

Overall Position	Name	Category	Club	FINISH TIME
1	Ryan Oakes (273)	MU30	West Norfolk Athletic	04:16:52
2	Lucinda Bullimore (231)	FV40	Great Yarmouth and District Athletics	04:48:42
3	Lee Causer (233)	MV40	Norwich Road Runners	04:50:57
4	Harly Moon (271)	FV30	Bure Valley Harriers	05:06:00
5	Elin Anderson (213)	FU30	City of Norwich AC	05:06:51
6	Mark Saunders (289)	MV40	Tri-Anglia Triathlon Club	05:18:49
7	Dru Kidger (258)	MV50		05:19:39
8	Ralph Lambie (261)	MV40		05:24:17
9	Dan Harper (250)	MV40		05:28:30
10	Lee Emmett (245)	MV40	Coltishall Jaguars	05:28:30
11	Jon Rowden (286)	MV50	Tri-Anglia Triathlon Club	05:30:35
12	Chris Andrews (218)	MV40	Norwich Road Runners	05:33:55
13	Patrick Mace (265)	MV60	Tri-Anglia Triathlon Club	05:38:10
14	Andrew Godden (248)	MV30		05:40:40
15	Allistair Berry (227)	MV50	Ely Runners	05:42:13
16	Judith Barker (222)	FV40	North Norfolk Trail Runners	05:44:15
17	Andrea Mcmillen (269)	FV40	Royston Rascals Running Club Barnsley	05:46:48
18	Stuart Pegg (275)	MV40		05:47:05
19	Adrian Scruton (292)	MV40	Cambridge & Coleridge AC	05:50:50
20	Jonathan Adams (214)	MV50	Tri-Anglia Triathlon Club	05:52:25
21	Paul Knights (259)	MV50		05:52:25
22	Joshua Adams (215)	MV30		06:04:32
23	Matthew Mcmillen (270)	MV30	Royston Rascals Running Club	06:04:43
24	Heather Briggs (229)	FV30		06:05:56

25	Chris Hill (252)	MV40		06:07:07
26	Natalie Andrews (219)	FV40	Ely Runners	06:16:00
27	Lucy Mccallum (267)	FV40	Runners-next-the-Sea	06:16:14
28	Briony Chandler (235)	FV30		06:16:30
29	Alice Dale (241)	FU30		06:17:58
30	Jolene Mayhew (266)	FV30		06:18:14
31	John Rowland (287)	MV50	Colchester Harriers	06:23:01
32	Polly Richards (284)	FU30		06:23:02
33	Tony Chisam (237)	MV50		06:31:20
34	Rachele Kelsall (256)	FV50	Wymondham AC	06:37:35
35	Gemma Layden (262)	FV30		06:37:35
36	Kim Reader (281)	FV50	Wymondham AC	06:39:10
37	Caroline Pocock (278)	FV40	Wymondham AC	06:39:10
38	Jules Kennelly (257)	FV50	Tri-Anglia Triathlon Club	06:39:10
39	Neil Stockham (296)	MV50		06:41:10
40	Nick Clarke (238)	MV40		06:43:40
41	Simon Barclay (221)	MV50		06:43:54
42	Sarah Baker (220)	FV50	Runners-next-the-Sea	06:46:25
43	Sam Speariett (294)	MV30	Hunts AC	06:49:57
44	Tracey Barker (223)	FV50		06:50:23
45	Jayne Allan (217)	FV50	Wymondham AC	06:55:54
46	Alan Bartrum (224)	MV40	Terrington St Clement Running Club	07:07:27
47	Rachel Chester (236)	FV50	Wymondham AC	07:07:27
48	Ceri Lian Penson (276)	FV40	Wymondham AC	07:08:30
49	Ieva Sceponyte (290)	FU30		07:08:30

50	Charlotte Patrick (274)	FU30		07:08:30
51	Ellie Hedges (251)	FV40		07:09:22
52	Jemma Read (280)	FV40	Ely Runners	07:22:24
53	Hanna Lindqvist (264)	FV40	Tri-Anglia Triathlon Club	07:25:43
54	Lorrain Dawson (244)	FV60	Great Yarmouth Road Runners	07:29:15
55	Alistair Steel (295)	MV50		07:29:15
56	Lorrain Dawson (244)	FV60	Great Yarmouth Road Runners	07:31:56
57	Sean Newbury (272)	MV50	Great Yarmouth Road Runners	07:31:57
58	Dean Richards (282)	MV50		07:32:51
59	Chris Joel (254)	MV40		07:32:51
60	Justine Davenport (243)	FV50	Norfolk Gazelles	07:43:34
61	Callum Davenport (242)	MU30	Norfolk Gazelles	07:43:34
62	Danny Beck (225)	MU30	Reading AC	07:54:27
63	Nicole Beck (226)	FV30	Tri-Anglia Triathlon Club	07:54:27
64	Ian Freel (247)	MV60	Great Yarmouth Road Runners	07:58:57
65	Kerrie Coslett (240)	FV40	Runners-next-the-Sea	08:04:41
66	Kenneth Tovell (297)	MV50	Framlingham Flyers	08:04:41
67	Kirsty Lack (260)	FV40	Runners-next-the-Sea	08:04:41
68	Nicky Roper (285)	FV50	Framlingham Flyers	08:05:35
69	James White (300)	MU30		08:10:35
70	Caroline White (299)	FV50	Tri-Anglia Triathlon Club	08:10:35
71	Louis Budworth (230)	MV50		08:11:25
72	Catherine Cane (232)	FV40		08:18:38
73	Mary Ewin (246)	FV40		08:18:38
74	Richard Walker (298)	MV50	Norfolk Harriers RC	08:21:43

75	Stephanie Cawthorne (234)	FV30		08:21:43
76	Daniel Philpott (277)	MV40		08:24:09
77	Arabella Lewendon (263)	FV60	Felixstowe RRC	08:28:19
78	Lisa Alborough (216)	FV50		08:35:53
79	Alison Read (279)	FV50	Aylsham Runners	08:35:53
80	Rhea Sloman (293)	XV30	Endorphin Run Crew	09:29:53
81	Karen Doak (228)	FV40	Tri-Anglia Triathlon Club	09:30:30
82	Paul Saunders (268)	MV50	Tri-Anglia Triathlon Club	09:30:30