

Overall Position	Name	Category	Club	FINISH TIME
1	Ben Ling (152)	MV30		08:27:13
2	Greg Baverstock (134)	MV40		08:40:27
3	Oliver Dack (141)	MV40		08:47:05
4	Brandon Webb (161)	MV50	Lingfield RC	09:07:19
5	Lynn Emmett (144)	MV50	Tri-Anglia Triathlon Club	09:13:29
6	John Digby (142)	MV50	Norfolk Gazelles	10:20:33
7	Laura Prime (157)	FV40	Harlow Running & Tri Club	10:22:40
8	Samuel Sadd (159)	MV30		10:56:44
9	Simon Needham (153)	MV50		11:03:38
10	Amelia Hughes (149)	FU30		11:17:50
11	Tom Collier (139)	MV40		11:38:52
11	Joe Collier (138)	MV40		11:38:52
13	Michael Wong (164)	MV40	TriHarman	11:50:41
14	Jo Bygrave (136)	FV50	Norwich Road Runners	12:37:29
14	Michele Alexander (133)	FV40	Great Yarmouth Road Runners	12:37:29
14	Ally Hadden (145)	MV50	Norwich Road Runners	12:37:29
17	Helen Keating (151)	FV50		12:41:35
18	Sianie Painter (155)	FV50	Newmarket Joggers	12:41:35
19	Andy Payne (156)	MV40	Runners-next-the-Sea	13:23:59
20	Lizzie Cowell (140)	FV50	Running Bear Running Club	13:50:41
20	Malcolm Rust (158)	MV50	Lonely Goat RC	13:50:41
22	Andrew White (162)	MV50	Tri-Anglia Triathlon Club	14:34:38
22	Cam Heath (148)	MV50	Tri-Anglia Triathlon Club	14:34:38
N/A	Rachel Elder (143)	FV50	Redway Runners	DNF