

# Results

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
1	Richard Sales	City of Norwich AC	M40	54 49
2	Dan Merckel	Oxford City AC	SM	55 00
3	Shaun Kaveney	Unattached	SM	57 37
4	Roger Aldis	Stowmarket Striders	SM	58 55
5	Daniel Cole	Unattached	SM	59 00
6	Andrew Walpole	Norwich Road Runners	SM	59 11
7	Richard Moore	Waveney Valley AC	M40	59 53
8	Pete Johnson	Norfolk Gazelles AC	M50	60 15
9	Mark Sands	Unattached	SM	60 54
10	Tim Chapman	Fenland Running & AC	M40	60 59
11	Guy Roper	Norwich Road Runners	M40	61 00
12	Peter Tuttle	Unattached	M40	61 18
13	Michael Cobbold	St Edmunds Pacers	M45	61 20
14	Paul Woodyatt	City of Norwich AC	M40	61 23
15	Raymond Hill	Ipswich Jaffa	M55	61 31
16	Terry Epps	Wymondham AC	M50	62 42
17	Paul Witcher	Unattached	M40	62 50
18	Andrew Manning	Gt Yarmouth Road Runners	M40	63 12
19	Neil Sibley	Gt Yarmouth Road Runners	M40	63 26
20	Anthony Croucher	Gt Yarmouth Road Runners	SM	64 11
21	Jim Cooper	Bungay Black Dog RC	M45	64 12
22	David Robinson	Ryston Runners AC	M45	64 19
23	Mike Spragg	Gt Yarmouth Road Runners	M55	64 38
24	Michael Sadler	North Norfolk Beach Runners	M40	64 46
25	Kevin Howlett	Ryston Runners AC	M45	64 55
26	Anthony Savage	Ryston Runners AC	M40	64 57
27	Kieron Haines	Norwich Road Runners	M50	65 09
28	Michael Howlett	Ryston Runners AC	SM	65 15
29	Paul Wightman	Wymondham AC	M40	65 26
30	Andrew Salisbury	Garden City Runners	M45	65 33
31	Leslie Scott	Ryston Runners AC	M45	65 43
32	Trevor Emery	North Norfolk Beach Runners	M50	66 08
33	Jonathan Ashworth	Woodstock Harriers	SM	66 11
34	Adrian Preston	Wymondham AC	M40	66 21
35	Jim Hayes	North Norfolk Beach Runners	M60	66 22
36	Vince Ellis	City of Norwich AC	M50	66 26
37	Kelvin Palmer	Unattached	SM	66 35
38	Ian Barber	Waveney Valley AC	M60	67 03
39	Gregory Quinn	Reepham Runners	M40	67 12
40	Ian Sturgess	Wymondham AC	M45	67 16
41	Hayley Suttle	Newmarket Joggers	F40	67 21
42	Paul Firmage	Ryston Runners AC	M50	67 53
43	Martin Yeomans	Norwich Road Runners	M55	67 57
44	Tracey Curl	Norwich Road Runners	F40	68 07
45	Mark Evans	Tri-Anglia	SM	68 09

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
46	David Aldis	City of Norwich AC	M55	68 13
47	Ian Moore	Unattached	SM	68 19
48	Phil Bugg	Unattached	SM	68 25
49	Terry Quigley	North Norfolk Beach Runners	M55	68 30
50	Vicky Reynolds	Wymondham AC	SF	68 41
51	Trevor Adcock	Norfolk Gazelles AC	M55	68 47
52	John Bone	Gt Yarmouth Road Runners	M55	68 52
53	Anne Flanagan	Norwich Road Runners	SF	69 29
54	Jeremy Navrady	Ryston Runners AC	M40	69 33
55	Antony Kennedy	Unattached	SM	69 38
56	Peter Downing	Unattached	W/CHAIR	69 42
57	Gavin Thouless	Norwich Road Runners	SM	69 43
58	Shawn Mason	Gt Yarmouth & District AC	SM	69 44
59	Craig Dungar	Wymondham AC	SM	69 47
60	Geoff Adams	Wymondham AC	M50	69 49
61	Mark Womack	Lowestoft R R	SM	69 50
62	Joseph Tucker	Unattached	M45	69 56
63	David Kellaway	Unattached	M45	70 01
64	Nigel Ford	Ryston Runners AC	M40	70 14
65	Yvonne Youngman	Norfolk Gazelles AC	SF	70 15
66	Mick Dakin	Unattached	M50	70 17
67	Peter Edmunds	Unattached	M55	70 18
68	Colin Ferguson	Fenland Running & AC	M55	70 19
69	Tim Mills	Norfolk Gazelles AC	SM	70 22
70	John Hills	Gt Yarmouth Road Runners	M55	70 28
71	Nick Bowden	Reepham Runners	M50	70 40
72	Mike Smith	Wymondham AC	M60	70 44
73	Ashley Gilbert	Staffordshire University	SM	71 12
74	Robin Wilson	Bungay Black Dog RC	M50	71 32
75	Barry Bye	Ryston Runners AC	M55	71 33
76	Chris Chorley	Bungay Black Dog RC	M40	71 33
77	Anthony Gordon-Gray	Norfolk Gazelles AC	M55	71 46
78	Joanne Diffey	Lakeside Lincoln	F35	71 53
79	Geoff Hayward	North Norfolk Beach Runners	M60	71 57
80	Graham Banger	Norwich Road Runners	M50	72 02
81	Richard Fellingham	Stowmarket Striders	M55	73 14
82	Graham Hardingham	Norfolk Gazelles AC	M45	73 16
83	Alan Hewett	Lakeside Lincoln	M40	73 29
84	Stephen Gardiner	Unattached	M45	73 55
85	Russell Matthews	Unattached	M45	74 00
86	Bruce Rayner	Bungay Black Dog RC	M45	74 17
87	Veronica Manly	Wymondham AC	F55	74 21
88	Colin Browning	Norwich Road Runners	M40	74 25
89	Chris Gladwell	Stowmarket Striders	M45	74 33
90	Andrew Merrell	Unattached	M40	74 36
91	Chris Milnes	Ryston Runners AC	M45	74 40
92	Peter Oldman	Eastern Vets AC	M65	74 43
93	Peter Gowing	Reepham Runners	SM	74 44

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
94	Garth Hallin	Dereham Runners	M40	74 50
95	Sean Willis	Unattached	SM	74 56
96	Graham Keeley	Unattached	M45	75 13
97	Philip England	Fenland Running & AC	M45	75 14
98	Sharon Hurren	Wymondham AC	F35	75 18
99	Carole Prance	Stowmarket Striders	F40	75 21
100	Sally Cushing	Norwich Road Runners	F40	75 24
101	Michael Smith	Wymondham AC	M60	75 53
102	David Barclay	Norfolk Gazelles AC	M45	76 08
103	Kevin Marshall	Iford AC	M45	76 15
104	Michelle White	Unattached	SF	76 17
105	Alan Ward	Gt Yarmouth Road Runners	M40	76 32
106	Clare Nolan	Unattached	SF	76 44
107	Richard Nolan	Unattached	M40	76 44
108	David Bell	Unattached	SM	76 49
109	Mark Taylor	Norwich Road Runners	M50	76 51
110	Steve Plunkett	Unattached	M40	76 56
111	Nick Rose	Unattached	M40	76 59
112	Barry Hall	Unattached	M45	77 19
113	Paul Hannant	Unattached	SM	77 21
114	Trudy Stonach	Unattached	F40	77 24
115	Jane Clarke	Norfolk Gazelles AC	F45	77 26
116	Tony Heath	North Norfolk Beach Runners	M55	77 28
117	Roger Budds	Norwich Road Runners	M55	77 32
118	Martin Monaghan	Brandon Fern Hoppers	M40	77 39
119	Andrew Hammond	Unattached	M50	77 59
120	Angie Bear	Wymondham AC	F45	78 00
121	Robert Astley	Unattached	SM	78 23
122	Ian Odgers	Unattached	SM	78 28
123	Karen Manning	Gt Yarmouth Road Runners	F35	78 29
124	Vince Somers	Unattached	M45	78 35
125	Sarah Hayward	Unattached	F35	78 43
126	Colin Fox	Unattached	SM	79 14
127	Tim Linstead	Unattached	SM	79 21
128	Liz Poole	Unattached	F35	79 23
129	Steven Fernandez	Unattached	M45	79 24
130	Tony Millett	Norwich Road Runners	M50	79 27
131	Alex Williams	Road Runners Club	SM	79 32
132	Caroline Taylor	Norwich Road Runners	F45	79 45
133	Paul Thurston	Unattached	SM	79 52
134	Martin Ashford	Diss AC	M55	79 54
135	Graham Sparkes	Unattached	SM	80 00
136	Kate Sherwin	Felixstowe Road Runners	F35	80 10
137	Philip Cooper	Felixstowe Road Runners	M50	80 10
138	Les Kindleysides	Unattached	M60	80 32
139	Paul Fisher	Unattached	M55	80 43
140	Ernest Adams	Reepham Runners	M40	80 55
141	Leslie Basham	Stowmarket Striders	M55	81 07

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
142	David Weeks	Unattached	M45	81 10
143	Chris Eve	Unattached	SM	81 15
144	Leesa Groucolt	Unattached	F40	81 40
145	Paul Auber	Unattached	SM	81 51
146	Trevor Horrex	Norwich Road Runners	M45	81 52
147	Daniel Pointer	Unattached	SM	82 13
148	Phillip Laurier	Lowestoft R R	M55	82 15
149	Dennis Simpson	Norwich Road Runners	M45	82 57
150	David McLeod	Unattached	SM	83 15
151	Peter Rowe	Unattached	SM	83 15
152	Paul Harvey	North Norfolk Beach Runners	M45	83 38
153	Bobbie Sauerzapf	Bungay Black Dog RC	F45	83 41
154	Michael Harvey	North Norfolk Beach Runners	M50	83 49
155	Rebecca Cousins	Fenland Running & AC	SF	83 58
156	Jackie Harrop	Norfolk Gazelles AC	F40	83 59
157	Richard Cadman	Reepham Runners	M45	84 09
158	Carolyn Poole	Norfolk Gazelles AC	F50	84 20
159	Jenni Egmore	Reepham Runners	F35	84 36
160	Joan Gill	Ryston Runners AC	F55	85 00
161	Tracy Stevens	Unattached	F35	85 01
162	Cliff Moore	Unattached	M60	85 06
163	Robert Scarfe	Wymondham AC	M50	85 07
164	Derek Ribbands	Gt Yarmouth Road Runners	M45	85 09
165	Melvin May	Norwich Road Runners	M45	85 26
166	Stephen Cramp	Unattached	M55	85 31
167	Bob Paul	Bungay Black Dog RC	M50	85 43
168	Tony Britt	Unattached	M50	86 03
169	Juliet Moore	Wymondham AC	SF	86 06
170	Vicky Berry	Royston Runners	F40	86 11
171	Tony Langford	Unattached	M50	86 40
172	Steve Browning	Norfolk Gazelles AC	M50	86 42
173	Richard Todd	Unattached	M40	87 06
174	Catherine Jordan	Norfolk Gazelles AC	F50	87 17
175	Matthew Dwyer	Unattached	M55	87 19
176	Helen Ruston	Unattached	F40	87 23
177	Steve Brodie	Brandon Fern Hoppers	SM	87 39
178	Ann O'Leary	Gt Yarmouth Road Runners	F50	87 43
179	Lorna Rose	Unattached	F35	87 47
180	Vernon Cox	Unattached	M45	88 12
181	Justin Ashford	Norwich Road Runners	SM	88 21
182	Sheila Smith	Unattached	F50	88 36
183	Mick Kelly	Reepham Runners	M55	89 01
184	Jill Day	Gt Yarmouth Road Runners	F35	89 10
185	David Rose	Unattached	M40	89 15
186	Andrea Bell	Unattached	SF	89 16
187	Lucy Todd	Unattached	SF	89 16
188	Richard Baker	Unattached	SM	89 17
189	Mark Hansell	Unattached	M45	89 21

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
190	John Stroulger	Norwich Road Runners	M45	89 47
191	Peter Harrison	Gt Yarmouth Road Runners	M60	89 57
192	Theresa White	Norwich Road Runners	SF	90 50
193	Anthony White	Norwich Road Runners	M55	90 50
194	Charlie Middleton	Norfolk Gazelles AC	M40	91 01
195	Stephen Taylor	Unattached	M50	91 22
196	Claire Pummell	Unattached	SF	91 59
197	Clare Donovan	North Norfolk Beach Runners	SF	92 08
198	Joanne James	Dereham Runners	SF	92 20
199	Julia West	Unattached	F40	92 37
200	Paul Meader	Brandon Fern Hoppers	M40	93 06
201	Andy Tracey	Unattached	M40	93 58
202	Diane Burton	Wymondham AC	F45	94 00
203	Helen Sewell	Ryston Runners AC	F60	94 24
204	Sara Burdett	Norfolk Gazelles AC	F45	94 40
205	Albert Spong	Gt Yarmouth Road Runners	M65	96 06
206	Sally Ann Protheroe	Lowestoft R R	F45	98 15
207	Richard Drake	Unattached	SM	99 00
208	Elizabeth Hulme	Unattached	F35	99 16
209	Peter Eaton	North Norfolk Beach Runners	M65	99 25
210	Alison Sweeting	Unattached	F45	99 28
211	Roderick Smith	Unattached	SM	99 28
212	Bob Jack	Bungay Black Dog RC	M45	100 41
213	Dawn Baines	Reepham Runners	F40	101 05
214	Kim Goddard-Gaze	Norfolk Gazelles AC	F35	101 10
215	Lesley Lennox	Norfolk Gazelles AC	F45	101 16
216	Michelle Hagon-Powley	Unattached	SF	101 38
217	Martin Lewin	Unattached	M50	101 47
218	Colin Thouless	Norwich Road Runners	M65	101 56
219	Genette Sullivan	Norwich Road Runners	F40	101 58
220	Clive Hagon-Powley	Unattached	M55	102 31
221	Gwen Moore	Unattached	F55	102 44
222	Kelly Shannon	City of Norwich AC	SF	103 33
223	Helen Ross	Cherwell Runners	F35	106 12
224	Richard Laws	Unattached	SM	106 12
225	louis Miller	Unattached	M65	111 07
226	Debbie Dawes	Unattached	F35	115 58
227	Scarlett Hallin	Dereham Runners	SF	127 41
228	Shainey Hallin	Unattached	F40	127 41
229	Roger James	Unattached	SM	127 41
230	Pat Brightman	Gt Yarmouth & District AC	F50	131 18
231	Margaret Ison	North Norfolk Beach Runners	F60	138 18
DNF	Paul Evans	Gt Yarmouth Road Runners	M50	0 00
DNF	Vanessa Scott	Unattached	F45	0 00
DNF	Ian Milburn	Fenland Running & AC	M60	0 00
DNF	Paul Sullivan	Norwich Road Runners	SM	0 00
DNF	Andrew Preston	Wymondham AC	M40	0 00
DNF	Sally Dormer	Brandon Fern Hoppers	F55	0 00

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
DNF	Kerry Allen	Unattached	SF	0 00
DNF	John Squirrell	Stowmarket Striders	M50	0 00
DNF	Kevin Constable	Unattached	SM	0 00
DNF	Martin Ive	Ryston Runners AC	M40	0 00
DNF	Jennifer Burfoot	Norfolk Gazelles AC	F55	0 00
DNF	Stuart Palmer	Unattached	SM	0 00
DNF	Natasha Cox	Unattached	SF	0 00
DNF	Carol Bunn	Norwich Road Runners	F40	0 00
DNF	Alan Moore	Fell Runners Association	M60	0 00