



TOP 20 RESULTS TO RACE 4

			REEDHAM TEN		VALENTINES 10K		TROWSE 10K		GYRR 5m		TOTAL OF 4 RACES	
INTERMEDIATE WOMEN												
Tess	Andrews	Bungay Black Dog RC					00:50:09.5	100	00:35:18.4	99	199	
Belle	Watkins	Bure Valley Harriers					00:51:19.6	99	00:37:29.2	97	196	
Eva	Eccles	Bure Valley Harriers							00:35:00.6	100	100	
Sophia	Poignand				00:48:48	100					100	
Emilia	Thomson				01:18:07	99					99	
Lucy	Thompson	Great Yarmouth & District AC							00:36:09.3	98	98	
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	00:34:48.1	95	348	
Mabel	Beckett	City of Norwich AC			00:35:18	98	00:36:20.2	100	00:28:13.7	100	298	
Eleanor	Grubb	City of Norwich AC	01:01:01	99	00:36:49	96			00:28:24.2	99	294	
Alice	Horney		01:10:02	95			00:39:07.2	99	00:30:33.7	98	292	
Daisy	Mattless		01:14:37	88	00:43:38	86			00:35:17.4	94	268	
Louise	Stevens	Wymondham AC	01:22:12	76			00:46:28.9	90	00:35:31.7	93	259	
Kerrie	Lingwood	Aylsham Runners	01:17:22	86	00:46:01	82			00:37:07.3	90	258	
Chloe	Tovell				00:46:22	81	00:49:02.4	84	00:36:44.3	91	256	
Chloe	Ward	Norwich Road Runners	01:18:54	83	00:47:09	75			00:35:53.1	92	250	
May	Brown	Great Yarmouth Road Runners	01:20:34	78	00:48:59	70			00:39:27.5	85	233	
Kirsty	Wheeler	Lowestoft Road Runners	01:26:31	69				00:51:15.7	74	00:37:20.5	89	232
Shanon	Hodgson	Lonely Goat RC	01:41:40	44	00:57:01	39	00:55:44.4	61	00:42:44.3	74	218	
Lucy	Richardson	Norwich Road Runners			00:52:55	55	00:51:55.0	72	00:39:14.9	86	213	
Leanne	Botwright	Bure Valley Harriers	01:30:26	65	00:52:08	58			00:42:13.9	78	201	
Emily	Ruane		00:59:13	100	00:34:55	99					199	
Ellie-Marie	Keeler		01:23:11	74	00:52:32	57	00:53:40.9	64			195	
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	
Ginny	Fellows	Coltishall Jaguars RC	01:14:05	90					00:32:44.0	97	187	
Stephanie	Laurence	Bure Valley Harriers	01:13:52	92			00:43:35.8	93			185	
WOMEN: 40 - 44												
Amy	Balaam	Bure Valley Harriers	01:17:04	99	00:44:39	95	00:46:48.9	98	00:34:48.5	98	390	
Samantha	Beales		01:27:26	92	00:52:00	81	00:53:57.9	90	00:44:00.4	83	346	
Charlotte	Harris Cook	Bure Valley Harriers			00:47:24	91	00:48:36.9	94	00:37:13.3	92	277	
Kareana	Symonds	Dereham Runners AC	01:21:46	96	00:47:57	89			00:37:57.9	90	275	
Jen	Gilbert	Dereham Runners AC	01:23:54	95	00:50:58	84			00:42:08.6	88	267	
Menzile	Mkiza		02:02:59	76	01:13:11	46	01:16:42.9	70	01:00:53.4	69	261	
Kate	Atkins	Norfolk Gazelles AC	01:36:44	82			00:59:02.0	81	00:44:33.9	81	244	
Tabitha	Keeble	Norwich Road Runners				01:03:58	50	01:01:16.5	77	00:45:57.2	79	206
Claire	Woodcroft	Wymondham AC						00:44:09.9	100	00:33:53.6	99	199
Jo	Delf	Wymondham AC				00:41:29	98		00:32:22.7	100	198	
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	
Heather	Smith	Norfolk Gazelles AC					00:47:39.7	95	00:35:25.9	96	191	
Amy	Hanner	Bungay Black Dog RC			00:45:34	93			00:35:23.0	97	190	
Faith	Pearce	Norfolk Gazelles AC					00:47:38.9	96	00:36:15.4	94	190	
Nicola	Greenough	Tri-Anglia Triathlon Club				00:49:23	87		00:37:47.2	91	178	
Helen	Pidgeon	Wymondham AC	01:30:23	89	00:51:55	82					171	
Kate	Wakefield		01:33:04	85					00:43:57.9	84	169	
Kimberly	Carter		01:25:59	94					00:52:47.3	73	167	
Laura	Black		01:31:01	88	00:54:44	75					163	
WOMEN: 45 - 49												
Lisa	Greengrass	Wymondham AC	01:15:08	99	00:44:19	97	00:44:15.8	98	00:34:00.4	99	393	
Vicky	Jones	Norwich Road Runners	01:28:45	84	00:53:15	79	00:56:17.6	83	00:41:35.3	93	339	
Clare	Sandall	Norwich Road Runners			00:41:39	100	00:41:20.0	100	00:32:09.8	100	300	
Louise	Marsden	North Norfolk Beach Runners			00:45:55	96	00:46:34.1	96	00:35:36.1	98	290	
Claire	Foulkes	North Norfolk Beach Runners	01:31:11	81	00:53:06	80	00:54:50.5	87			248	
Beverley	Read		01:35:29	73			00:56:46.0	78	00:44:09.0	91	242	
Kirsty	Sturman	Lonely Goat RC	02:11:57	57	01:06:43	47	01:11:54.8	53	00:51:48.2	79	236	
Helen	Mullins	Norfolk Gazelles AC	01:32:44	78			01:00:23.5	68	00:44:43.5	89	235	
Liz	Jones	Norwich Road Runners	01:33:28	77	00:57:28	64	00:56:17.9	82			223	
Claire	Stroud					00:44:15	98	00:43:43.6	99		197	
Heather	Dagraca	Norfolk Gazelles AC	01:47:12	64			01:15:31.2	47	00:51:19.1	81	192	
Louise	Hudson	Dereham Runners AC			00:46:27	94			00:36:54.8	97	191	
Gayle	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	

Susan	Carver	Norwich Road Runners			01:12:50	96	01:07:16.9	95	00:51:16.7	91	282
Nicola	Ginger	Lonely Goat RC	02:03:03	92	01:13:28	95			00:56:24.9	88	275
Jane	Freeman	Norfolk Gazelles AC					00:52:25.1	98	00:39:37.5	97	195
Elizabeth	Griffiths				01:09:37	97					97
Karen	Hatton	Saint Edmund Pacers	01:29:47	96							96
Wendy	Fullerton				01:14:50	94					94
Susan	Kay								00:46:18.2	94	94
Alison	Cooper	Waveney Valley AC							00:46:44.9	93	93
Clare	Hodges	Great Yarmouth Road Runners					01:09:49.5	93			93
Teresa	Solomon		01:57:43	93							93
Hazel	Cason	Dereham Runners AC							00:55:40.2	90	90
Elaine	Haggarty	Great Yarmouth Road Runners							00:56:16.6	89	89
Wendy	Boyden	Waveney Valley AC							00:57:16.5	87	87
Maggie	Flatt	Beccles & Bungay Harriers							00:59:07.7	86	86

WOMEN: 70 - 74

Jacque	Wood	Dereham Runners AC	01:49:08	98	01:03:18	96	01:03:08.0	97	00:46:53.6	99	390
Rosemary	Jackson	Coltishall Jaguars RC	01:32:05	100	00:52:53	99	00:54:32.9	99			298
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
Pauline	Sparrow	Ryston Runners							00:41:50.9	100	100

WOMEN: 75+

Jane	Ashby	Ryston Runners	01:28:43	100	00:52:28	100	00:54:17.4	100	00:42:30.8	100	400
Eva	Osborne	Wymondham AC					01:04:24.5	99	00:48:40.9	99	198
Brenda	Fee	Barnet & District AC			01:03:54	99	01:05:25.7	98			197
Terry	Marshall		02:02:36	99							99

INTERMEDIATE MEN

Jacob	Last	Dereham Runners AC	01:12:29	100	00:41:52	97	00:42:39.8	98	00:32:02.2	92	387
Corben	Reynolds	Great Yarmouth Road Runners					00:35:08.9	100	00:26:54.8	99	199
Alfie	Bone	Waveney Valley AC			00:35:48	100			00:27:22.4	97	197
Matthew	Smith	Bungay Black Dog RC			00:41:59	96	00:43:45.5	97			193
Tobias	Neale	North Norfolk Harriers Athletics Club			00:42:00	95			00:30:36.0	93	188
Toby	Rayment	Waveney Valley AC			00:43:12	94			00:32:23.4	91	185
Finn	Kaiser	City of Norwich AC			00:44:21	92			00:34:50.4	90	182
Billy	Eccles	Bure Valley Harriers							00:26:44.6	100	100
Charlie	Frammingham	West Norfolk AC			00:36:20	99					99
James	Hall	Wymondham AC					00:42:17.8	99			99
Cohen	Copeman	Waveney Valley AC							00:27:16.5	98	98
George	Lightfoot	Bungay Black Dog RC			00:36:31	98					98
Horatio	Page						00:52:51.5	96			96
George	Potter	Waveney Valley AC							00:27:24.1	96	96
William	Browne	City of Norwich AC							00:27:34.0	95	95
Josh	Smith	Waveney Valley AC							00:27:44.7	94	94
Harvey	Wade				00:43:12	93					93
Tom	Dann				00:48:32	91					91
Thomas	Ward				00:50:29	90					90

SENIOR MEN

Sean	Jermy	Great Yarmouth Road Runners	00:59:22	96	00:35:15	84	00:35:22.8	98	00:27:15.3	95	373
Daniel	Wilson		00:58:25	97	00:35:11	86	00:35:51.1	96	00:27:58.1	87	366
Ben	Beynon	Wymondham AC	01:00:15	92	00:36:15	78	00:37:00.7	91	00:28:09.4	85	346
Jimmy	Tubb	Reepham Runners	01:01:23	91	00:36:16	77	00:36:59.8	92	00:28:34.4	80	340
Perry	Kelf		01:03:43	86	00:37:27	68	00:38:36.9	83	00:29:32.6	73	310
William	George	Aylsham Runners	01:02:52	88	00:37:30	67	00:38:40.4	82	00:29:44.5	71	308
George	Gay				00:35:07	87	00:36:45.4	94	00:27:17.7	93	274
Jack	Fussey	City of Norwich AC			00:35:48	81	00:35:33.0	97	00:27:21.2	91	269
Harry	Neale	Norfolk Gazelles AC	01:01:58	90			00:37:25.5	88	00:28:47.8	76	254
Andrew	Soanes	Waveney Valley AC	01:04:39	83			00:37:31.2	86	00:28:44.5	77	246
Matthew	Plane				00:37:31	66	00:37:25.8	87	00:28:42.1	78	231
Richard	Mead	Norwich Road Runners	01:03:53	85	00:37:54	61			00:29:41.4	72	218
Remi	Bullent	Great Yarmouth Road Runners	01:03:40	87	00:39:52	47	00:39:40.5	74			208
Danny	Sweatman		01:13:50	60	00:42:30	25	00:41:57.0	62	00:32:55.7	54	201
Logan	Smith	City of Norwich AC			00:30:58	100			00:24:11.1	100	200
Luke	Alden	City of Norwich AC			00:31:54	99			00:25:29.1	99	198
Paul	Spooner		01:11:12	67	00:42:22	27	00:43:44.4	52	00:33:30.1	52	198
Martyn	Bath	City of Norwich AC	00:56:30	99	00:33:16	97					196
James	Senior	City of Norwich AC			00:32:42	98			00:25:50.0	97	195
Ben	Spratling				00:33:22	96	00:33:53.9	99			195

MEN: 40 - 44

John	Hudson	Norwich Road Runners	00:56:08	100	00:33:58	99	00:34:22.4	99	00:27:17.1	98	396
Matt	Howard	Norwich Road Runners	00:59:43	96	00:35:22	95	00:36:37.0	98	00:27:39.0	97	386
Tom	Downs		01:11:49	83	00:39:48	84	00:41:33.3	93	00:31:25.7	90	350
Stephen	Lee	Bure Valley Harriers	01:17:50	74	00:44:42	67	00:42:20.5	90	00:32:07.0	87	318

Jason	Sparkes		01:19:57	71	00:45:05	64	00:44:35.4	86	00:35:05.9	77	298
Chris	Gay	Wymondham AC	00:58:59	97	00:34:59	97	00:42:12.9	91			285
Christopher	Coates	Aylsham Runners			00:37:04	91	00:37:23.1	97	00:28:08.2	96	284
Chris	Harrison	Norwich Road Runners	01:03:12	95	00:37:32	90			00:29:56.0	92	277
Timothy	Earl	Waveney Valley AC	01:09:38	88			00:42:02.6	92	00:32:53.1	84	264
Ben	Smith	Wymondham AC			00:42:39	74	00:44:07.1	88	00:33:23.8	83	245
Terry	Collins	Coltishall Jaguars RC	01:14:32	80	00:43:48	71			00:34:04.2	81	232
David	Neeve	Harleston Running Club	01:20:31	70	00:44:55	65	00:44:40.2	85			220
Gary	Cheesman				00:47:21	59	00:49:11.8	81	00:37:18.2	74	214
Michael	Eccles	Bure Valley Harriers					00:33:30.7	100	00:25:36.2	100	200
Ben	Kendall	Norwich Road Runners			00:51:30	50	00:50:33.4	77	00:37:23.8	73	200
Steven	Bacon	North Norfolk Beach Runners			00:33:52	100			00:26:29.1	99	199
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
Andrew	Knell	Norfolk Gazelles AC			00:36:53	93			00:28:45.0	94	187
Mark	Armstrong	Wymondham AC			00:38:25	86			00:31:23.1	91	177

MEN: 45 - 49

Will	McMorris		01:07:43	90	00:40:23	87	00:40:52.3	89	00:31:13.0	94	360
Richard	Hancock		01:07:42	92	00:40:36	86	00:42:49.5	85	00:31:24.3	93	356
Jason	Corner	Tri-Anglia Triathlon Club	01:08:32	89	00:41:31	81	00:41:57.8	88	00:36:51.8	82	340
Alan	Diaper	Great Yarmouth Road Runners	01:08:53	87	00:43:44	76	00:42:58.0	84	00:34:39.6	84	331
Neil	Adams	North Norfolk Beach Runners			00:33:47	100	00:34:06.2	100	00:26:10.8	100	300
Kevin	Holland	Wymondham AC	00:57:44	100	00:34:07	99	00:34:20.1	99			298
Simon	Wright	Norfolk Gazelles AC	01:00:06	97			00:37:16.7	96	00:28:55.8	97	290
James	Howes	City of Norwich AC	01:04:12	94	00:38:41	93			00:30:52.4	95	282
Lee	Wilson		01:04:14	93	00:38:54	92	00:40:15.8	92			277
Paul	Jones	Norfolk Gazelles AC	01:17:27	67			00:42:18.7	86	00:32:23.0	90	243
Adrian	Slattery	Great Yarmouth Road Runners	01:11:15	81	00:45:16	69			00:32:10.7	91	241
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
James	Wright	Norfolk Gazelles AC	01:27:48	61			00:51:20.6	62	00:44:33.6	76	199
Gary	Saggers	Lowestoft Road Runners	00:59:42	99					00:28:09.2	98	197
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	Bales	Bure Valley Harriers			00:36:30	96	00:39:56.8	93			189
Ian	Stammars	Norwich Road Runners			00:37:26	94	00:38:19.8	94			188
Robert	Last	Dereham Runners AC	01:23:52	63	00:48:52	58	00:49:38.8	66			187

MEN: 50 - 54

Chris	Bullock	Wymondham AC	01:03:33	94	00:37:56	95	00:37:24.1	98	00:29:01.8	98	385
Marcus	Westgate		01:08:15	88	00:41:07	89	00:43:03.0	90	00:33:14.0	93	360
Cathal	Daly	City of Norwich AC	01:12:05	82	00:43:47	83	00:45:14.0	84	00:35:54.0	86	335
Justin	Pearce		01:20:11	70	00:45:52	79	00:46:26.8	77	00:36:58.2	81	307
Jan	Kaiser	City of Norwich AC	01:00:22	100			00:37:20.5	99	00:29:44.8	97	296
Lawrence	Wade	City of Norwich AC	01:00:44	99	00:37:06	97			00:28:15.8	100	296
Billy	Wheeler	Wymondham AC	01:01:19	98	00:36:40	98			00:28:42.0	99	295
Jonathan	Adams	Tri-Anglia Triathlon Club	01:06:34	93			00:39:31.9	95	00:31:26.2	96	284
Philip	Brockington		01:06:49	92	00:39:39	91			00:31:37.9	95	278
Jason	Brunt	Norfolk Gazelles AC	01:08:04	90			00:43:36.1	88	00:34:11.3	90	268
Neil	Rivers	Dereham Runners AC	01:21:22	68	00:49:37	68	01:02:35.6	46	00:36:04.8	85	267
Jason	Mattless	Dereham Runners AC	01:10:50	86	00:41:50	86			00:33:24.7	91	263
Mark	Townsend	Norwich Road Runners			00:44:48	80	00:46:14.6	80	00:37:23.1	80	240
Gary	Aldred	Great Yarmouth Road Runners	01:24:07	61	00:49:47	67	00:45:46.0	82			210
Chris	Browne		01:22:33	66			00:51:47.0	63	00:37:56.4	79	208
Richard	Peters	Coltishall Jaguars RC	01:24:51	60	00:50:22	64			00:37:58.0	78	202
Adam	Baker	Wymondham AC			00:36:04	99	00:35:54.3	100			199
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

MEN: 55 - 59

Darren	Honour		01:03:15	100	00:39:01	99	00:38:48.5	100	00:29:40.7	100	399
Mark	Clues	Tri-Anglia Triathlon Club	01:05:38	99	00:39:24	98	00:40:46.6	98	00:31:14.6	99	394
James	Bool	Great Yarmouth Road Runners	01:12:02	93	00:41:50	93	00:43:25.8	93	00:33:37.1	92	371
Sean	Robson	North Norfolk Beach Runners	01:13:44	89	00:42:25	89	00:43:51.0	92	00:34:19.6	88	358
Steve	Newman	Bungay Black Dog RC	01:11:09	95	00:41:18	95	00:42:40.7	96	00:46:05.7	65	351
Adrian	Hollis	Dereham Runners AC	01:21:29	79	00:47:23	81	00:47:24.7	82	00:46:20.5	64	306
Jon	Shorten	Wymondham AC	01:07:04	98	00:39:55	97			00:32:35.5	97	292
Ian	Moore	Wymondham AC	01:08:12	97	00:41:02	96			00:32:12.9	98	291
Barry	Smith	Bungay Black Dog RC			00:41:39	94	00:44:52.7	89	00:33:42.8	91	274
Wayne	Ramsbottom	Dereham Runners AC	01:12:41	92	00:43:01	88			00:33:53.7	90	270
Nick	Ross	Norfolk Gazelles AC	01:16:07	86			00:44:26.2	91	00:33:37.5	93	270
Andy	Pridmore		01:13:28	90			00:44:58.4	88	00:34:52.8	87	265
Robert	McKillop	Lonely Goat RC	01:46:51	57	00:57:51	61	00:59:40.6	61	00:44:06.1	70	249
Kevin	Mann		01:17:58	83	00:45:31	84	00:48:32.7	80			247
Rob	Bailey	Great Yarmouth Road Runners	01:46:09	58	01:02:22	55	01:03:50.2	56	00:45:04.1	67	236
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
Mark	Brown		01:11:17	94			00:43:19.2	94			188

William Jon	Howard Rowden	North Norfolk Beach Runners Tri-Anglia Triathlon Club			00:42:16	92			00:32:54.7	95		187
								00:42:57.5	95	00:34:07.5	89	184
MEN: 60 - 64												
Malcolm	Tuff	Fenland Running Club	01:02:41	100	00:37:17	100	00:39:12.3	100	00:29:45.8	100		400
Mark	Griffin		01:07:54	96	00:39:56	95	00:40:32.1	97	00:31:25.0	98		386
Dougie	Barber	Coltishall Jaguars RC	01:15:00	89	00:44:54	89	00:46:06.6	93	00:35:28.3	94		365
John	Wilson		01:23:23	76	00:47:48	83	00:50:34.2	84	00:36:27.6	93		336
Peter	Swales	Dereham Runners AC	01:20:09	79	00:48:01	82	00:49:53.9	86	00:38:27.6	87		334
Andy	Rowles	Dereham Runners AC	01:26:33	74	00:48:32	81	00:49:28.2	87	00:37:56.9	90		332
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
Kevin	Frazer	Wymondham AC	01:10:19	93	00:41:58	92			00:33:37.2	97		282
Paul	Parker	Coltishall Jaguars RC	01:13:59	91			00:44:53.6	96	00:35:02.9	95		282
Rob	Hall	Bungay Black Dog RC			00:45:01	88	00:46:10.2	92	00:36:49.3	92		272
Warren	Newell	Lonely Goat RC			00:48:34	80	00:48:49.6	88	00:38:09.1	88		256
Chris	Chorley	Bungay Black Dog RC			00:52:00	74	00:46:38.2	91	00:38:07.3	89		254
Dave	Evans	Wymondham AC	01:31:46	72			00:56:17.4	80	00:44:59.5	77		229
Julian	Flatt	Lonely Goat RC			00:59:53	63	00:57:11.8	77	00:41:30.8	82		222
Andy	Lillie		01:49:00	69			01:03:03.0	71	00:46:35.6	73		213
John	Moore	Norfolk Gazelles AC	01:05:47	99					00:31:11.1	99		198
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
Stephen	Dixon	Wymondham AC	01:09:55	94	00:42:44	90						184
MEN: 65 - 69												
Ian	Hawkes	Waveney Valley AC	01:20:47	97	00:47:59	97	00:48:12.2	96	00:37:33.7	97		387
Peter	Laddiman	Norfolk Harriers RC	01:21:48	96	00:48:53	96	00:49:38.1	94	00:38:41.8	93		379
Kevin	Denmark	Wymondham AC	01:26:54	93	00:50:24	95	00:49:34.7	95	00:38:24.2	94		377
Paul	Richardson	Norwich Road Runners	01:28:43	91	00:51:03	94	00:53:22.2	91	00:40:33.3	88		364
Paul	Westgate	Great Yarmouth Road Runners	01:28:31	92	00:58:50	89	00:52:23.6	92	00:40:19.0	90		363
Roy	Brown	Great Yarmouth Road Runners	01:39:32	88	00:58:17	90	00:55:59.2	88	00:44:26.9	85		351
Phil	King	North Norfolk Beach Runners			00:45:53	98	00:46:19.6	97	00:37:21.2	98		293
Keith	Morris	Ryston Runners			01:21:01	85	01:24:06.5	81	01:07:42.2	81		247
Yitzhak	Ben-aroya	Wymondham AC					00:44:17.0	100	00:34:19.7	100		200
Nigel	Horney	Keswick AC	01:13:36	100			00:44:52.5	99				199
Tom	Townsend	Norfolk Gazelles AC	01:16:45	98					00:35:15.8	99		197
Perry	Lushington						00:44:53.5	98	00:37:49.5	96		194
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
Ian	Freel	Great Yarmouth Road Runners	01:29:06	89					00:41:19.6	86		175
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
Andrew	Hammond	Norfolk Gazelles AC							00:38:12.6	95		95
Guy	Shearwood	Tri-Anglia Triathlon Club	01:24:10	95								95
MEN: 70 - 74												
Stephen	Dady	Wymondham AC	01:21:13	98	00:47:45	100	00:48:33.3	99	00:37:09.9	98		395
Michael	Persich	Beccles & Bungay Harriers	01:24:18	94	00:48:06	99	00:48:39.9	98	00:37:15.1	97		388
Glen	Nelson		01:14:37	100			00:45:42.3	100	00:34:30.9	100		300
Gary	Jones	Waveney Valley AC	01:24:16	95	00:50:57	97			00:41:36.1	92		284
Chris	Groves	Tri-Anglia Triathlon Club	01:33:20	88	00:54:35	96	00:55:05.7	95				279
Ray	Knights	Waveney Valley AC	01:33:45	87			00:53:59.2	96	00:41:19.1	93		276
David	Mower	Waveney Valley AC	01:19:18	99					00:35:31.0	99		198
Martin	Howard	Norwich Road Runners	01:23:48	96	00:49:01	98						194
Bill	Kingaby	Waveney Valley AC	01:22:17	97					00:37:51.3	96		193
John	Shippey		01:25:13	93			00:51:35.6	97				190
Robert	Scarfe	Wymondham AC			01:02:59	93			00:47:33.0	91		184
Trevor	Potter	Norwich Road Runners	01:46:05	86	01:06:28	92						178
Paul	Evans								00:38:34.3	95		95
John	Grice	Lowestoft Road Runners			00:57:41	95						95
Robin	Ashe	Bungay Black Dog RC			01:02:45	94						94
Mike	Corker								00:38:44.1	94		94
Stephen	Taylor	Bungay Black Dog RC					01:01:50.8	94				94
John	Oliver						01:12:03.7	93				93
Stewart	Ingram	Norwich Road Runners					01:18:30.4	92				92
Eamonn	McCusker	Ryston Runners	01:29:04	92								92
MEN: 75+												
Neil	Anderton	Dereham Runners AC	01:29:12	100	00:53:03	98	00:54:50.4	99	00:42:42.6	97		394
John	Causar	Norwich Road Runners	01:35:08	98	00:53:44	97	00:59:52.1	96	00:43:14.5	96		387
Graham	Walsh	Wymondham AC			00:50:31	99	00:49:10.8	100	00:39:13.4	100		299
Barry	Wells	Norwich Road Runners			01:00:09	95	00:56:02.2	98	00:42:04.7	98		291
Sam	Weller	North Norfolk Beach Runners			00:50:10	100			00:39:37.4	99		199
David	Goodwin	Norfolk Gazelles AC	01:33:02	99					00:43:26.4	95		194
Frank	Ellis				01:02:25	94	01:01:04.6	95				189
Peter	Roach	Wymondham AC			01:11:58	93			00:55:18.6	93		186
Christopher	Harbord	Great Yarmouth Road Runners			01:26:27	92			01:08:28.8	91		183
Peter	Wapshott						00:58:45.6	97				97

Jerry	Freeman		00:57:25	96				96
Philip	Neave	Bungay Black Dog RC				00:54:27.9	94	94
David	Pugh				01:08:07.8	94		94
David	Field	Norwich Road Runners			01:09:46.2	93		93
Robin	Farrar	Bungay Black Dog RC				01:05:38.6	92	92