

# Results

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
1	Stephen Miller	City of Norwich AC	SM	56 32
2	Nigel Arnold	Norfolk Gazelles AC	M45	58 50
3	Karl Sherry	Norwich Road Runners	M40	59 04
4	Glen Dunham	City of Norwich AC	SM	59 36
5	Pete Johnson	Norfolk Gazelles AC	M50	60 03
6	Andrew Bunn	North Norfolk Beach Runners	SM	61 20
7	Colin Arnold	St Edmunds Pacers	M45	61 38
8	Andrew Houghton	Unattached	M45	61 57
9	Raymond Hill	Ipswich Jaffa	M50	62 25
10	Peter Tuttle	Norwich Road Runners	M40	62 39
11	Peter Andrews	City of Norwich AC	M60	63 07
12	Ronnie White	Unattached	M45	64 00
13	Andrew Hicks	Lowestoft R R	M40	64 11
14	Terry Eps	Wymondham AC	M45	64 16
15	Tim Fox	St Edmunds Pacers	SM	65 00
16	Peter Downing	Unattached	W/Chair	65 04
17	Helen Johnson	Bingley AC	F35	65 29
18	Adrian Preston	Wymondham AC	SM	65 37
19	Russell Clark	Wymondham AC	M45	65 37
20	Jeremy Bolam	North Norfolk Beach Runners	M45	65 40
21	Marie Elliott	City of Norwich AC	SF	66 22
22	Andrew Whittall	Dereham Runners	SM	66 36
23	Les Hill	Norfolk Gazelles AC	M40	66 43
24	Hefin Matthews	Unattached	SM	66 53
25	Phil Quantrill	Gt Yarmouth Road Runners	SM	67 17
26	Temara Jordan	Stowmarket Striders	SF	67 20
27	Caroline Wakefield	Ryston Runners AC	SF	67 29
28	Ian Bailey	Norfolk Gazelles AC	M40	67 43
29	Tim Fretwell	City of Norwich AC	SM	68 25
30	Andrew Manning	Gt Yarmouth Road Runners	SM	68 31
31	Beverley Whitfield	Norfolk Gazelles AC	SF	68 35
32	Trevor Emery	North Norfolk Beach Runners	M50	68 44
33	Michael Clears	Wayland Runners	M55	69 04
34	Alan Holland	Wymondham AC	M55	69 12
35	Antony Croucher	Gt Yarmouth & District AC	SM	69 23
36	John Bone	Gt Yarmouth Road Runners	M55	69 34
37	Martin Yeomans	Norwich Road Runners	M50	69 37
38	John Forkes	Eastern Vets AC	M55	69 49
39	Vince Ellis	Unattached	M45	70 07
40	David Waterfield	Norfolk Gazelles AC	SM	70 31
41	Andrew Manning	Norfolk Gazelles AC	SM	70 31
42	Julian Long	St Edmunds Pacers	SM	70 40
43	Stephen Balph	City of Norwich AC	SM	71 16
44	Chris Milnes	Ryston Runners AC	M45	71 26
45	Richard Pendlery	Unattached	SM	71 53

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
46	Emma Patel	Cambridge & Coleridge	SF	71 59
47	Neil Holland	Wymondham AC	M40	72 04
48	Peter Oldman	North Norfolk Beach Runners	M60	72 06
49	Kieron Haynes	Norwich Road Runners	M45	72 10
50	Rhys Meredith	Norwich Road Runners	SM	72 12
51	Barry Bye	Ryston Runners AC	M55	72 13
52	Geoff Adam	Wymondham AC	M50	72 16
53	Neil Hendry	Norwich Road Runners	SM	72 23
54	Mark Collinson	Norwich Road Runners	SM	72 26
55	Gavin Thouless	Norwich Road Runners	SM	72 28
56	David Aldis	City of Norwich AC	M50	72 58
57	Steve Ratcliffe	St Edmunds Pacers	M45	73 07
58	Ashley gilbert	West Norfolk AC	SM	73 39
59	Chris Gladwell	Stowmarket Striders	M45	73 45
60	Jeremy Navradý	Ryston Runners AC	SM	73 48
61	David Barclay	Norfolk Gazelles AC	M40	73 49
62	Vincent Purdy	Team Real Runner	SM	74 15
63	Bob Rutcliffe	Stowmarket Striders	M55	74 24
64	cherie Hipkins	Gt Yarmouth Road Runners	SF	74 26
65	Ray Short	St Edmunds Pacers	M60	74 26
66	Stephen Robinson	Unattached	SM	74 48
67	John Leach	North Norfolk Beach Runners	M40	75 00
68	Richard Pilch	Unattached	M55	75 04
69	John O'Leary	Gt Yarmouth Road Runners	M50	75 13
70	Anne Millet	Norwich Road Runners	F45	75 14
71	Jon Stanton	Wrekin Road Runners	SM	75 22
72	Geoff Hayward	North Norfolk Beach Runners	M60	75 26
73	Veronica Manly	Wymondham AC	F55	75 44
74	David Goodwin	Gt Yarmouth & District AC	M45	75 53
75	Gary Aldis	Unattached	M45	75 57
76	Mike Smith	Wymondham AC	M60	76 10
77	Stephen Girling	Unattached	M40	76 30
78	Mark Saunders	Unattached	SM	76 34
79	Wayne Utting	Norwich Road Runners	SM	76 41
80	Paul Sullivan	Norwich Road Runners	SM	76 58
81	Rod Cooke	Bungay Black Dog RC	M55	77 00
82	Kevin Marshall	Ilford AC	M40	77 15
83	Timothy Old	City of Norwich AC	SM	77 16
84	Roger Sayle	Unattached	SM	77 34
85	Gavin Sayer	Unattached	SM	77 35
86	Melvyn Wilkie	Unattached	M55	77 46
87	Carole Spong	Gt Yarmouth Road Runners	F55	77 54
88	Ivan Colman	Norfolk Gazelles AC	M40	77 54
89	Peter Edmunds	Unattached	M55	77 55
90	Keith Jenkins	University of East Anglia	SM	78 23
91	Graham Keeley	Unattached	M40	78 40
92	Rodney Arbon	Unattached	SM	78 47
93	Colin dunn	Unattached	M40	79 02

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
94	Mick Clarke	Northampton RR	M60	79 22
95	Lois Yates	Oak Park Running Club	F35	79 36
96	Tracey Peberday	Unattached	F35	79 53
97	Matthew Seal	Unattached	M55	80 09
98	Noel Spruce	North Norfolk Beach Runners	M55	80 22
99	Steven Holmes	Norwich Road Runners	SM	80 40
100	Colin Newcombe	Ipswich Jaffa	SM	80 40
101	Sally Cushing	Norwich Road Runners	F35	80 42
102	Mark Betts	Norwich Road Runners	SM	80 45
103	Caroline Taylor	Norwich Road Runners	F45	80 52
104	Tony Heath	North Norfolk Beach Runners	M55	80 53
105	Michael Pope	Wymondham AC	M45	80 54
106	Michael Smith	Wymondham AC	M55	80 57
107	Colin fox	Unattached	SM	81 10
108	Brenda Hutcheon	Norfolk Gazelles AC	F55	81 26
109	David Hutcheon	Norfolk Gazelles AC	M60	81 26
110	Richard Morris-Jones	Unattached	SM	82 04
111	Mark Edge	Unattached	SM	82 22
112	Richard McCormack	Unattached	SM	82 22
113	Mark Afford	Unattached	M40	82 44
114	Sally Dormer	Brandon Fern Hoppers	F50	83 02
115	Roger Sweet	Unattached	M50	83 04
116	Stephen Linden	St Edmunds Pacers	M50	83 06
117	Trevor Horrocks	Norwich Road Runners	M40	83 13
118	Jo Moncrieff	Ryston Runners AC	F35	83 20
119	Sharn Crane	Unattached	SF	83 23
120	Adrian Richer	City of Norwich AC	M50	83 25
121	Eric Williams	Norfolk Gazelles AC	M50	83 32
122	Tony Millett	Waveney Valley AC	M50	83 38
123	Ian Cray	Unattached	M45	84 56
124	Karen Manning	Gt Yarmouth Road Runners	SF	85 30
125	Derek Ribbands	Gt Yarmouth Road Runners	M45	85 32
126	Anthony Brooks	Unattached	M55	85 59
127	Mark Tufts	Unattached	SM	86 00
128	Alain Goris	Unattached	M40	86 11
129	Janet Brawn	Unattached	F55	86 21
130	Lisa gough	Unattached	SF	86 48
131	Ann Lewin	Unattached	F45	86 48
132	GuyHaines	Unattached	SM	86 51
133	Rod Bye	Unattached	M40	87 18
134	Colin Weight	St Edmunds Pacers	M60	87 23
135	Syuart Wright	Unattached	SM	87 52
136	Dennis Simpson	Norwich Road Runners	M40	88 12
137	Tony Wenlock	Unattached	M45	88 40
138	Kate Wemlock	Unattached	SF	88 40
139	Lindsey Goris	Unattached	SF	88 46
140	Phil sutton	Brandon Fern Hoppers	M45	88 58
141	Robin Heale	Wadhurst Runners	M55	89 28

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
142	Glen Robinson	Unattached	SM	89 35
143	Stuart Palmer	Unattached	SM	89 37
144	Denise Beckett	Norfolk Gazelles AC	F40	89 44
145	Michael Harvey	North Norfolk Beach Runners	M45	90 26
146	Brian Moore	Norwich Road Runners	M50	90 44
147	Karl tooley	Unattached	SM	90 52
148	Cas Wright	Unattached	F35	90 59
149	Stephen Clarke	Gt Yarmouth & District AC	M40	91 18
150	Ann o'Leary	Gt Yarmouth Road Runners	F50	91 23
151	Paul thurtson	Wayland Runners	SM	91 57
152	Lorna Grant	Unattached	F40	92 09
153	Ruth Crooke	Bungay Black Dog RC	F40	92 24
154	Mark Taylor	Norwich Road Runners	M50	92 30
155	Erica short	St Edmunds Pacers	F55	92 48
156	Ian Windsor	Unattached	M45	92 49
157	Richard Winsor	Unattached	SM	92 49
158	John England	Gt Yarmouth & District AC	M55	92 58
159	Steve Gray	Bungay Black Dog RC	SM	93 18
160	Alec Fraser	North Norfolk Beach Runners	M60	93 26
161	Peter Eaton	North Norfolk Beach Runners	M60	93 36
162	Basil Crisp	Norfolk Gazelles AC	M50	93 40
163	Ivan dickerson	Unattached	M45	93 56
164	Robert Scarf	Wyndham AC	M50	94 27
165	William Clarkson	Cambridge & Coleridge	SM	94 36
166	Kathryn Matthews	Unattached	F35	95 13
167	Steve Connelly	Unattached	SM	95 43
168	Janet Cray	Unattached	F45	96 16
169	Sue Palmer	Unattached	SF	96 20
170	mark Piper	Unattached	SM	97 04
171	Judy Wright	Unattached	F40	97 36
172	Ruth Boetzel	Norfolk Gazelles AC	F35	98 04
173	Albert Spong	Gt Yarmouth Road Runners	M60	98 04
174	Chris Browes	Unattached	M45	98 42
175	Joann Hodsen	Army	SF	99 13
176	Tony Britt	Unattached	M45	99 22
177	Charlie Middleton	Unattached	SM	99 35
178	William collett	Unattached	SM	99 38
179	Wendy Smith	Norwich Road Runners	F40	100 52
180	Paul Rodgers	Unattached	M40	101 28
181	Colin Thouless	Norwich Road Runners	M60	101 36
182	Eliane Bray	Dereham Runners	F50	101 57
183	Tracey Mair	Unattached	SF	101 57
184	Julie Allum	Ryston Runners AC	SF	101 58
185	Claire fowler	Wayland Runners	F35	102 02
186	Carl Evasns	Wayland Runners	M40	102 02
187	Lucy Perry	Wyndham AC	F35	102 35
188	Lynda Moore	Norwich Road Runners	F50	102 47
189	Vanessa Pemberton	Unattached	F35	102 56

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
190	Maureen England	Gt Yarmouth & District AC	F55	101 18
191	Tony Wright	Unattached	M55	105 29
192	Louis Miller	Unattached	M60	106 10
193	Roger Andrews	Gt Yarmouth Road Runners	M60	106 30
194	Jackie Bye	Unattached	F45	107 30
195	Denise Goodwin	Gt Yarmouth & District AC	F55	107 42
196	Michael Wright	Norwich Road Runners	M55	108 08
197	Maurice Coupland	North Norfolk Beach Runners	M60	109 00
198	Bill Boyce	Unattached	M40	109 19
199	Russell Eden	Unattached	SM	110 36
200	Lucy Saunders	Unattached	F35	110 38
201	Brian Cuddihy	Unattached	SM	110 38
202	Ron Morland	Unattached	M45	113 09
203	Paul Annison	Unattached	SM	113 49
204	Kate Wells	Unattached	SF	121 52
205	James Wells	Unattached	SM	121 52
206	Sara Burdett	Unattached	F40	122 15
207	Julia West	Unattached	F40	122 15
DNF	David Craven	Unattached	M40	0 00
DNF	Lorraine Crane	Unattached	F35	0 00
DNF	Tracey Stephens	Unattached	F40	0 00
DNF	philip Neave	Bungay Black Dog RC	M55	0 00
DNF	Sally Nicholls	Bungay Black Dog RC	F40	0 00
DNF	Martin Stacey	Yeovil RR	M45	0 00
DNF	Jane Horler	Norfolk Gazelles AC	SF	0 00
DNF	Rachel Neave	Unattached	SF	0 00
DNF	Peter Nelson	Unattached	SM	0 00
DNF	Ivan Lees	Bungay Black Dog RC	M45	0 00
DNF	Tim Linstead	Unattached	SM	0 00
DNF	Robin symonds	Stratton Striders	M40	0 00
DNF	Paul Harvey	North Norfolk Beach Runners	M40	0 00
DNF	Simon Brand	Bungay Black Dog RC	SM	0 00
DNF	Kevin Palmer	Unattached	SM	0 00
DNF	Chris Brook	Unattached	M40	0 00
DNF	Tim Topper	Norfolk Gazelles AC	SM	0 00
DNF	Vicky Gardiner	Gt Yarmouth Road Runners	SF	0 00
DNF	Kev Driver	Ipswich Jaffa	SM	0 00