



TOP 20 RESULTS TO RACE 2

INTERMEDIATE WOMEN		REEDHAM TEN	VALENTINES 10K	TOTAL			
Sophia	Poignand		00:48:48	100			
Emilia	Thomson		01:18:07	99			
SENIOR WOMEN							
Emily	Ruane	00:59:13	100	00:34:55	99	199	
Eleanor	Grubb	City of Norwich AC	01:01:01	99	00:36:49	96	195
Natasha	Moore		01:10:53	94	00:42:23	90	184
Daisy	Mattless		01:14:37	88	00:43:38	86	174
Sophie	Barnard	Bungay Black Dog RC	01:15:59	87	00:45:34	83	170
Kerrie	Lingwood	Aylsham Runners	01:17:22	86	00:46:01	82	168
Charlotte Lucy	Hodgson	Norwich Road Runners	01:17:53	84	00:46:22	80	164
Chloe	Ward	Norwich Road Runners	01:18:54	83	00:47:09	75	158
May	Brown	Great Yarmouth Road Runners	01:20:34	78	00:48:59	70	148
Lucy	Callaby	Dereham Runners AC	01:24:43	71	00:49:24	68	139
Ellie-Marie	Keeler		01:23:11	74	00:52:32	57	131
Leanne	Botwright	Bure Valley Harriers	01:30:26	65	00:52:08	58	123
Lucy	Downs		01:29:08	66	00:53:30	53	119
Rebekah	Aldous	Bungay Black Dog RC	01:32:55	62	00:55:44	46	108
Natisha	Ramsbottom	Dereham Runners AC	01:34:20	59	00:55:35	49	108
Holly	Archer	Cambridge & Coleridge AC			00:34:15	100	100
Emily	Ruane						99
Mabel	Beckett	City of Norwich AC			00:35:18	98	98
Alicia	Lacey	Norwich Road Runners	01:03:20	98			98
Harriet	Carr	Wymondham AC	01:03:35	97			97
WOMEN: 40 - 44							
Amy	Balaam	Bure Valley Harriers	01:17:04	99	00:44:39	95	194
Ness	Dent	North Norfolk Beach Runners	01:15:15	100	00:45:11	94	194
Kareana	Symonds	Dereham Runners AC	01:21:46	96	00:47:57	89	185
Jen	Gilbert	Dereham Runners AC	01:23:54	95	00:50:58	84	179
Samantha	Beales		01:27:26	92	00:52:00	81	173
Helen	Pidgeon	Wymondham AC	01:30:23	89	00:51:55	82	171
Laura	Black		01:31:01	88	00:54:44	75	163
Emma	Sharples		01:31:05	87	00:54:33	76	163
Malgorzata	Grucelska		01:30:12	90	00:55:09	72	162
Denise	Ewart		01:33:07	84	00:54:46	74	158
Lauren	Page		01:33:21	83	00:56:00	71	154
Menzile	Mkiza		02:02:59	76	01:13:11	46	122
Alison	Armstrong	Wymondham AC			00:39:22	100	100
Kate	Gooding	Wymondham AC			00:40:30	99	99
Marianne	Armstrong	Norfolk Gazelles AC	01:17:45	98			98
Jo	Delf	Wymondham AC			00:41:29	98	98
Angela	Cole		01:18:56	97			97
Lauren	Thomas	Ely Runners			00:43:26	97	97
Rebecca	Main				00:44:02	96	96
Kimberly	Carter		01:25:59	94			94
WOMEN: 45 - 49							
Lisa	Greengrass	Wymondham AC	01:15:08	99	00:44:19	97	196
Joanna	Killingworth	Norwich Road Runners	01:15:45	98	00:47:31	92	190
Angela	Perkins		01:22:19	93	00:48:02	90	183
Diane	Lain	Reepham Runners	01:23:58	92	00:49:49	88	180
Kelly	Murkin	Great Yarmouth Road Runners	01:25:22	89	00:50:05	85	174

Beth	King	Bure Valley Harriers	01:25:41	87	00:50:00	86	173
Ruth	Kieran	Saint Edmund Pacers	01:25:26	88	00:51:54	82	170
Julia	Allum		01:26:30	85	00:51:40	83	168
Vicky	Jones	Norwich Road Runners	01:28:45	84	00:53:15	79	163
Claire	Foulkes	North Norfolk Beach Runners	01:31:11	81	00:53:06	80	161
Liz	Jones	Norwich Road Runners	01:33:28	77	00:57:28	64	141
Gaye	Demirsoy	Dereham Runners AC	01:42:52	67	00:59:56	60	127
Sacha	Jenkinson	Norwich Road Runners	01:47:02	65	01:02:35	57	122
Sarah	Boone		02:02:59	60	01:04:55	50	110
Kirsty	Sturman	Lonely Goat RC	02:11:57	57	01:06:43	47	104
Janine	Osborne		02:03:00	59	01:11:48	42	101
Katy	Oldman	Lowestoft Road Runners	01:14:21	100			100
Clare	Sandall	Norwich Road Runners			00:41:39	100	100
Zohra	Armitage	Saint Edmund Pacers			00:43:32	99	99
Carole	Preston	Dereham Runners AC	02:04:23	58	01:12:06	40	98

WOMEN: 50 - 54

Tara	Adams		01:17:43	98	00:47:23	96	194
Deborah	Last	Dereham Runners AC	01:23:52	95	00:48:49	93	188
Julia	Kennelly	Wymondham AC	01:27:06	94	00:54:53	87	181
Silvia	Marroqui		01:27:57	91	00:52:37	89	180
Sharon	Hooton		01:33:58	88	00:54:53	86	174
Andrea	Bell	Norwich Road Runners	01:30:27	90	00:57:42	76	166
Lisa	Vincent		01:39:46	82	00:58:11	74	156
Emma	Ward	Norwich Road Runners	01:43:26	79	01:00:08	68	147
Karen	Glenister		01:46:45	77	01:04:27	60	137
Sarah	Keen	North Norfolk Beach Runners	01:53:10	71	01:03:08	63	134
Sarah	Whiting		01:59:58	65	01:02:51	64	129
Melanie	Elliott	Reepham Runners	01:56:58	67	01:06:45	57	124
Alison	Bilyard	Great Yarmouth Road Runners	01:53:33	70	01:17:09	47	117
Lisa	Green	Great Yarmouth Road Runners	02:11:57	63	01:17:09	46	109
Tracey	Pratt				00:45:18	100	100
Jo	Ross	Norfolk Gazelles AC	01:16:05	100			100
Lisa	Knights	Vegan Runners UK	01:16:40	99			99
Rachel	Miller	Norwich Road Runners			00:45:31	99	99
Amanda	Marshall	North Norfolk Beach Runners			00:46:53	98	98
Louise	Gardiner				00:47:18	97	97

WOMEN: 55 - 59

Ruth	Gaunt	Norwich Road Runners	01:25:12	97	00:50:36	99	196
Rachele	Kelsall	Wymondham AC	01:28:03	95	00:50:38	98	193
Grainne	Purvis	Waveney Valley AC	01:26:02	96	00:51:08	97	193
Terry	Brunton	Dereham Runners AC	01:29:49	92	00:53:27	92	184
Beverley	Luckins		01:29:49	93	00:54:57	91	184
Jane	Wood	Bungay Black Dog RC	01:36:17	83	00:52:11	96	179
Louise	Harrod	Waveney Valley AC	01:32:23	87	00:56:03	90	177
Odette	Goldsmith	Waveney Valley AC	01:32:22	88	00:56:25	88	176
Dawn	Protheroe	Dereham Runners AC	01:35:30	85	00:57:37	85	170
Linda	Storey	Norwich Road Runners	01:38:52	82	00:57:10	87	169
Tracy	Stevens	Wymondham AC	01:40:20	81	00:58:26	83	164
Andrea	Biggs	Waveney Valley AC	01:51:36	80	01:05:22	75	155
Jo	Rayner	Wymondham AC	01:54:04	79	01:06:28	74	153
Trudi	Smith		01:55:18	77	01:07:10	72	149
Elizabeth	Hollis	Dereham Runners AC	01:54:09	78	01:07:56	70	148
Louise	Hurr	Norfolk Gazelles AC	01:15:28	100			100
Gillian	Leathers	Saint Edmund Pacers			00:46:28	100	100
Angela	Ransome	Lonely Goat RC	01:20:15	99			99
Jo	Silver		01:23:18	98			98
Maria	Gillings	Norwich Road Runners			00:52:37	95	95

WOMEN: 60 - 64

Catherine	Henery	City of Norwich AC	01:15:14	100	00:45:03	99	199
Paula	Carr	Great Yarmouth Road Runners	01:17:24	99	00:45:19	97	196
Sandra	Roberts	Coltishall Jaguars RC	01:19:58	97	00:45:18	98	195
Ruth	Gainsford	Coltishall Jaguars RC	01:24:19	95	00:49:48	96	191
Sarah	Bradley	Norwich Road Runners	01:28:37	91	00:52:31	95	186
Jenny	Mayne	City of Norwich AC	01:33:58	89	00:54:10	94	183

Jan	Totterdale	Dereham Runners AC	01:36:30	87	00:58:46	91	178
Karen	Watson		01:46:58	84	01:03:39	87	171
Theresa	Jones	Waveney Valley AC	01:49:25	82	01:03:41	86	168
Vivienne	Taylor	Wymondham AC	01:55:59	80	01:07:46	85	165
Marina	Murdoch	Wymondham AC	02:04:14	78	01:10:38	84	162
Belinda	Davies	Lonely Goat RC	02:06:17	76	01:14:19	82	158
Claire	Brown	Wymondham AC			00:44:54	100	100
Kirsty	Weavers	Saint Edmund Pacers	01:19:52	98			98
Karen	Balcombe	North Norfolk Beach Runners	01:22:04	96			96
Sue	Cooke		01:25:05	94			94
Judy	Crooks	Norwich Road Runners	01:25:11	93			93
Jackie	Eastaugh-king	Norwich Road Runners			00:57:36	93	93
Sharon	Brandon	Saint Edmund Pacers	01:28:16	92			92
Gilly	Winchester				00:57:39	92	92

WOMEN: 65 - 69

Alison	Stewart	Norwich Road Runners	01:24:50	99	00:48:14	100	199
Bobbie	Sauerzapf	Bungay Black Dog RC	01:32:59	95	00:57:17	99	194
Amanda	Gray	Wymondham AC	01:49:42	94	01:06:12	98	192
Nicola	Ginger	Lonely Goat RC	02:03:03	92	01:13:28	95	187
Jane	Yardy	Norwich Road Runners	01:21:01	100			100
Anne	Ellen	Norfolk Gazelles AC	01:26:26	98			98
Elizabeth	Griffiths				01:09:37	97	97
Elaine	Hudson	Norfolk Gazelles AC	01:27:45	97			97
Susan	Carver	Norwich Road Runners			01:12:50	96	96
Karen	Hatton	Saint Edmund Pacers	01:29:47	96			96
Wendy	Fullerton				01:14:50	94	94
Teresa	Solomon		01:57:43	93			93

WOMEN: 70 - 74

Rosemary	Jackson	Coltishall Jaguars RC	01:32:05	100	00:52:53	99	199
Susan	Glazer	Bungay Black Dog RC	01:43:04	99	01:02:21	97	196
Jacquie	Wood	Dereham Runners AC	01:49:08	98	01:03:18	96	194
Linda	Cusack	Thetford AC			00:50:11	100	100
Teresa	Tranter	Sudbury Joggers			00:54:16	98	98
Sheila	Smith				01:10:33	95	95

WOMEN: 75+

Jane	Ashby	Ryston Runners	01:28:43	100	00:52:28	100	200
Brenda	Fee	Barnet & District AC			01:03:54	99	99
Terry	Marshall		02:02:36	99			99

INTERMEDIATE MEN

Jacob	Last	Dereham Runners AC	01:12:29	100	00:41:52	97	197
Alfie	Bone	Great Yarmouth & District AC			00:35:48	100	100
Charlie	Frammingham	West Norfolk AC			00:36:20	99	99
George	Lightfoot	Bungay Black Dog RC			00:36:31	98	98
Matthew	Smith	Bungay Black Dog RC			00:41:59	96	96
Tobias	Neale	North Norfolk Harriers Athletics Club			00:42:00	95	95
Toby	Rayment	Waveney Valley AC			00:43:12	94	94
Harvey	Wade				00:43:12	93	93
Finn	Kaiser	City of Norwich AC			00:44:21	92	92
Tom	Dann				00:48:32	91	91
Thomas	Ward				00:50:29	90	90
Leo	Osborne				00:51:27	89	89

SENIOR MEN

Martyn	Bath	City of Norwich AC	00:56:30	99	00:33:16	97	196
Hugh	Tawell		00:57:50	98	00:34:17	92	190
Daniel	Wilson		00:58:25	97	00:35:11	86	183
Sean	Jermy	Great Yarmouth Road Runners	00:59:22	96	00:35:15	84	180
Ben	Beynon	Wymondham AC	01:00:15	92	00:36:15	78	170
Jimmy	Tubb	Reepham Runners	01:01:23	91	00:36:16	77	168
William	George	Aylsham Runners	01:02:52	88	00:37:30	67	155
Perry	Kelf		01:03:43	86	00:37:27	68	154
Richard	Mead	Norwich Road Runners	01:03:53	85	00:37:54	61	146

Remi	Bullent	Great Yarmouth Road Runners	01:03:40	87	00:39:52	47	134
James	Davis	Reepham Runners	01:06:44	81	00:39:39	50	131
Marcus	Pearson		01:07:18	80	00:40:02	43	123
Craig	Upson	Norwich Road Runners	01:08:08	77	00:40:53	38	115
Richard	Taylor		01:08:55	72	00:40:29	40	112
Kyle	Brooks	Wymondham AC	00:55:41	100			100
Logan	Smith	City of Norwich AC			00:30:58	100	100
Luke	Alden	City of Norwich AC			00:31:54	99	99
James	Senior	City of Norwich AC			00:32:42	98	98
Ben	Spratling				00:33:22	96	96
Ryan	Davidson	City of Norwich AC			00:33:34	95	95
Jamie	Rose		00:59:49	95			95

MEN: 40 - 44

John	Hudson	Norwich Road Runners	00:56:08	100	00:33:58	99	199
Chris	Gay	Wymondham AC	00:58:59	97	00:34:59	97	194
Steven	McNicholas	Wymondham AC	00:58:26	98	00:35:03	96	194
Matt	Howard	Norwich Road Runners	00:59:43	96	00:35:22	95	191
Chris	Harrison	Norwich Road Runners	01:03:12	95	00:37:32	90	185
Paul	Bulling	Norwich Road Runners	01:08:10	93	00:40:01	83	176
Ben	Stone	Great Yarmouth Road Runners	01:04:14	94	00:42:26	77	171
Tom	Downs		01:11:49	83	00:39:48	84	167
Peter	Morgan	Wymondham AC	01:10:56	85	00:41:24	81	166
Jamie	Fittock	Saint Edmund Pacers	01:09:49	87	00:41:54	78	165
James	Fox		01:11:27	84	00:41:44	79	163
Chris	Linehan		01:13:37	81	00:42:26	76	157
Mike	Allum		01:11:59	82	00:43:31	72	154
Terry	Collins	Coltishall Jaguars RC	01:14:32	80	00:43:48	71	151
Jon	Salmon		01:15:07	78	00:43:54	70	148
Gareth	Thomson		01:14:57	79	00:44:55	66	145
Stephen	Lee	Reepham Runners	01:17:50	74	00:44:42	67	141
Kevin	Fuller	Great Yarmouth Road Runners	01:15:39	77	00:46:59	61	138
Lee	Symonds	Great Yarmouth Road Runners	01:16:36	75	00:46:15	63	138
David	Neeve	Harleston Running Club	01:20:31	70	00:44:55	65	135

MEN: 45 - 49

Kevin	Holland	Wymondham AC	00:57:44	100	00:34:07	99	199
James	Howes	City of Norwich AC	01:04:12	94	00:38:41	93	187
Lee	Wilson		01:04:14	93	00:38:54	92	185
Paul	Dockerill	Saint Edmund Pacers	01:07:43	91	00:39:40	89	180
Richard	Hancock		01:07:42	92	00:40:36	86	178
Will	McMorris		01:07:43	90	00:40:23	87	177
Jason	Corner	Tri-Anglia Triathlon Club	01:08:32	89	00:41:31	81	170
Alan	Diaper	Great Yarmouth Road Runners	01:08:53	87	00:43:44	76	163
Royston	Thorne		01:12:08	78	00:41:02	84	162
Craig	Skipper	Wymondham AC	01:10:39	85	00:43:51	75	160
Alastair	Ross	Bure Valley Harriers	01:14:01	75	00:42:55	77	152
James	Page		01:11:28	80	00:45:13	70	150
Adrian	Slattery	Great Yarmouth Road Runners	01:11:15	81	00:45:16	69	150
Gav	Dent	North Norfolk Beach Runners	01:15:15	70	00:42:09	79	149
Matt	Isherwood		01:20:56	66	00:46:05	67	133
Robert	Last	Dereham Runners AC	01:23:52	63	00:48:52	58	121
Stuart	Cox		01:23:48	64	00:50:04	54	118
Joe	Woodley	Wymondham AC	01:32:36	59	00:54:57	43	102
Neil	Adams	North Norfolk Beach Runners			00:33:47	100	100
Gary	Saggers	Lowestoft Road Runners	00:59:42	99			99

MEN: 50 - 54

Lawrence	Wade	City of Norwich AC	01:00:44	99	00:37:06	97	196
Billy	Wheeler	Wymondham AC	01:01:19	98	00:36:40	98	196
Chris	Bullock	Wymondham AC	01:03:33	94	00:37:56	95	189
Philip	Brockington		01:06:49	92	00:39:39	91	183
Marcus	Westgate		01:08:15	88	00:41:07	89	177
Jason	Mattless	Dereham Runners AC	01:10:50	86	00:41:50	86	172
Anton	Perkins		01:11:21	84	00:41:42	87	171
Cathal	Daly	City of Norwich AC	01:12:05	82	00:43:47	83	165

Jim	Fitch		01:15:47	75	00:44:37	81	156
Justin	Pearce		01:20:11	70	00:45:52	79	149
Greg	Ward	Norwich Road Runners	01:17:36	73	00:49:57	66	139
Philip	Websdale	Dereham Runners AC	01:23:43	64	00:48:47	73	137
Neil	Rivers	Dereham Runners AC	01:21:22	68	00:49:37	68	136
Gary	Aldred	Great Yarmouth Road Runners	01:24:07	61	00:49:47	67	128
Richard	Peters	Coltishall Jaguars RC	01:24:51	60	00:50:22	64	124
Michael	Green	Great Yarmouth Road Runners	01:24:04	62	00:53:10	56	118
Stuart	Matheson		01:33:06	53	00:54:46	52	105
Christopher	High		01:34:07	52	00:55:12	50	102
Jan	Kaiser	City of Norwich AC	01:00:22	100			100
Tim	Mardall				00:35:21	100	100

MEN: 55 - 59

Darren	Honour		01:03:15	100	00:39:01	99	199
Mark	Clues	Tri-Anglia Triathlon Club	01:05:38	99	00:39:24	98	197
Jon	Shorten	Wymondham AC	01:07:04	98	00:39:55	97	195
Ian	Moore	Wymondham AC	01:08:12	97	00:41:02	96	193
Steve	Newman	Bungay Black Dog RC	01:11:09	95	00:41:18	95	190
James	Bool	Great Yarmouth Road Runners	01:12:02	93	00:41:50	93	186
Richard	Dade	City of Norwich AC	01:13:09	91	00:42:18	91	182
Wayne	Ramsbottom	Dereham Runners AC	01:12:41	92	00:43:01	88	180
Sean	Robson	North Norfolk Beach Runners	01:13:44	89	00:42:25	89	178
Mark	Storey	City of Norwich AC	01:14:24	88	00:44:02	87	175
Kevin	Mann		01:17:58	83	00:45:31	84	167
Adrian	Hollis	Dereham Runners AC	01:21:29	79	00:47:23	81	160
Mark	Collins	Great Yarmouth Road Runners	01:24:00	77	00:49:46	72	149
Tom	Storey	Wymondham AC	01:26:18	72	00:49:14	76	148
Mark	Jolly		01:24:09	76	00:54:33	67	143
Robert	McKillop	Lonely Goat RC	01:46:51	57	00:57:51	61	118
Rob	Bailey	Great Yarmouth Road Runners	01:46:09	58	01:02:22	55	113
John	Manlow				00:38:21	100	100
Mark	Saunders	Waveney Valley AC	01:10:48	96			96
Mark	Brown		01:11:17	94			94

MEN: 60 - 64

Malcolm	Tuff	Fenland Running Club	01:02:41	100	00:37:17	100	200
Howard	Beasley	Saint Edmund Pacers	01:06:09	98	00:39:43	98	196
Mark	Griffin		01:07:54	96	00:39:56	95	191
Jonathan	Cordle	Norwich Road Runners	01:08:25	95	00:40:16	94	189
Kevin	Frazer	Wymondham AC	01:10:19	93	00:41:58	92	185
Mark	Garrett	Norwich Road Runners	01:11:07	92	00:41:40	93	185
Stephen	Dixon	Wymondham AC	01:09:55	94	00:42:44	90	184
Dougie	Barber	Coltishall Jaguars RC	01:15:00	89	00:44:54	89	178
Keith	Brighty	Coltishall Jaguars RC	01:17:50	85	00:46:32	85	170
Peter	Swales	Dereham Runners AC	01:20:09	79	00:48:01	82	161
John	Wilson		01:23:23	76	00:47:48	83	159
Mark	Stewart		01:22:37	78	00:48:38	79	157
Andy	Rowles	Dereham Runners AC	01:26:33	74	00:48:32	81	155
Paul	Elliott	Reepham Runners	01:49:15	68	01:03:34	60	128
Colin	Fish		01:40:16	70	01:03:59	56	126
Andy	Olive	Wymondham AC	01:59:59	66	01:03:46	57	123
Richard	Hanson				00:39:31	99	99
John	Moore	Norfolk Gazelles AC	01:05:47	99			99
Steven	Elvin	Bure Valley Harriers			00:39:48	97	97
Todd	Lake	City of Norwich AC	01:06:48	97			97

MEN: 65 - 69

Ian	Hawkes	Waveney Valley AC	01:20:47	97	00:47:59	97	194
Peter	Laddiman	Norfolk Harriers RC	01:21:48	96	00:48:53	96	192
Kevin	Denmark	Wymondham AC	01:26:54	93	00:50:24	95	188
Paul	Richardson	Norwich Road Runners	01:28:43	91	00:51:03	94	185
David	Doddington	Waveney Valley AC	01:28:46	90	00:52:00	93	183
Paul	Westgate	Great Yarmouth Road Runners	01:28:31	92	00:58:50	89	181
Roy	Brown	Great Yarmouth Road Runners	01:39:32	88	00:58:17	90	178
Nigel	Horney	Keswick AC	01:13:36	100			100
Tim	Seville				00:43:54	100	100

Stephen	Leeves	Great Yarmouth Road Runners	01:15:36	99			99
Stephen	Pulfer	Bungay Black Dog RC			00:45:13	99	99
Phil	King	North Norfolk Beach Runners			00:45:53	98	98
Tom	Townsend	Norfolk Gazelles AC	01:16:45	98			98
Guy	Shearwood	Tri-Anglia Triathlon Club	01:24:10	95			95
Stephen	Sadd	Norfolk Gazelles AC	01:24:33	94			94
Bob	Lyddon	Runners-Next-the-Sea			00:52:27	92	92
Dean	Gray	Norwich Road Runners			00:57:27	91	91
Ian	Freel	Great Yarmouth Road Runners	01:29:06	89			89
Alan	Dean	Lonely Goat RC			00:58:55	88	88
Jonathan	Foot	Bure Valley Harriers			00:59:40	87	87

MEN: 70 - 74

Stephen	Dady	Wymondham AC	01:21:13	98	00:47:45	100	198
Martin	Howard	Norwich Road Runners	01:23:48	96	00:49:01	98	194
Michael	Persich	Beccles & Bungay Harriers	01:24:18	94	00:48:06	99	193
Gary	Jones	Waveney Valley AC	01:24:16	95	00:50:57	97	192
Chris	Groves	Tri-Anglia Triathlon Club	01:33:20	88	00:54:35	96	184
Trevor	Potter	Norwich Road Runners	01:46:05	86	01:06:28	92	178
Glen	Nelson		01:14:37	100			100
David	Mower	Waveney Valley AC	01:19:18	99			99
Bill	Kingaby	Waveney Valley AC	01:22:17	97			97
John	Grice	Lowestoft Road Runners			00:57:41	95	95
Robin	Ashe	Bungay Black Dog RC			01:02:45	94	94
Robert	Scarfe	Wymondham AC			01:02:59	93	93
John	Shippey		01:25:13	93			93
Eamonn	McCusker	Ryston Runners	01:29:04	92			92
John	Burton	Tri-Anglia Triathlon Club	01:30:37	91			91
Kingsley	Elliff				01:14:19	91	91
Derek	Sadler	North Norfolk Beach Runners	01:30:56	90			90
Philip	Hymers	Saint Edmund Pacers	01:31:32	89			89
Ray	Knights	Waveney Valley AC	01:33:45	87			87

MEN: 75+

Neil	Anderton	Dereham Runners AC	01:29:12	100	00:53:03	98	198
John	Causer	Norwich Road Runners	01:35:08	98	00:53:44	97	195
Sam	Weller	North Norfolk Beach Runners			00:50:10	100	100
David	Goodwin	Norfolk Gazelles AC	01:33:02	99			99
Graham	Walsh	Wymondham AC			00:50:31	99	99
Jerry	Freeman				00:57:25	96	96
Barry	Wells	Norwich Road Runners			01:00:09	95	95
Frank	Ellis				01:02:25	94	94
Peter	Roach	Wymondham AC			01:11:58	93	93
Christopher	Harbord	Great Yarmouth Road Runners			01:26:27	92	92