

Pos	Race No.	Time	Forename	Surname	Club	Cat
1	181	35.22	Robert	Chenery	Ipswich JAFFA	Male
2	46	35.42	Robert	Watson	Haverhill RC	Male +40
3	236	36.07	Ian	Day	Ely Runners	Male
4	310	36.22	Geoff	Weller	Camb & Coleridge AC	Male
5	348	36.32	Rob	Breen		Male +40
6	149	36.46	Neil	Wooby	Ipswich JAFFA	Male
7	228	36.48	Paul	Preston	Sudbury Joggers	Male
8	208	36.52	Tim	Ellis	Haverhill RC	Male
9	215	37.10	Andrew	Manning	Gt Yarmouth Road Runners	Male +40
10	296	37.31	Stuart	Faust	Thetford AC	Male
11	318	37.48	Juliet	Vickery	Thetford AC	Female +35
12	202	38.00	Darren	Judd	Sudbury Joggers	Male
13	118	38.10	Ian	Longland	Haverhill RC	Male
14	242	38.20	Paul	Churchill		Male
15	192	38.31	Michael	Cobbold	St Edmund Pacers	Male +40
16	311	38.34	Andrew	Buck	Sudbury Joggers	Male +40
17	222	38.39	Paul	Sullivan	Norwich Road Runners	Male +40
18	146	38.58	Lee	Sim		Male
19	213	39.00	Mark	Garrett	Norwich Road Runners	Male +40
20	286	39.08	Stuart	Lemanski	Epsom Oddballs	Male
21	126	39.23	James	Birch	Wymondham AC	Male +40
22	74	39.26	Greg	Lewis	Walden Tri	Male
23	244	39.33	Simon	Brierley	Tri-Anglia	Male
24	144	39.44	Christian	Gillibrand	Sudbury Joggers	Male
25	121	39.49	Neville	Knights	Dereham Runners AC	Male +40
26	274	39.57	Maurice	Reed	Ely Runners	Male +40
27	346	40.23	Karl	Higgins		Male
28	39	40.42	Shayne	Murray	CONAC	Male
29	333	41.00	Lee	Rudland	Ipswich JAFFA	Male
30	101	41.05	Wayne	Kern	Halstead Road Runners	Male +40
31	95	41.27	Jayne	Williams	Ipswich JAFFA	Female +35
32	278	41.28	Verne	Barltrop	100 Marathon Club	Male +60
33	180	41.32	Duncan	Chenery	Ipswich JAFFA	Male +40
34	302	41.36	Ashley	Page	St Edmund Pacers	Male +40
35	279	41.38	Steven	Thoday	Camb & Coleridge AC	Male
36	131	42.00	Karl	Chapman	Wymondham AC	Male
37	15	42.04	Ian	Henderson		Male +40
38	246	42.09	Edward	Greenland	Wymondham AC	Male +40
39	199	42.15	Martin	Lawrence	Haverhill RC	Male +40
40	62	42.17	Sam	Barr		Male
41	187	42.21	David	Vaughan	St Edmund Pacers	Male +50
42	210	42.26	Paul	Metters	Dereham Runners AC	Male
43	283	42.40	Tim	Sexton		Male
44	266	42.41	John	Kazer	Camb & Coleridge AC	Male
45	260	42.58	Michael	Clears		Male +60
46	252	43.02	Terry	Brannan	Wymondham AC	Male +60

47	105	43.29	Stuart	Soltysiak		Male
48	320	43.42	Maureen	Mccarthy	St Edmund Pacers	Female +45
49	206	43.46	Paul	Wiggins		Male
50	115	43.54	Paul	Todd	Norwich School	Male +40
51	193	43.55	Julia	Jepson	St Edmund Pacers	Female +35
52	241	43.59	Alison	Couldry	Haverhill RC	Female
53	329	44.14	Eric	Marseille	Sudbury Joggers	Male
54	323	44.15	Martin	Yeomans	Norwich Road Runners	Male +50
55	31	44.18	Martin	Teversham		Male
56	204	44.21	Marcus	Catlin		Male
57	331	44.26	Louise	Stauton	Ipswich JAFFA	Female
58	5	44.27	Mark	Marriot		Male +40
59	143	44.29	Justin	Mckee		Male
60	282	44.31	Peter	French		Male +50
61	6	44.34	Raymond	Keevil	Brandon Fern Hoppers	Male +60
62	66	44.36	Mike	Jones		Male +40
63	7	44.39	Simon	Fields		Male
64	10	44.41	Carl	Higgins	Thetford AC	Male +40
65	290	44.44	David	Mould	Bushfield Joggers	Male +40
66	47	44.57	Jerry	Piron		Male +40
67	269	44.58	David	Slatter		Male +40
68	254	45.03	Gavin	Thouless	Norwich Road Runners	Male
69	189	45.05	Nigel	Chapman	Haverhill RC	Male +50
70	217	45.08	Marie	Clark	Norwich Road Runners	Female +35
71	111	45.09	Ian	Gooderham	St Edmund Pacers	Male +40
72	347	45.11	Paul	Taverner	Thetford AC	Male +40
73	194	45.15	John	Hills	Gt Yarmouth Road Runners	Male +60
74	172	45.19	Paul	Brittain	Brandon Fern Hoppers	Male
75	109	45.23	Frank	Tyldesley	St Edmund Pacers	Male +40
76	285	45.33	Charlotte	Lemanski	Epsom Oddballs	Female
77	256	45.48	Philip	Montoya		Male +40
78	243	45.55	Tessa	Stone		Female +35
79	19	45.57	Tony	Cantle	Thetford AC	Male +40
80	237	46.11	Steve	Websdale	Norwich Road Runners	Male +40
81	305	46.12	Cathryn	Starling	Newmarket Joggers	Female +35
82	224	46.15	Carol	Stanier	Camb & Coleridge AC	Female
83	304	46.18	Cathy	Lambert	St Edmund Pacers	Female +35
84	134	46.32	Liz	Fernandes		Female +35
85	270	46.34	Mike	Smith	Wymondham AC	Male +60
86	261	46.35	Tracy	Stevens	Wymondham AC	Female +35
87	190	46.39	Peter	Smith		Male
88	116	46.52	Joseph	Kaye	Norwich School	Male
89	196	47.01	Mark	Bailey	Haverhill RC	Male +40
90	197	47.09	Jimmy	Mccarthy		Male
91	38	47.16	Terry	Braverman	Haverhill RC	Male +60
92	147	47.26	Anthony	Davison	Saffron Striders	Male +40
93	308	47.27	Keith	Brighty	Norwich Road Runners	Male +40

94	229	47.28	Michelle	Charles		Female
95	349	47.42	Christopher	Sheppard		Male +40
96	322	47.46	Neil	Kellett		Male +40
97	341	47.48	Kevin	Browne		Male
98	73	48.09	Simon	Nightingale		Male
99	110	48.17	WEEGAN	Van		Male +40
100	63	48.21	Roy	Owen	Haverhill RC	Male +50
101	174	48.35	Tyrone	Higgins		Male +40
102	344	48.38	Marianne	Defernez		Female +35
103	264	48.44	Carole	Spong	Gt Yarmouth Road Runners	Female +55
104	142	48.44	Susan	Wallis		Female +45
105	75	48.57	Colin	Shadbolt		Male
106	159	49.00	Jon	Byford		Male
107	212	49.02	Joseph	Harrison		Male
108	321	49.02	Steve	Mcgrath		Male
109	18	49.07	Samantha	Wing	Thetford AC	Female
110	23	49.07	Alan	Lucas		Male +40
111	33	49.12	Gill	Woodhouse	Dereham Runners AC	Female +55
112	132	49.16	John	Tacey		Male +40
113	173	49.17	Nina	Reid	Royston Runners	Female
114	13	49.17	Peter	Moston	EVAC	Male +40
115	343	49.18	Alex	Wilson	Sudbury Joggers	Male
116	291	49.27	Caroline	Taylor	Norwich Road Runners	Female +45
117	158	49.28	Chris	Creedy		Male
118	259	49.32	Brian	Day		Male
119	258	49.34	Michael	Parker		Male
120	218	49.37	Martyn	Brophy	St Edmund Pacers	Male +40
121	29	49.42	Eric	Byford		Male +40
122	287	49.52	Des	Smith		Male +40
123	277	49.53	Beres	Ward	CONAC	Female +45
124	306	49.57	Neil	Cross	Thetford AC	Male
125	89	49.59	David	Onley		Male
126	140	50.00	Michael	Shannon		Male
127	327	50.03	Leanne	Howlett		Female
128	160	50.10	Nicola	Hill	Norwich School	Female
129	133	50.16	Joanne	Freeman		Female
130	219	50.18	David	Bray	Haverhill RC	Male
131	113	50.19	Oliver	Negus	Norwich School	Male
132	93	50.40	Keith	Thorogood	Halstead Road Runners	Male +50
133	34	50.47	John	Richardson	Dereham Runners AC	Male +50
134	350	50.49	not	known		Male
135	314	50.52	Beccy	Taylor		Female
136	337	50.58	Kim	Gregory	Haverhill RC	Female +45
137	245	51.16	Laura	Frost	CUH&H	Female
138	162	51.19	Stefan	Henriksen		Male
139	103	51.25	Andrew	Booth		Male +40
140	281	51.34	Stewart	Ingram	Tri-Anglia	Male +50

141	171	51.47	Tina	Wilson		Female +45
142	22	51.55	Lee	Robinson	Haverhill RC	Male
143	84	52.08	Jayne	Nunn	Haverhill RC	Female +35
144	123	52.09	David	Peck	N'mrkt Cycling & Tri Club	Male +60
145	130	52.14	Julia	Kennelly	Wymondham AC	Female +35
146	326	52.15	James	Humphreys		Male
147	293	52.17	Mandy	Bunn	Haverhill RC	Female +35
148	268	52.26	Douglas	Baker	Eastern Vets	Male +60
149	120	52.28	Diane	Knights		Female +45
150	295	52.37	Stewart	Heath		Male
151	54	52.44	Laura	Steavenson		Female
152	164	52.44	David	Wilson		Male +40
153	198	52.45	Trudi	Morrish	Haverhill RC	Female +35
154	332	52.48	Gary	Dadds	Haverhill RC	Male +50
155	21	52.49	Norman	Hanford		Male +60
156	183	52.50	Adam	Court		Male
157	315	53.12	Ian	Bentley		Male
158	135	53.16	Sarah	Smith		Female +35
159	36	53.19	Mandy	Fulton	Norwich Road Runners	Female +35
160	231	53.21	Dennis	Simpson	Norwich Road Runners	Male +40
161	12	53.26	Sarah	Moston	EVAC	Female +45
162	235	53.32	Helen	Snazell	St Edmund Pacers	Female +45
163	156	53.35	Angela	Man		Female +35
164	117	53.42	Jack	Branford	Norwich School	Male
165	233	53.42	Graham	Coleman	Wymondham AC	Male +40
166	128	53.45	F	Silblon	Cambridge Harriers	Female +45
167	153	53.52	Orla	Jupp	Dereham Runners AC	Female
168	45	54.00	Adrian	Howell		Male
169	182	54.02	Kimberley	Court		Female
170	77	54.14	Carl	Vella	Haverhill RC	Male
171	51	54.16	Alan	Miles	Bushfield Joggers	Male +50
172	108	54.21	Trevor	Rolph	Brandon Fern Hoppers	Male +50
173	25	54.22	James	Barrett		Male
174	303	54.30	Karen	Page	St Edmund Pacers	Female +35
175	301	54.32	Sarah	Leonard	Dereham Runners AC	Female
176	288	54.38	Cliff	Moore		Male +60
177	114	54.43	James	Ingham	Norwich School	Male
178	325	55.07	Stephanie	Jones		Female
179	334	55.07	Jonathon	Gleeson		Male
180	167	55.07	Ben	Goodall		Male
181	232	55.09	Jeremy	Bunton		Male
182	100	55.12	William	Howe		Male +40
183	294	55.14	David	Pugh		Male +60
184	272	55.17	Louis	Cooper	Wymondham AC	Male +60
185	336	55.34	Hayley	Brewis		Female +35
186	225	55.41	Shirley	Fowler	Haverhill RC	Female +35
187	238	55.44	Jill	Bunch	Haverhill RC	Female +35

188	207	55.52	Terri	Geard		Female +35
189	58	55.53	Ben	Morris		Male
190	96	55.55	Stuart	Medland		Male +50
191	169	55.55	Chris	Stitson		Male +40
192	43	56.05	Gary	Egan		Male +40
193	340	56.15	Tony	Britt		Male +50
194	24	56.34	Laura	Key		Female
195	76	56.35	Dennis	Wells	Wymondham AC	Male +50
196	125	56.48	Alec	Fraser	NNBR	Male +60
197	86	56.54	Emma	Milbank		Female +35
198	37	56.59	Sian	Barker	Haverhill RC	Female
199	227	57.19	Theresa	Dooley		Female +35
200	141	57.22	Trevor	Steward		Male +40
201	175	57.33	Stephen	Carter		Male +40
202	342	57.34	Helen	Willimott	Norwich Road Runners	Female
203	30	57.43	Dogan	Guven		Male
204	129	57.45	Barry	Hall		Male +40
205	300	57.45	Jennifer	Boatman	Stowmarket Striders	Female
206	102	58.17	Lucie	Booth		Female +35
207	289	58.29	Suzanne	Burns		Female +45
208	276	58.29	Julia	Hammond		Female +35
209	214	58.35	Steven	Fowler		Male +40
210	88	58.54	Emma	Stamper		Female +35
211	122	58.54	Alison	Rush		Female +35
212	209	58.57	Emma	Meader	IFR Running Team	Female
213	257	58.59	Kate	Scott		Female
214	127	59.12	Ruth	Stapleton		Female
215	17	59.24	Kerry	Davis	Tri-Anglia	Female +35
216	19	59.40	Tony	Cantle	Thetford AC	Male +40
217	42	59.42	Catherine	King		Female +35
218	48	59.52	Steve	Pitman		Male
219	273	60.15	Stephen	Morley		Male +50
220	221	60.22	Genette	Sullivan	Norwich Road Runners	Female +35
221	211	60.23	Wendy	Smith	Norwich Road Runners	Female +45
222	186	60.29	Phyllida	Hallidie	Sudbury Joggers	Female +35
223	262	60.29	Julie	Garrett	Norwich Road Runners	Female +35
224	91	60.32	Dean	Thomas		Male
225	177	60.41	Kerry	Bentley-Hewitt		Female
226	253	61.08	Colin	Thouless	Norwich Road Runners	Male +60
227	307	61.26	Sonia	Marwood		Female +35
228	248	61.34	Andrew	Peagram		Male
229	163	61.35	Sarah	Fitchett		Female
230	249	61.38	Andrew	Peagram		Female
231	8	61.55	Lesley	Walker		Female +45
232	337	62.02	Kim	Gregory	Haverhill RC	Female +45
233	64	62.27	Mary	Owen	Haverhill RC	Female +55
234	137	62.29	Vearnon	Johnson		Male +40

235	165	62.37	John	Crisp		Male +60
236	299	62.40	Bridget	Griffin		Female +35
237	53	62.47	Andi	Osborne	NNBR	Female +45
238	60	62.48	Kerry	Smith		Female +35
239	59	62.49	Roger	Smith		Male
240	119	62.54	Jim	Mccarthy		Male +40
241	150	63.05	Karen	Meen		Female +35
242	151	63.07	Paul	Meen		Male +50
243	178	63.24	Rosy	Smith		Female
244	201	63.29	Frances	Shaw		Female
245	170	63.29	Charlotte	Thompson		Female
246	67	63.32	Lorraine	Jones		Female +45
247	284	63.49	Angela	Beeton	Newmarket Joggers	Female +35
248	104	63.59	Kathryn	Soltysiak		Female
249	176	64.38	Marie	Prevost		Female
250	316	64.50	Helen	Hewett		Female
251	145	64.50	Phillip	Tricker		Male +40
252	184	64.53	Doug	Howe	Thetford AC	Male +50
253	185	64.53	Maxine	Howe	Thetford AC	Female +35
254	298	65.22	Lisette	Coiffait		Female
255	335	65.53	Lucasz	Dabrowski	IFR Running Team	Male
256	14	66.24	Peter	Chaplin	EVAC	Male +60
257	168	67.01	Emma	Stitson		Female +35
258	297	67.01	Vicki	Coombs		Female
259	263	67.36	Albert	Spong	Gt Yarmouth Road Runners	Male +60
260	234	68.07	Chris	Harbord	Gt Yarmouth Road Runners	Male +60
261	195	68.20	Danny	Watkins		Male
262	124	69.08	Roy	Miller	St Edmund Pacers	Male +50
263	82	69.29	Lea	Gidden		Female
264	83	69.30	Sara	Woods		Female +35
265	41	70.01	Sarah	Booth		Female +35
266	166	71.22	Alison	West		Female +35
267	139	72.27	Lisa	Johnson		Female
268	223	75.37	Erika	Sullivan	Norwich Road Runners	Female
269	138	76.23	Sharon	Johnson		Female +35
270	203	78.13	Glenda	Taylor	Stowmarket Striders	Female +55
271	267	85.30	Janice	Baker	Eastern Vets	Female +55