON	Wymondham AC	137	M	23	3 Top Fin		15:59.4	15:59.4	3:12/K	Y
4	SEAN ATTERWILL	Dereham Runners	100	M	19	1 M 0-20		16:25.3	16:26.1	3:17/K	Y
5	Adam Varvel		254	M	18	2 M 0-20		16:43.4	16:43.8	3:21/K	Y
6	Kieran McMorran	Bungay Black Dog	244	M	16	3 M 0-20		16:56.4	16:56.4	3:23/K	
7	Micah Rogers	Conac	146	M	20	4 M 0-20		16:58.5	16:58.7	3:24/K	Y
8	BEN STRATTON	Conac	40	M	19	5 M 0-20		17:00.8	17:01.3	3:24/K	Y
9	Spencer Goodall	Wymondham AC	209	M	44	1 M 40-49		17:02.0	17:02.3	3:24/K	Y
10	STEPHEN PETTIT	Ely Runners	14	M	47	2 M 40-49		17:03.4	17:05.0	3:25/K	
11	PAUL HIGHAM	Norwich Road Runners	26	M	29	1 M 21-39		17:07.2	17:07.6	3:25/K	Y
12	JOHN BROOM	Barnsley Harriers	67	M	42	3 M 40-49		17:07.7	17:08.6	3:26/K	
13	Chris Yeates	Conac	239	M	30	2 M 21-39		17:09.4	17:12.3	3:26/K	Y
14	BRADLEY LAWRENCE	Wycombe Phoenix Harriers	49	M	15	6 M 0-20		17:26.9	17:26.9	3:29/K	
15	SEAN JERMY	GYRR	101	M	23	3 M 21-39		17:31.2	17:31.6	3:30/K	Y
16	LAWRENCE WADE	Coltishall Jaguars	52	M	38	4 M 21-39		17:35.3	17:35.9	3:31/K	Y
17	Steve Darby	Barnsley Harriers	201	M	46	4 M 40-49		17:43.5	17:44.2	3:33/K	
18	DAN DOHERTY	Team Balancise	89	M	36	5 M 21-39		17:52.6	17:55.3	3:35/K	
19	ANDREW PRESTON	Wymondham AC	81	M	47	5 M 40-49		18:07.6	18:08.3	3:38/K	Y
20	MARK GARRETT	Norwich Road Runners	70	M	49	6 M 40-49		18:09.3	18:10.7	3:38/K	Y
21	ADAM CRASKE	Bungay Black Dog	55	M	25	6 M 21-39		18:06.4	18:12.1	3:38/K	
22	John Dungar	Wymondham AC	147	M	32	7 M 21-39		18:13.1	18:14.2	3:39/K	Y
23	MICHAL WEGRZYN		184	M	29	8 M 21-39		18:15.9	18:16.9	3:39/K	
24	Steve Bates	Coltishall Jaguars	169	M	40	7 M 40-49		18:17.0	18:18.4	3:40/K	Y
25	Jason Mountain	Wymondham AC	153	M	30	9 M 21-39		18:19.5	18:21.0	3:40/K	Y
26	Che Plant	Ryston Runners	157	M	33	10 M 21-39		18:20.8	18:22.5	3:40/K	Y
27	Luke Alden	Conac	183	M	16	7 M 0-20		18:27.8	18:31.0	3:42/K	Y
28	ADRIAN WATERS	Norfolk Gazelles	85	M	45	8 M 40-49		18:31.7	18:32.7	3:42/K	Y
29	David Tandy	Norwich Road Runners	223	M	42	9 M 40-49		18:32.7	18:34.8	3:43/K	Y
30	Michael Howlett	Ryston Runners	260	M	27	11 M 21-39		18:34.9	18:41.4	3:44/K	Y
31	Paul Sullivan	Norwich Road Runners	154	M	45	10 M 40-49		18:40.9	18:42.6	3:44/K	Y
32	Daren Francis		190	M	37	12 M 21-39		18:42.9	18:44.6	3:45/K	
33	DAVID WALKER	Coltishall Jaguars	104	M	42	11 M 40-49		18:41.9	18:47.9	3:45/K	
34	STEVE CHILDERHOUSE	Wymondham AC	124	M	41	12 M 40-49		18:43.6	18:48.3	3:46/K	Y
35	KARL WALKER		72	M	40	13 M 40-49		18:49.4	18:51.5	3:46/K	
36	STEVEN GUY	Conac	57	M	38	13 M 21-39		18:49.0	18:52.2	3:46/K	Y
37	JAMES GUYTON	Wymondham AC	123	M	37	14 M 21-39		18:48.6	18:54.0	3:47/K	
38	Steven Bowerman	Ryston Runners	194	M	46	14 M 40-49		18:52.2	18:54.3	3:47/K	Y
39	Keith Brighty	Norwich Road Runners	218	M	49	15 M 40-49		18:53.0	18:55.7	3:47/K	Y
40	COLIN BROWNING	Norwich Road Runners	61	M	47	16 M 40-49		18:55.5	18:57.5	3:47/K	Y

41	STEWART ROBINS	Ryston Runners	51	M	45	17 M 40-49	18:52.5	18:59.5	3:48/K	Y
42	Karl Chapman	Wymondham AC	250	M	43	18 M 40-49	18:58.8	19:00.0	3:48/K	Y
43	Richard White	Wymondham AC	144	M	51	1 M 50-59	18:58.5	19:00.8	3:48/K	Y
44	Amy Dungar	Wymondham AC	214	F	30	1 Top Fin	19:04.6	19:06.9	3:49/K	Y
45	Samuel Cross		206	M	30	15 M 21-39	19:10.0	19:10.1	3:50/K	
46	Michael Armes	Norwich Road Runners	189	M	47	19 M 40-49	19:09.2	19:11.7	3:50/K	Y
47	Craig Bowen-Jones		211	M	41	20 M 40-49	19:13.0	19:15.3	3:51/K	
48	Raymond Lindsay	Norwich Road Runners	203	M	56	2 M 50-59	19:21.6	19:23.9	3:53/K	Y
49	Mark Philo	Tri-Anglia	181	M	44	21 M 40-49	19:29.5	19:32.8	3:54/K	Y
50	RICHARD BLAKE	North Norfolk Beach Runners	78	M	62	1 M 60-99	19:34.0	19:36.8	3:55/K	Y
51	Tim Angell	Conac	142	M	49	22 M 40-49	19:32.5	19:39.6	3:56/K	
52	Ian Milburn	Ryston Runners	258	M	25	16 M 21-39	19:35.4	19:43.2	3:57/K	Y
53	ALEXANDRA SMITH	Norwich Road Runners	98	F	37	2 Top Fin	19:40.8	19:43.4	3:57/K	Y
54	Sophie Alden	Conac	182	F	14	3 Top Fin	19:40.4	19:44.5	3:57/K	Y
55	Josh Brighty		255	M	21	17 M 21-39	19:44.4	19:47.1	3:57/K	
56	DEREK BYE	Norfolk Gazelles	96	M	53	3 M 50-59	19:46.5	19:51.8	3:58/K	
57	BOBBY DE'ATH		46	M	33	18 M 21-39	19:43.8	19:52.5	3:58/K	
58	STEPHEN DADY	GYRR	59	M	60	2 M 60-99	19:55.5	19:56.9	3:59/K	Y
59	RACHEL CAVE	Team Balancise	88	F	23	1 F 21-39	19:53.3	19:57.0	3:59/K	
60	Kevin Howlett	Ryston Runners	259	M	55	4 M 50-59	19:49.7	19:57.5	3:59/K	Y
61	Ian Barrett	Ryston Runners	168	M	37	19 M 21-39	19:53.1	19:58.2	4:00/K	Y
62	Phil Hurr	Norfolk Gazelles	222	M	55	5 M 50-59	19:54.9	19:59.1	4:00/K	Y
63	Stewart Fast		253	M	37	20 M 21-39	19:55.6	20:03.6	4:01/K	
64	ANTONY MONEY	North Norfolk Beach Runners	65	M	42	23 M 40-49	19:57.0	20:04.0	4:01/K	Y
65	EDDIE CARMAN	North Norfolk Beach Runners	94	M	44	24 M 40-49	19:58.6	20:05.7	4:01/K	
66	JASON COLE		107	M	30	21 M 21-39	20:02.3	20:08.5	4:02/K	
67	STEPHEN RAMM		16	M	35	22 M 21-39	20:03.0	20:12.4	4:02/K	
68	Les Scott	Ryston Runners	262	M	54	6 M 50-59	20:05.6	20:15.2	4:03/K	
69	Chris Chorley	Bungay Black Dog	240	M	49	25 M 40-49	20:06.8	20:15.5	4:03/K	
70	Eva Roberts	Wymondham AC	197	F	44	1 F 40-49	20:11.2	20:16.3	4:03/K	Y
71	David Kellaway	Tri-Anglia	150	M	51	7 M 50-59	20:20.8	20:22.3	4:04/K	
72	KYLE STAPLES		103	M	15	8 M 0-20	20:20.2	20:27.1	4:05/K	
73	Neil Walpole		148	M	42	26 M 40-49	20:19.0	20:27.5	4:05/K	Y
74	KEITH TAGGART		18	M	48	27 M 40-49	20:20.5	20:29.0	4:06/K	
75	David Hudson		251	M	40	28 M 40-49	20:26.7	20:31.3	4:06/K	
76	KEN BOWMAN	Coltishall Jaguars	8	M	64	3 M 60-99	20:28.9	20:34.3	4:07/K	Y
77	LUKE SUTHERLAND		92	M	25	23 M 21-39	20:30.8	20:37.7	4:07/K	
78	MICHAEL CHAMBERLAIN	Norwich Road Runners	108	M	50	8 M 50-59	20:34.6	20:38.9	4:08/K	Y
79	STEVE BARKER		140	M	47	29 M 40-49	20:27.0	20:40.9	4:08/K	
80	MARK RING	Norwich Road Runners	77	M	45	30 M 40-49	20:38.6	20:42.1	4:08/K	Y
81	MERLE RISEBOROUGH	North Norfolk Beach Runners	29	M	36	24 M 21-39	20:39.5	20:42.8	4:08/K	
82	SANDRA ROBERTS	Norfolk Gazelles	32	F	48	2 F 40-49	20:41.8	20:44.2	4:09/K	Y
83	Ed Turner		226	M	19	9 M 0-20	20:33.9	20:44.7	4:09/K	
84	IAIN DASON	Tri-Anglia	44	M	35	25 M 21-39	20:36.9	20:45.1	4:09/K	Y
85	Andy McLaren	North Norfolk Beach Runners	164	M	47	31 M 40-49	20:43.2	20:46.4	4:09/K	
86	Ellie Drake	Diss AC	175	F	14	1 F 0-20	20:46.6	20:46.6	4:09/K	

87	BEN GASKINS	Tri-Anglia	91	M	27	26 M 21-39	20:38.8	20:48.7	4:10/K	
88	Sharon Hurren	Wymondham AC	208	F	41	3 F 40-49	20:46.4	20:51.0	4:10/K	Y
89	Kyle Long		145	M	20	10 M 0-20	20:48.4	20:58.6	4:12/K	Y
90	CHRIS MOORE	Norfolk Gazelles	74	M	51	9 M 50-59	20:57.3	21:01.2	4:12/K	
91	Craig Dungar	Wymondham AC	261	M	29	27 M 21-39	21:03.1	21:07.7	4:13/K	
92	PAUL STEVENSON		71	M	45	32 M 40-49	21:03.5	21:08.6	4:14/K	
93	RUSSELL BOARD		75	M	31	28 M 21-39	21:10.6	21:16.6	4:15/K	
94	Stephen Sadd	Norfolk Gazelles	217	M	52	10 M 50-59	20:58.9	21:25.3	4:17/K	Y
95	TIM WOODS	Norfolk Gazelles	97	M	50	11 M 50-59	21:22.9	21:27.5	4:17/K	Y
96	Jim Hayes	North Norfolk Beach Runners	228	M	66	4 M 60-99	21:20.5	21:28.4	4:18/K	Y
97	EMILY HANNANT	Coltishall Jaguars	113	F	23	2 F 21-39	21:28.9	21:31.9	4:18/K	
98	David Bailey		246	M	39	29 M 21-39	21:26.4	21:32.4	4:18/K	
99	JAMIE STAPLES		102	M	35	30 M 21-39	21:24.0	21:36.9	4:19/K	
100	RICHARD NOLAN		138	M	48	33 M 40-49	21:32.9	21:45.2	4:21/K	
101	IAN WOODFIELD		106	M	35	31 M 21-39	21:23.0	21:47.8	4:21/K	
102	Gerard Henchey	Ennis Track	149	M	33	32 M 21-39	21:38.5	21:48.3	4:22/K	
103	Niall Mahoney	Wymondham AC	166	M	43	34 M 40-49	21:42.5	21:50.5	4:22/K	
104	Mike Jones	Wymondham AC	213	M	48	35 M 40-49	21:47.2	21:57.7	4:23/K	
105	Craig Witting	Ryston Runners	165	M	18	11 M 0-20	21:50.2	21:57.7	4:23/K	
106	SAMANTHA EPPS	Wymondham AC	121	F	27	3 F 21-39	21:53.2	21:58.9	4:24/K	Y
107	Stephen Corbould	Norfolk Gazelles	191	M	53	12 M 50-59	21:54.9	21:59.7	4:24/K	
108	JON BEVERLEY		62	M	32	33 M 21-39	21:59.5	22:07.8	4:25/K	
109	Phillip Seaman	Ryston Runners	177	M	57	13 M 50-59	22:05.7	22:14.5	4:27/K	
110	PAULINE DREWERY	Ryston Runners	80	F	43	4 F 40-49	22:07.9	22:17.6	4:27/K	Y
111	Amelia Lambert		180	F	15	2 F 0-20	22:19.2	22:19.9	4:28/K	Y
112	Jonathan Smith		152	M	28	34 M 21-39	22:13.5	22:22.6	4:28/K	
113	ANNE MILLETT	Norwich Road Runners	212	F	56	1 F 50-59	22:21.5	22:26.1	4:29/K	Y
114	Aylisha Cain	West Norfolk Athletics	178	F	13	3 F 0-20	22:29.5	22:30.7	4:30/K	
115	IAIN SMITH	Conac	127	M	40	36 M 40-49	22:16.1	22:38.2	4:32/K	
116	Tim Holliday		193	M	47	37 M 40-49	22:24.9	22:51.2	4:34/K	
117	Matthew Reynolds	Lowestoft Road Runners	192	M	29	35 M 21-39	22:43.0	22:57.1	4:35/K	
118	STANISLAW DOLINSKI	Poland	200	M	50	14 M 50-59	22:53.3	22:57.9	4:35/K	
119	MARTIN SMITH		6	M	49	38 M 40-49	22:49.3	23:01.6	4:36/K	
120	RICHARD EDWARDS		58	M	33	36 M 21-39	22:55.9	23:03.1	4:37/K	
121	MICHAEL SMITH	Wymondham AC	122	M	66	5 M 60-99	23:00.0	23:07.3	4:37/K	Y
122	JANE SATFFORD	Norwich Road Runners	93	F	46	5 F 40-49	23:09.6	23:13.9	4:39/K	
123	Jason Ford	Norfolk Harriers	207	M	29	37 M 21-39	22:51.2	23:15.1	4:39/K	
124	Graham Marshall		227	M	38	38 M 21-39	22:58.9	23:15.2	4:39/K	
125	Patrick Thompson	Ryston Runners	172	M	45	39 M 40-49	23:07.3	23:15.9	4:39/K	
126	JUDE DURRANT	Reepham Runners	105	F	43	6 F 40-49	23:07.6	23:18.7	4:40/K	Y
127	Lewis Long		143	M	18	12 M 0-20	23:17.5	23:28.5	4:42/K	Y
128	Terry Brunton		247	F	44	7 F 40-49	23:12.6	23:29.5	4:42/K	
129	MICHELLE BULL	Norwich Road Runners	133	F	42	8 F 40-49	23:19.0	23:29.9	4:42/K	Y
130	Bobbie Sauerzapf	Bungay Black Dog	241	F	53	2 F 50-59	23:18.3	23:36.8	4:43/K	Y
131	NICK PARNELL		132	M	36	39 M 21-39	23:27.7	23:41.4	4:44/K	
132	CAROLE SEAMAN	Ryston Runners	176	F	55	3 F 50-59	23:40.9	23:52.6	4:46/K	

133	SUE NOLAN		139	F	47	9 F 40-49	23:44.3	23:56.0	4:47/K	
134	RICHARD EGGLE		22	M	42	40 M 40-49	23:44.4	24:01.3	4:48/K	
135	JON HOLT		86	M	37	40 M 21-39	24:30.0	24:36.5	4:55/K	
136	DAVID ROWLEY		12	M	48	41 M 40-49	24:38.7	24:38.7	4:56/K	
137	Thomas Brennan		235	M	42	42 M 40-49	24:12.7	24:40.9	4:56/K	
138	LUKE ARMIGER		95	M	21	41 M 21-39	24:19.9	24:41.1	4:56/K	
139	Darren Elley	Pork Chop Express	179	M	40	43 M 40-49	24:22.6	24:42.8	4:56/K	
140	LORRAIN DAWSON	GYRR	33	F	52	4 F 50-59	24:31.4	24:42.9	4:56/K	Y
141	Malcolm Gill		162	M	38	42 M 21-39	24:27.1	24:44.4	4:57/K	
142	Kerry Whitfield		245	F	33	4 F 21-39	24:29.3	24:44.7	4:57/K	
143	VERONICA MANLY	EVAC	39	F	64	1 F 60-99	24:40.4	24:46.1	4:57/K	Y
144	JONATHAN HAGUE		3	M	39	43 M 21-39	24:31.7	24:47.7	4:57/K	Y
145	Christine Cooke	Coltishall Jaguars	233	F	53	5 F 50-59	24:24.8	24:48.3	4:58/K	Y
146	DENNIS BARTRAM		2	M	62	6 M 60-99	24:55.7	25:01.5	5:00/K	Y
147	DAVID LANE	Ryston Runners	63	M	47	44 M 40-49	24:37.3	25:03.4	5:01/K	Y
148	CHRIS BLATCHER		110	M	37	44 M 21-39	24:45.1	25:06.0	5:01/K	
149	MAUREEN WOLFE	Ryston Runners	90	F	53	6 F 50-59	24:56.0	25:06.4	5:01/K	Y
150	ANDY HARROD	Ryston Runners	53	M	48	45 M 40-49	24:56.2	25:07.0	5:01/K	
151	Karen Elizabeth Wood	Ryston Runners	199	F	47	10 F 40-49	24:59.1	25:10.0	5:02/K	
152	RICHARD HIGH	Norwich Road Runners	20	M	41	46 M 40-49	24:43.7	25:11.4	5:02/K	Y
153	David Dinnage		158	M	29	45 M 21-39	24:56.5	25:16.6	5:03/K	Y
154	Patrick Best		205	M	41	47 M 40-49	24:59.9	25:17.6	5:03/K	
155	JACQUIE RODWELL	Diss AC	195	F	48	11 F 40-49	25:15.9	25:34.8	5:07/K	
156	DENNIS WELLS		4	M	62	7 M 60-99	25:37.0	25:43.6	5:09/K	
157	MICHELLE WATERS	Norfolk Gazelles	84	F	44	12 F 40-49	25:19.8	25:45.2	5:09/K	Y
158	CATHERINE BRAZIER		82	F	45	13 F 40-49	25:30.2	25:51.1	5:10/K	
159	VIC LEEDER		134	M	66	8 M 60-99	25:39.8	25:55.2	5:11/K	
160	BARRY HALL		112	M	53	15 M 50-59	25:34.6	25:57.7	5:11/K	
161	JONATHAN BURTON		60	M	44	48 M 40-49	25:36.6	25:59.3	5:12/K	
162	JOANNA BLACKFORD		114	F	32	5 F 21-39	25:34.6	26:00.2	5:12/K	
163	Andrew Yaxley		225	M	43	49 M 40-49	25:46.2	26:03.0	5:13/K	
164	JAMIE STOUTT		50	M	40	50 M 40-49	25:36.4	26:06.0	5:13/K	
165	Benjamin Backhouse		236	M	14	13 M 0-20	25:52.0	26:06.5	5:13/K	
166	Gary Backhouse		237	M	40	51 M 40-49	25:52.4	26:07.0	5:13/K	
167	Sine Garvie mcinally	West Norfolk Athletics	215	F	54	7 F 50-59	26:06.4	26:07.6	5:13/K	
168	JAMES ELLIS		130	M	33	46 M 21-39	26:02.2	26:10.1	5:14/K	
169	Karen Smith	Diss AC	170	F	39	6 F 21-39	25:51.4	26:10.9	5:14/K	
170	BEN HANDFORD		125	M	35	47 M 21-39	26:05.7	26:13.4	5:15/K	
171	ANITA FORTES	Dereham Runners	23	F	50	8 F 50-59	26:06.7	26:16.1	5:15/K	
172	Eleanor Fast		252	F	36	7 F 21-39	26:02.8	26:20.9	5:16/K	
173	Alison Wynton		204	F	43	14 F 40-49	26:12.1	26:27.2	5:17/K	
174	Andy Day		220	M	43	52 M 40-49	26:27.2	26:33.0	5:19/K	
175	DARYL SMITH		136	M	27	48 M 21-39	26:23.3	26:34.6	5:19/K	
176	James Milk		141	M	30	49 M 21-39	26:26.6	26:36.6	5:19/K	
177	Sylvia Dady	GYRR	163	F	32	8 F 21-39	26:24.7	26:38.6	5:20/K	Y
178	Carolyn Weston	Dereham Runners	202	F	43	15 F 40-49	26:26.5	26:41.3	5:20/K	

179	Michael Ennis		256	M	70	9 M 60-99	26:29.6	26:42.6	5:20/K	
180	MIKE CREASOR	Norwich Road Runners	31	M	74	10 M 60-99	26:33.2	26:42.9	5:20/K	Y
181	Mark Smith		156	M	47	53 M 40-49	26:23.4	26:46.1	5:21/K	
182	NEIL TAYLOR		42	M	46	54 M 40-49	26:34.3	26:59.7	5:24/K	
183	RENATA JANKTOVA		79	F	38	9 F 21-39	26:34.8	27:01.3	5:24/K	
184	STEVEN HALSEY		111	M	40	55 M 40-49	26:44.9	27:03.2	5:25/K	
185	ANNA SEAMAN		99	F	33	10 F 21-39	26:46.0	27:08.2	5:26/K	
186	JO BROOKS	Ryston Runners	69	F	38	11 F 21-39	26:58.9	27:11.0	5:26/K	
187	STEVEN LINNEGAR		115	M	30	50 M 21-39	26:47.6	27:12.3	5:26/K	
188	Benedict Thompson		238	M	0	14 M 0-20	27:09.0	27:22.5	5:28/K	
189	Malcolm Fisher		249	M	33	51 M 21-39	26:57.6	27:22.5	5:28/K	
190	Rachel Garrod		155	F	32	12 F 21-39	27:25.8	27:41.6	5:32/K	
191	GLENN DACK	Ryston Runners	56	M	49	56 M 40-49	27:40.1	27:50.2	5:34/K	Y
192	Lucy Cook		243	F	25	13 F 21-39	27:34.0	27:55.4	5:35/K	
193	REBECCA DURANT	Coltishall Jaguars	87	F	60	2 F 60-99	27:34.9	27:58.4	5:36/K	Y
194	Melanie Watts	Ryston Runners	151	F	36	14 F 21-39	27:51.4	28:02.6	5:36/K	Y
195	CHARLOTTE BURFOOT		37	F	35	15 F 21-39	27:49.5	28:04.8	5:37/K	
196	MICHAEL RADBOURNE		21	M	44	57 M 40-49	27:46.9	28:08.0	5:38/K	
197	LUCY HARDIMENT		19	F	22	16 F 21-39	27:48.1	28:12.0	5:38/K	
198	PHILIPPA NEWSON		135	F	33	17 F 21-39	27:57.5	28:13.4	5:39/K	
199	ALLISON RAGOSA	Tri-Anglia	129	F	36	18 F 21-39	28:04.1	28:16.5	5:39/K	
200	ELIZABETH BARCLAY		118	F	25	19 F 21-39	28:29.0	28:41.7	5:44/K	
201	CAROLINE COX		25	F	31	20 F 21-39	28:50.7	28:54.7	5:47/K	
202	Tony Kane	Harwich Runners	221	M	28	52 M 21-39	28:41.9	28:56.0	5:47/K	
203	SHARON WESTON	Reepham Runners	128	F	42	16 F 40-49	28:37.9	28:57.4	5:47/K	
204	ANDREW SMITH		131	M	46	58 M 40-49	28:39.2	28:59.0	5:48/K	
205	Glenn Bate		210	M	56	16 M 50-59	28:41.6	29:00.5	5:48/K	
206	Sue Smith	Ryston Runners	231	F	47	17 F 40-49	28:53.6	29:06.0	5:49/K	Y
207	Jenny Burfoot		257	F	63	3 F 60-99	29:03.4	29:18.8	5:52/K	Y
208	CLAIRE STONE		24	F	39	21 F 21-39	29:18.4	29:23.0	5:53/K	
209	JOANNE RISEBOROUGH		30	F	39	22 F 21-39	29:05.1	29:23.7	5:53/K	
210	REBECCA STERRITT		119	F	25	23 F 21-39	29:07.7	29:25.3	5:53/K	
211	PAUL TALBOT		120	M	50	17 M 50-59	29:40.9	30:10.3	6:02/K	
212	Sharon Armes	Norwich Road Runners	188	F	43	18 F 40-49	29:52.4	30:19.7	6:04/K	Y
213	Karen Mannall		234	F	41	19 F 40-49	30:02.2	30:21.2	6:04/K	
214	JOANNE THIRLAWAY		27	F	36	24 F 21-39	30:30.5	30:34.0	6:07/K	
215	Miledi Azzalin	Diss AC	160	F	43	20 F 40-49	30:14.6	30:34.2	6:07/K	
216	Rachel Mahoney		167	F	40	21 F 40-49	30:27.1	30:49.0	6:10/K	
217	PAM ANDERSON		9	F	37	25 F 21-39	30:34.9	30:51.1	6:10/K	
218	Tina Lake		196	F	49	22 F 40-49	30:42.2	30:52.5	6:10/K	
219	KEVIN LAMB		47	M	38	53 M 21-39	30:54.5	31:09.5	6:14/K	
220	EMMA LAMB		17	F	32	26 F 21-39	30:55.0	31:09.5	6:14/K	
221	Mary Channell	Diss AC	187	F	39	27 F 21-39	30:58.6	31:16.2	6:15/K	
222	JO BLATCHER		109	F	35	28 F 21-39	30:59.3	31:20.9	6:16/K	
223	REBECCA GOUGH		117	F	30	29 F 21-39	30:58.4	31:22.5	6:16/K	
224	DAVID BLATCHER		76	M	70	11 M 60-99	31:01.4	31:22.9	6:16/K	

225	KERRY WILKINSON		28	F	41	23 F 40-49	31:55.5	31:59.1	6:24/K	
226	Julie Botwright		159	F	45	24 F 40-49	31:51.9	32:09.5	6:26/K	
227	Anne Thompson		171	F	42	25 F 40-49	32:14.2	32:34.3	6:31/K	
228	DANIELA BLACKFORD		116	F	56	9 F 50-59	32:12.7	32:36.6	6:31/K	
229	Becky Drake		173	F	17	4 F 0-20	32:50.3	33:06.9	6:37/K	
230	BEV HARROD	Ryston Runners	54	F	40	26 F 40-49	32:48.6	33:08.8	6:38/K	
231	Samantha Read		219	F	31	30 F 21-39	32:47.1	33:14.3	6:39/K	
232	SIAN STEVENSON		126	F	21	31 F 21-39	33:00.5	33:24.8	6:41/K	
233	Stephanie Drake		174	F	47	27 F 40-49	33:07.7	33:25.2	6:41/K	
234	Gill Cobbold	Diss AC	186	F	47	28 F 40-49	33:10.3	33:28.5	6:42/K	
235	Sarah Tyler		161	F	44	29 F 40-49	33:10.7	33:28.6	6:42/K	
236	Dave Scragg		198	M	57	18 M 50-59	42:54.7	43:23.3	8:41/K	
237	KRYSIA SMITH	Coltishall Jaguars	68	F	36	32 F 21-39	53:34.4	53:47.6	10:45/K	Y