

<b>MALE 11&amp;UN</b>	<b>CLUB</b>	<b>POSITION</b>	<b>TIME</b>
Vito Machin	CONAC	1	00:14:26
Jacob Mann	NRR	2	00:16:58
Ashton Moore	Waveney Valley	3	00:17:09
Iggi larke	Norwich road runners	4	00:17:37
Joshua Holmes	Norwich Road Runners	5	00:17:59
Toby Mann	NRR	6	00:18:17
Hartley Moore	None	7	00:21:04
<b>MALE 13&amp;UN</b>			
Oscar Smith	Norwich Road Runners	1	00:39:20
<b>MALE 15&amp;UN</b>			
Daniel Conway	CONAC	1	00:24:14
Lachlan Hadden	Norwich Road Runners	2	00:27:58
<b>MALE 17+UN</b>			
Tom Whiting	CONAC	1	00:41:03
<b>MALE 40/44</b>			
Nico Drinkwater	Gazelles	1	00:51:57
Andrew Hawes	Reephram Runners	2	00:55:53
Jason Cole	N/A	3	01:00:50
<b>MALE 45/49</b>			
Phil Whiting	Gazelles	1	00:57:27
Glyn Ingram	Runners-next-the-sea	2	01:03:48
Matt Morley	N/A	3	01:05:40
<b>MALE 50/54</b>			
Andrew Baker	Gt Yarmouth RR	1	00:56:15
Lauren Stroud	Aylsham RR	2	00:56:30
Alan Bushell	Coltishall Jaguars RC	3	00:57:32
Martin Doherty	Norfolk Gazelles	3	00:57:36
Thomas Lincoln-Kemp	Coltishall Jags RC	5	01:00:05

<b>MALE 50/54</b>	<b>CLUB</b>	<b>POSITION</b>	<b>TIME</b>
Anthony Fullam	N/A	6	01:04:51
Kevin Burgess	Tri Anglia	7	01:18:58
Sean Newbury	Great Yarmouth Road runners	8	01:25:37
<b>MALE 55&amp;UN</b>			
Adrian Hall	WAC	1	00:55:28
Keith brightly	Coltishall jags	2	00:59:53
Kevin Raisborough	Poringland Runners (social)	3	01:02:04
Richard Beevor	Great Yarmouth Road runners	4	01:03:00
Guy Pitcher	Reepham Runners	5	01:03:25
Rob Hall	B.B.D.R.C	6	01:03:37
Richard Crossland	Bungay Black Dogs	7	01:04:59
Roly Cook	Norwich RR	8	01:05:21
<b>MALE 60/64</b>			
NIGEL HORNEY	KESWICK AC	1	00:56:20
Ian Freel	Great Yarmouth	2	01:25:36
<b>MALE 65+</b>			
Nick Bowden	Reepham Runners	1	00:58:42
Robert Scarfe	Wymondham	2	01:20:41
<b>MALE SENIOR</b>			
Dave Thomas	Norwich Road Runners	1	00:56:55
Chris Baker	Aylsham runners	2	00:58:31
Adam Pimble	Dunerunners	3	01:00:59
Simon Ray-Jones	Norfolk Gazelles	4	01:02:16
Cameron Raven	Runners-next-the-sea	5	01:02:30
Adrian Jones	N/A	6	01:08:24
Sam Spencer	N/A	7	01:08:50
Ian Flowerdew	N/A	8	01:14:36
Tom Moore	Waveney Valley	9	01:17:17

MALE ADULT NOT AGE GRADED			
Nico Drinkwater	Gazelles	1	00:51:57
Adrian Hall	WAC	2	00:55:28
Andrew Hawes	Reepham Runners	3	00:55:53
Andrew Baker	Gt Yarmouth RR	4	00:56:15
NIGEL HORNEY	KESWICK AC	5	00:56:20
Lauren Stroud	Aylsham RR	6	00:56:30
Dave Thomas	Norwich Road Runners	7	00:56:55
Phil Whiting	Gazelles	8	00:57:27
Alan Bushell	Coltishall Jaguars RC	9	00:57:32
Martin Doherty	Norfolk Gazelles	10	00:57:36
Chris Baker	Aylsham runners	11	00:58:31
Nick Bowden	Reepham Runners	12	00:58:42
Keith brightly	Coltishall jags	13	00:59:53
Thomas Lincoln-Kemp	Coltishall Jags RC	14	01:00:05
Jason Cole	N/a	15	01:00:50
Adam Pimble	Dunerunners	16	01:00:59
Kevin Raisborough	Poringland Runners (social)	17	01:02:04
Simon Ray-Jones	Norfolk Gazelles	18	01:02:16
Cameron Raven	Runners-next-the-sea	19	01:02:30
Richard Beavor	Great Yarmouth Road runners	20	01:03:00
Guy Pitcher	Reepham Runners	21	01:03:25
Rob Hall	B.B.D.R.C	22	01:03:37
Glyn Ingram	Runners-next-the-sea	23	01:03:48
Anthony Fullam	None	24	01:04:51
Richard Crossland	Bungay Black Dogs	25	01:04:59
Roly Cook	NRR	26	01:05:21
Matt Morley	None	27	01:05:40
Adrian Jones	None	28	01:08:24
Sam Spencer		29	01:08:50
Ian Flowerdew		30	01:14:36
Tom Moore	Waveney Valley	31	01:17:17
Kevin Burgess	Tri Anglia	32	01:18:58
Robert Scarfe	Wymondham	33	01:20:41
Ian Freel	Great Yarmouth	34	01:25:36
Sean Newbury	Great Yarmouth Road runners	35	01:25:37

<b>FEMALE 11&amp;UN</b>	<b>CLUB</b>	<b>POS.</b>	<b>TIME</b>
Flo Abbott	Conac	1	00:16:38
Sophie Brockington	Norwich Road Runners	2	00:17:01
Meredith Beasley	Norwich Road Runners	3	00:17:32
Eva Townsend	Harriers	4	00:18:47
Larna Townsend	Harriers	5	00:22:06
<b>FEMALE 13&amp;UN</b>			
Alice Smith	Norwich Road Runners	1	00:39:21
<b>FEMALE 15&amp;UN</b>			
Grace Bushell	N/A	1	00:40:13
<b>FEMALE 45/49</b>			
Chantelle Holnes	Norwich Road Runners	1	00:48:18
Susan larke	N/A	2	00:55:22
Katherine Bartram	NRR	3	01:01:31
Janice Coglein-Hibbert	Tri-Anglia Triathlon Club	4	01:05:19
<b>FEMALE 50/54</b>			
Jo Anverali	Great Yarmouth Road runners	1	00:47:54
Nicola Baker	Gt Yarmouth RR	2	00:47:56
Karen Evans	Coltishall Jaguars	3	00:52:51
Janine Flowerdew	N/A	4	00:56:10
Adele Bushell	Coltishall Jaguars RC	5	01:01:05
<b>FEMALE 55/60</b>			
Karen Grapes	Dunedawgs (Dune Runner)	1	00:48:32
<b>FEMALE 61/69</b>			
Bobbie Sauerzapf	Bungay Black Dog Running Club	1	00:54:19
<b>FEMALE 70+</b>			
Eva Osborne	Wymondham AC	1	01:06:17

<b>FEMALE SENIOR</b>			
Nicole Beck	N/A	1	00:44:25
Tessa Killingbeck	N/A	2	00:49:54
Nina Nickerson	Vegan Runners UK	3	00:50:12
Sinead Rogan	Norfolk Gazelles	4	00:52:14
Simone Holloway	N/A	5	00:52:30
Kerrie Pimble	Dunerunners	6	00:53:04
Sarah Hemingway	N/A	7	00:56:32
Cora O'Mahoney	Gazelles	8	00:56:48
Rachel Chester	WAC	9	01:01:11
Esther Skelhorn	Gazelles	10	01:07:10

<b>FEMALE ADULT - NOT AGE GRADED</b>			
Nicole Beck	None	1	00:44:25
Jo Anverali	Great Yarmouth Road runners	2	00:47:54
Nicola Baker	Gt Yarmouth RR	3	00:47:56
Chantelle Holnes	Norwich Road Runners	4	00:48:18
Karen Grapes	Dunedawgs (Dune Runner)	5	00:48:32
Tessa Killingbeck	None	6	00:49:54
Nina Nickerson	Vegan Runners UK	7	00:50:12
Sinead Rogan	Norfolk Gazelles	8	00:52:14
Simone Holloway	N/A	9	00:52:30
Karen Evans	Coltishall Jaguars	10	00:52:51
Kerrie Pimble	Dunerunners	11	00:53:04
Bobbie Sauerzapf	Bungay Black Dog Running Club	12	00:54:19
Susan larke	N/a	13	00:55:22
Janine Flowerdew		14	00:56:10
Sarah Hemingway		15	00:56:32
Cora O'Mahony	Gazelles	16	00:56:48
Adele Bushell	Coltishall Jaguars RC	17	01:01:05
Rachel Chester	WAC	18	01:01:11
Katherine Bartram	NRR	19	01:01:31
Janice Coglein-Hibbert	Tri-Anglia Triathlon Club	20	01:05:19
Eva Osborne	Wymondham AC	21	01:06:17
Esther Skelhorn	Gazelles	22	01:07:10