



TOP 20 RESULTS TO RACE 3

			REEDHAM TEN		VALENTINES 10K		TROWSE 10K		TOTAL OF 3 RACES
INTERMEDIATE WOMEN									
Sophia	Poignand				00:48:48	100			100
Tess	Andrews	Bungay Black Dog RC					00:50:09.5	100	100
Emilia	Thomson				01:18:07	99			99
Belle	Watkins	Bure Valley Harriers					00:51:19.6	99	99
Daisy	Standley						01:09:11.6	95	95
SENIOR WOMEN									
Charlotte Lucy	Hodgson	Norwich Road Runners	01:17:53	84	00:46:22	80	00:46:52.9	89	253
Emily	Ruane		00:59:13	100	00:34:55	99			199
Mabel	Beckett	City of Norwich AC			00:35:18	98	00:36:20.2	100	198
Eleanor	Grubb	City of Norwich AC	01:01:01	99	00:36:49	96			195
Ellie-Marie	Keeler		01:23:11	74	00:52:32	57	00:53:40.9	64	195
Alice	Horney		01:10:02	95			00:39:07.2	99	194
Joanne	Watkins	Bure Valley Harriers	01:09:32	96			00:41:19.7	98	194
Harly	Moon		01:12:27	93			00:43:16.1	96	189
Stephanie	Laurence	Bure Valley Harriers	01:13:52	92			00:43:35.8	93	185
Natasha	Moore		01:10:53	94	00:42:23	90			184
Abi	Hill				00:43:12	87	00:43:21.4	95	182
Becky	Willett	Norwich Road Runners			00:40:52	91	00:46:25.9	91	182
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
Louise	Stevens	Wymondham AC	01:22:12	76			00:46:28.9	90	166
Chloe	Tovell				00:46:22	81	00:49:02.4	84	165
Rebekah	Aldous	Bungay Black Dog RC	01:32:55	62	00:55:44	46	00:57:05.7	56	164
Erin	Kelf	Great Yarmouth Road Runners	01:23:07	75			00:48:43.5	85	160
Chloe	Ward	Norwich Road Runners	01:18:54	83	00:47:09	75			158
WOMEN: 40 - 44									
Amy	Balaam	Bure Valley Harriers	01:17:04	99	00:44:39	95	00:46:48.9	98	292
Samantha	Beales		01:27:26	92	00:52:00	81	00:53:57.9	90	263
Marianne	Armstrong	Norfolk Gazelles AC	01:17:45	98			00:46:56.3	97	195
Ness	Dent	North Norfolk Beach Runners	01:15:15	100	00:45:11	94			194
Menzile	Mkiza		02:02:59	76	01:13:11	46	01:16:42.9	70	192
Charlotte	Harris Cook	Bure Valley Harriers			00:47:24	91	00:48:36.9	94	185
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
Helen	Pidgeon	Wymondham AC	01:30:23	89	00:51:55	82			171
Kate	Atkins	Norfolk Gazelles AC	01:36:44	82			00:59:02.0	81	163
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
Emily	Skeet				00:56:29	70	00:56:22.5	85	155
Lauren	Page		01:33:21	83	00:56:00	71			154
Vilma	Vensloviene	Lonely Goat RC			00:58:24	65	00:58:13.6	83	148
Suzanne	Hurn	Norwich Road Runners			01:03:26	51	01:00:16.2	78	129
Tabitha	Keeble	Norwich Road Runners			01:03:58	50	01:01:16.5	77	127
Holly	Hayes				01:04:56	49	01:07:32.6	73	122
WOMEN: 45 - 49									
Lisa	Greengrass	Wymondham AC	01:15:08	99	00:44:19	97	00:44:15.8	98	294
Claire	Foulkes	North Norfolk Beach Runners	01:31:11	81	00:53:06	80	00:54:50.5	87	248
Vicky	Jones	Norwich Road Runners	01:28:45	84	00:53:15	79	00:56:17.6	83	246
Liz	Jones	Norwich Road Runners	01:33:28	77	00:57:28	64	00:56:17.9	82	223
Clare	Sandall	Norwich Road Runners			00:41:39	100	00:41:20.0	100	200
Claire	Stroud				00:44:15	98	00:43:43.6	99	197
Louise	Marsden	North Norfolk Beach Runners			00:45:55	96	00:46:34.1	96	192
Gaye	Demirsoy	Dereham Runners AC	01:42:52	67	00:59:56	60	01:03:03.2	63	190
Joanna	Killingworth	Norwich Road Runners	01:15:45	98	00:47:31	92			190

Louise	Isherwood	Norfolk Gazelles AC	01:21:06	94			00:48:10.9	95	189
Sacha	Jenkinson	Norwich Road Runners	01:47:02	65	01:02:35	57	01:02:11.5	64	186
Angela	Perkins		01:22:19	93	00:48:02	90			183
Diane	Lain	Reepham Runners	01:23:58	92	00:49:49	88			180
Kerry	Saunders	Waveney Valley AC	01:25:58	86			00:49:05.9	91	177
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
Lisa	Hall	Wymondham AC	01:33:34	76			00:48:36.7	94	170
Ruth	Kieran	Saint Edmund Pacers	01:25:26	88	00:51:54	82			170
Nicola	Hill	Norwich Road Runners			00:54:28	76	00:48:37.1	93	169
Christina	Sharpe	Wymondham AC			00:52:22	81	00:52:35.2	88	169

WOMEN: 50 - 54

Tara	Adams		01:17:43	98	00:47:23	96	00:45:19.6	99	293
Deborah	Last	Dereham Runners AC	01:23:52	95	00:48:49	93	00:50:45.4	97	285
Lisa	Vincent		01:39:46	82	00:58:11	74	00:59:58.8	83	239
Sarah	Keen	North Norfolk Beach Runners	01:53:10	71	01:03:08	63	01:04:03.4	74	208
Karen	Glenister		01:46:45	77	01:04:27	60	01:06:22.5	70	207
Jo	Ross	Norfolk Gazelles AC	01:16:05	100			00:47:22.4	98	198
Sarah	Whiting		01:59:58	65	01:02:51	64	01:07:23.4	69	198
Paula	Smith	Runners-Next-the-Sea			00:51:02	92	00:51:25.3	96	188
Jackie	McCambridge	North Norfolk Beach Runners	01:27:34	92			00:53:25.7	94	186
Julia	Kennelly	Wymondham AC	01:27:06	94	00:54:53	87			181
Silvia	Marroqui		01:27:57	91	00:52:37	89			180
Liz	Clues	Tri-Anglia Triathlon Club	01:36:07	85			00:56:12.6	90	175
Sharon	Hooton		01:33:58	88	00:54:53	86			174
Lisa	Green	Great Yarmouth Road Runners	02:11:57	63	01:17:09	46	01:15:52.5	63	172
Tracey	Melville				00:56:54	82	00:59:24.2	85	167
Andrea	Bell	Norwich Road Runners	01:30:27	90	00:57:42	76			166
Sharon	Bracey				00:57:27	77	00:57:52.0	87	164
Sue	Phillips				00:57:12	78	00:59:44.6	84	162
Claire	Beckett	Lonely Goat RC			00:59:48	70	00:59:09.7	86	156
Vicky	Wardrope	Coltishall Jaguars RC			00:58:28	72	01:00:59.2	80	152

WOMEN: 55 - 59

Ruth	Gaunt	Norwich Road Runners	01:25:12	97	00:50:36	99	00:56:18.0	93	289
Grainne	Purvis	Waveney Valley AC	01:26:02	96	00:51:08	97	00:52:46.4	96	289
Beverley	Luckins		01:29:49	93	00:54:57	91	00:57:00.2	90	274
Jane	Wood	Bungay Black Dog RC	01:36:17	83	00:52:11	96	00:58:04.8	87	266
Dawn	Protheroe	Dereham Runners AC	01:35:30	85	00:57:37	85	00:57:06.4	89	259
Linda	Storey	Norwich Road Runners	01:38:52	82	00:57:10	87	00:58:44.5	86	255
Jo	Rayner	Wymondham AC	01:54:04	79	01:06:28	74	01:09:28.8	79	232
Elizabeth	Hollis	Dereham Runners AC	01:54:09	78	01:07:56	70	01:06:06.9	80	228
Louise	Hurr	Norfolk Gazelles AC	01:15:28	100			00:47:16.2	99	199
Rachele	Kelsall	Wymondham AC	01:28:03	95	00:50:38	98			193
Steph	Ellis	Bure Valley Harriers			00:52:38	94	00:51:42.9	98	192
Anne Marie	Minihane		01:30:40	90			00:52:38.2	97	187
Terry	Brunton	Dereham Runners AC	01:29:49	92	00:53:27	92			184
Lucy	Campbell	Norfolk Harriers RC			00:56:15	89	00:54:22.7	94	183
Karen	Rix	Tri-Anglia Triathlon Club			00:57:35	86	00:56:25.4	92	178
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
Tracy	Stevens	Wymondham AC	01:40:20	81	00:58:26	83			164
Susan	Swales	Dereham Runners AC			01:02:04	78	01:03:55.8	84	162
Andrea	Biggs	Waveney Valley AC	01:51:36	80	01:05:22	75			155

WOMEN: 60 - 64

Paula	Carr	Great Yarmouth Road Runners	01:17:24	99	00:45:19	97	00:47:05.8	99	295
Sarah	Bradley	Norwich Road Runners	01:28:37	91	00:52:31	95	00:52:43.5	97	283
Jan	Totterdale	Dereham Runners AC	01:36:30	87	00:58:46	91	00:59:19.4	94	272
Karen	Watson		01:46:58	84	01:03:39	87	01:04:48.9	89	260
Belinda	Davies	Lonely Goat RC	02:06:17	76	01:14:19	82	01:12:45.5	87	245
Catherine	Henery	City of Norwich AC	01:15:14	100	00:45:03	99			199
Sandra	Roberts	Coltishall Jaguars RC	01:19:58	97	00:45:18	98			195
Karen	Balcombe	North Norfolk Beach Runners	01:22:04	96			00:48:45.9	98	194
Ruth	Gainsford	Coltishall Jaguars RC	01:24:19	95	00:49:48	96			191
Jenny	Mayne	City of Norwich AC	01:33:58	89	00:54:10	94			183
Angela	Wakeley	Great Yarmouth Road Runners	01:40:51	86			01:01:51.3	91	177
Theresa	Jones	Waveney Valley AC	01:49:25	82	01:03:41	86			168
Jayne	Cook		01:58:36	79			01:11:50.7	88	167
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

Claire	Brown	Wymondham AC			00:44:54	100				100
Janet	Smith	Norwich Road Runners					00:46:31.2	100		100
Kirsty	Weavers	Saint Edmund Pacers	01:19:52	98						98
Julie	Price	City of Norwich AC					00:53:20.6	96		96
Jane	Cadman						00:56:22.1	95		95
WOMEN: 65 - 69										
Bobbie	Sauerzapf	Bungay Black Dog RC	01:32:59	95	00:57:17	99	00:59:48.9	96		290
Amanda	Gray	Wymondham AC	01:49:42	94	01:06:12	98	01:09:18.8	94		286
Alison	Stewart	Norwich Road Runners	01:24:50	99	00:48:14	100				199
Jane	Yardy	Norwich Road Runners	01:21:01	100			00:50:58.9	99		199
Anne	Ellen	Norfolk Gazelles AC	01:26:26	98			00:50:56.5	100		198
Elaine	Hudson	Norfolk Gazelles AC	01:27:45	97			00:53:44.8	97		194
Susan	Carver	Norwich Road Runners			01:12:50	96	01:07:16.9	95		191
Nicola	Ginger	Lonely Goat RC	02:03:03	92	01:13:28	95				187
Jane	Freeman	Norfolk Gazelles AC					00:52:25.1	98		98
Elizabeth	Griffiths				01:09:37	97				97
Karen	Hatton	Saint Edmund Pacers	01:29:47	96						96
Wendy	Fullerton				01:14:50	94				94
Clare	Hodges	Great Yarmouth Road Runners					01:09:49.5	93		93
Teresa	Solomon		01:57:43	93						93
WOMEN: 70 - 74										
Rosemary	Jackson	Coltishall Jaguars RC	01:32:05	100	00:52:53	99	00:54:32.9	99		298
Jacquie	Wood	Dereham Runners AC	01:49:08	98	01:03:18	96	01:03:08.0	97		291
Linda	Cusack	Thetford AC			00:50:11	100	00:50:06.1	100		200
Susan	Glazer	Bungay Black Dog RC	01:43:04	99	01:02:21	97				196
Jenny	Christian						01:00:53.6	98		98
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	00:54:17.4	100		300
Brenda	Fee	Barnet & District AC			01:03:54	99	01:05:25.7	98		197
Terry	Marshall		02:02:36	99						99
Eva	Osborne	Wymondham AC					01:04:24.5	99		99
INTERMEDIATE MEN										
Jacob	Last	Dereham Runners AC	01:12:29	100	00:41:52	97	00:42:39.8	98		295
Matthew	Smith	Bungay Black Dog RC			00:41:59	96	00:43:45.5	97		193
Alfie	Bone	Great Yarmouth & District AC			00:35:48	100				100
Corben	Reynolds	Great Yarmouth Road Runners					00:35:08.9	100		100
Charlie	Frammingham	West Norfolk AC			00:36:20	99				99
James	Hall	Wymondham AC					00:42:17.8	99		99
George	Lightfoot	Bungay Black Dog RC			00:36:31	98				98
Horatio	Page						00:52:51.5	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										
Daniel	Wilson		00:58:25	97	00:35:11	86	00:35:51.1	96		279
Sean	Jermy	Great Yarmouth Road Runners	00:59:22	96	00:35:15	84	00:35:22.8	98		278
Ben	Beynon	Wymondham AC	01:00:15	92	00:36:15	78	00:37:00.7	91		261
Jimmy	Tubb	Reepham Runners	01:01:23	91	00:36:16	77	00:36:59.8	92		260
William	George	Aylsham Runners	01:02:52	88	00:37:30	67	00:38:40.4	82		237
Perry	Kelf		01:03:43	86	00:37:27	68	00:38:36.9	83		237
Remi	Bullent	Great Yarmouth Road Runners	01:03:40	87	00:39:52	47	00:39:40.5	74		208
Martyn	Bath	City of Norwich AC	00:56:30	99	00:33:16	97				196
Ben	Spratling				00:33:22	96	00:33:53.9	99		195
Hugh	Tawell		00:57:50	98	00:34:17	92				190
George	Gay				00:35:07	87	00:36:45.4	94		181
Jack	Fussey	City of Norwich AC			00:35:48	81	00:35:33.0	97		178
Harry	Neale	Norfolk Gazelles AC	01:01:58	90			00:37:25.5	88		178
Jamie	Rose		00:59:49	95	00:35:23	83				178
Andrew	Soanes	Waveney Valley AC	01:04:39	83			00:37:31.2	86		169
Jonathan	Carter		01:07:56	78			00:38:51.6	79		157
Josh	Russell	Norwich Road Runners			00:37:37	63	00:36:55.4	93		156

Matthew	Plane				00:37:31	66	00:37:25.8	87	153
Alex	Griffiths	Norwich Road Runners			00:37:23	71	00:39:06.9	78	149
Danny	Sweatman		01:13:50	60	00:42:30	25	00:41:57.0	62	147
MEN: 40 - 44									
John	Hudson	Norwich Road Runners	00:56:08	100	00:33:58	99	00:34:22.4	99	298
Matt	Howard	Norwich Road Runners	00:59:43	96	00:35:22	95	00:36:37.0	98	289
Chris	Gay	Wymondham AC	00:58:59	97	00:34:59	97	00:42:12.9	91	285
Tom	Downs		01:11:49	83	00:39:48	84	00:41:33.3	93	260
Stephen	Lee	Reepham Runners	01:17:50	74	00:44:42	67	00:42:20.5	90	231
Jason	Sparkes		01:19:57	71	00:45:05	64	00:44:35.4	86	221
David	Neeve	Harleston Running Club	01:20:31	70	00:44:55	65	00:44:40.2	85	220
Chris	Andrews	Norwich Road Runners	01:23:04	67	00:48:23	55	00:51:44.4	74	196
Steven	McNicholas	Wymondham AC	00:58:26	98	00:35:03	96			194
Christopher	Coates	Aylsham Runners			00:37:04	91	00:37:23.1	97	188
Chris	Harrison	Norwich Road Runners	01:03:12	95	00:37:32	90			185
Timothy	Earl	Waveney Valley AC	01:09:38	88			00:42:02.6	92	180
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
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
Ben	Smith	Wymondham AC			00:42:39	74	00:44:07.1	88	162
Chris	Linehan		01:13:37	81	00:42:26	76			157
Mike	Allum		01:11:59	82	00:43:31	72			154
MEN: 45 - 49									
Kevin	Holland	Wymondham AC	00:57:44	100	00:34:07	99	00:34:20.1	99	298
Lee	Wilson		01:04:14	93	00:38:54	92	00:40:15.8	92	277
Will	McMorris		01:07:43	90	00:40:23	87	00:40:52.3	89	266
Richard	Hancock		01:07:42	92	00:40:36	86	00:42:49.5	85	263
Jason	Corner	Tri-Anglia Triathlon Club	01:08:32	89	00:41:31	81	00:41:57.8	88	258
Alan	Diaper	Great Yarmouth Road Runners	01:08:53	87	00:43:44	76	00:42:58.0	84	247
Alastair	Ross	Bure Valley Harriers	01:14:01	75	00:42:55	77	00:43:06.1	83	235
James	Page		01:11:28	80	00:45:13	70	00:46:51.0	74	224
Neil	Adams	North Norfolk Beach Runners			00:33:47	100	00:34:06.2	100	200
Carl	White	Bure Valley Harriers			00:35:36	98	00:36:10.2	97	195
Neil	Shorten	North Norfolk Beach Runners	00:59:53	98			00:37:29.2	95	193
Simon	Wright	Norfolk Gazelles AC	01:00:06	97			00:37:16.7	96	193
Simon	Bales	Bure Valley Harriers			00:36:30	96	00:39:56.8	93	189
Ian	Stammers	Norwich Road Runners			00:37:26	94	00:38:19.8	94	188
James	Howes	City of Norwich AC	01:04:12	94	00:38:41	93			187
Robert	Last	Dereham Runners AC	01:23:52	63	00:48:52	58	00:49:38.8	66	187
Paul	Dockerill	Saint Edmund Pacers	01:07:43	91	00:39:40	89			180
Spencer	Vine				00:41:27	82	00:43:13.6	82	164
Royston	Thorne		01:12:08	78	00:41:02	84			162
Craig	Skipper	Wymondham AC	01:10:39	85	00:43:51	75			160
MEN: 50 - 54									
Chris	Bullock	Wymondham AC	01:03:33	94	00:37:56	95	00:37:24.1	98	287
Marcus	Westgate		01:08:15	88	00:41:07	89	00:43:03.0	90	267
Cathal	Daly	City of Norwich AC	01:12:05	82	00:43:47	83	00:45:14.0	84	249
Justin	Pearce		01:20:11	70	00:45:52	79	00:46:26.8	77	226
Gary	Aldred	Great Yarmouth Road Runners	01:24:07	61	00:49:47	67	00:45:46.0	82	210
Adam	Baker	Wymondham AC			00:36:04	99	00:35:54.3	100	199
Jan	Kaiser	City of Norwich AC	01:00:22	100			00:37:20.5	99	199
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
Matthew	Collier	Norfolk Gazelles AC	01:02:12	96			00:37:44.1	97	193
Michael	Green	Great Yarmouth Road Runners	01:24:04	62	00:53:10	56	00:48:21.5	73	191
Philip	Websdale	Dereham Runners AC	01:23:43	64	00:48:47	73	00:55:57.6	54	191
Jonathan	Adams	Tri-Anglia Triathlon Club	01:06:34	93			00:39:31.9	95	188
Philip	Brockington		01:06:49	92	00:39:39	91			183
Neil	Rivers	Dereham Runners AC	01:21:22	68	00:49:37	68	01:02:35.6	46	182
Jason	Brunt	Norfolk Gazelles AC	01:08:04	90			00:43:36.1	88	178
Ian	Bailey				00:43:18	85	00:43:25.5	89	174
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
Ashley	Yellop	Norwich Road Runners			00:43:51	82	00:43:42.3	87	169

MEN: 55 - 59									
Darren	Honour		01:03:15	100	00:39:01	99	00:38:48.5	100	299
Mark	Clues	Tri-Anglia Triathlon Club	01:05:38	99	00:39:24	98	00:40:46.6	98	295
Steve	Newman	Bungay Black Dog RC	01:11:09	95	00:41:18	95	00:42:40.7	96	286
James	Bool	Great Yarmouth Road Runners	01:12:02	93	00:41:50	93	00:43:25.8	93	279
Sean	Robson	North Norfolk Beach Runners	01:13:44	89	00:42:25	89	00:43:51.0	92	270
Kevin	Mann		01:17:58	83	00:45:31	84	00:48:32.7	80	247
Adrian	Hollis	Dereham Runners AC	01:21:29	79	00:47:23	81	00:47:24.7	82	242
Mark	Collins	Great Yarmouth Road Runners	01:24:00	77	00:49:46	72	00:47:15.4	83	232
Mark	Jolly		01:24:09	76	00:54:33	67	01:23:59.8	53	196
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
Mark	Brown		01:11:17	94			00:43:19.2	94	188
Barry	Smith	Bungay Black Dog RC			00:41:39	94	00:44:52.7	89	183
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
Robert	McKillop	Lonely Goat RC	01:46:51	57	00:57:51	61	00:59:40.6	61	179
Andy	Pridmore		01:13:28	90			00:44:58.4	88	178
Nick	Ross	Norfolk Gazelles AC	01:16:07	86			00:44:26.2	91	177
Mark	Storey	City of Norwich AC	01:14:24	88	00:44:02	87			175
Mark	Saunders	Waveney Valley AC	01:10:48	96			00:49:17.6	78	174

MEN: 60 - 64									
Malcolm	Tuff	Fenland Running Club	01:02:41	100	00:37:17	100	00:39:12.3	100	300
Mark	Griffin		01:07:54	96	00:39:56	95	00:40:32.1	97	288
Jonathan	Cordle	Norwich Road Runners	01:08:25	95	00:40:16	94	00:39:42.8	98	287
Mark	Garrett	Norwich Road Runners	01:11:07	92	00:41:40	93	00:39:38.1	99	284
Dougie	Barber	Coltishall Jaguars RC	01:15:00	89	00:44:54	89	00:46:06.6	93	271
Peter	Swales	Dereham Runners AC	01:20:09	79	00:48:01	82	00:49:53.9	86	247
John	Wilson		01:23:23	76	00:47:48	83	00:50:34.2	84	243
Andy	Rowles	Dereham Runners AC	01:26:33	74	00:48:32	81	00:49:28.2	87	242
Howard	Beasley	Saint Edmund Pacers	01:06:09	98	00:39:43	98			196
Andy	Olive	Wymondham AC	01:59:59	66	01:03:46	57	01:11:09.1	68	191
Paul	Parker	Coltishall Jaguars RC	01:13:59	91			00:44:53.6	96	187
Kevin	Frazer	Wymondham AC	01:10:19	93	00:41:58	92			185
Stephen	Dixon	Wymondham AC	01:09:55	94	00:42:44	90			184
Rob	Hall	Bungay Black Dog RC			00:45:01	88	00:46:10.2	92	180
Robin	Belsom	Ipswich Jaffa RC			00:47:22	84	00:46:43.8	90	174
Keith	Brighty	Coltishall Jaguars RC	01:17:50	85	00:46:32	85			170
Warren	Newell	Lonely Goat RC			00:48:34	80	00:48:49.6	88	168
Chris	Chorley	Bungay Black Dog RC			00:52:00	74	00:46:38.2	91	165
Paul	Smithson				00:51:14	75	00:50:15.6	85	160
Tony	Wood				00:51:10	76	00:50:39.0	83	159

MEN: 65 - 69									
Ian	Hawkes	Waveney Valley AC	01:20:47	97	00:47:59	97	00:48:12.2	96	290
Peter	Laddiman	Norfolk Harriers RC	01:21:48	96	00:48:53	96	00:49:38.1	94	286
Kevin	Denmark	Wymondham AC	01:26:54	93	00:50:24	95	00:49:34.7	95	283
Paul	Richardson	Norwich Road Runners	01:28:43	91	00:51:03	94	00:53:22.2	91	276
Paul	Westgate	Great Yarmouth Road Runners	01:28:31	92	00:58:50	89	00:52:23.6	92	273
Roy	Brown	Great Yarmouth Road Runners	01:39:32	88	00:58:17	90	00:55:59.2	88	266
Nigel	Horney	Keswick AC	01:13:36	100			00:44:52.5	99	199
Phil	King	North Norfolk Beach Runners			00:45:53	98	00:46:19.6	97	195
David	Doddington	Waveney Valley AC	01:28:46	90	00:52:00	93			183
Alan	Dean	Lonely Goat RC			00:58:55	88	00:56:39.7	87	175
Keith	Morris	Ryston Runners			01:21:01	85	01:24:06.5	81	166
Yitzhak	Ben-aroya	Wymondham AC					00:44:17.0	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
Perry	Lushington						00:44:53.5	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
Gerry	Watson	Wymondham AC					00:50:31.9	93	93

MEN: 70 - 74									
Stephen	Dady	Wymondham AC	01:21:13	98	00:47:45	100	00:48:33.3	99	297
Michael	Persich	Beccles & Bungay Harriers	01:24:18	94	00:48:06	99	00:48:39.9	98	291
Chris	Groves	Tri-Anglia Triathlon Club	01:33:20	88	00:54:35	96	00:55:05.7	95	279
Glen	Nelson		01:14:37	100			00:45:42.3	100	200
Martin	Howard	Norwich Road Runners	01:23:48	96	00:49:01	98			194

Gary	Jones	Waveney Valley AC	01:24:16	95	00:50:57	97			192
John	Shippey		01:25:13	93			00:51:35.6	97	190
Ray	Knights	Waveney Valley AC	01:33:45	87			00:53:59.2	96	183
Trevor	Potter	Norwich Road Runners	01:46:05	86	01:06:28	92			178
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
Stephen	Taylor	Bungay Black Dog RC					01:01:50.8	94	94
John	Oliver						01:12:03.7	93	93
Robert	Scarfe	Wymondham AC			01:02:59	93			93
Stewart	Ingram	Norwich Road Runners					01:18:30.4	92	92
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
MEN: 75+									
Neil	Anderton	Dereham Runners AC	01:29:12	100	00:53:03	98	00:54:50.4	99	297
John	Causer	Norwich Road Runners	01:35:08	98	00:53:44	97	00:59:52.1	96	291
Graham	Walsh	Wymondham AC			00:50:31	99	00:49:10.8	100	199
Barry	Wells	Norwich Road Runners			01:00:09	95	00:56:02.2	98	193
Frank	Ellis				01:02:25	94	01:01:04.6	95	189
Sam	Weller	North Norfolk Beach Runners			00:50:10	100			100
David	Goodwin	Norfolk Gazelles AC	01:33:02	99					99
Peter	Wapshott						00:58:45.6	97	97
Jerry	Freeman				00:57:25	96			96
David	Pugh						01:08:07.8	94	94
David	Field	Norwich Road Runners					01:09:46.2	93	93
Peter	Roach	Wymondham AC			01:11:58	93			93
Christopher	Harbord	Great Yarmouth Road Runners			01:26:27	92			92