

Provisional Race Summary
All Competitors

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:31:06	MILES, Paul	OWLS AC	Senior Men	1374	1
2	0:31:48	THOMAS, Adam	Cornwall Athletic Club	Senior Men	436	2
3	0:31:58	MUSSETT, Adrian	Colchester Harriers AC	Senior Men	1239	3
4	0:32:07	DUNBAR, Alex	West Suffolk AC	Junior Men	1364	4
5	0:32:24	RIDLEY, Andrew	St Edmund Pacers	Junior Men	7	5
6	0:32:46	JAKEMAN, Andrew	Dna Performance And Rehab	Senior Men	218	6
7	0:33:23	HENNESSY, Andrew	Wells City Harriers	Senior Men	1	7
8	0:33:51	SALT, Michael	Cambridge & Coleridge AC	Senior Men	467	8
9	0:33:55	LAYBOURN, Jonathan	West Norfolk AC	Junior Men	832	9
10	0:34:02	CARROLL, Noel	Cambridge & Coleridge AC	Senior Men	955	10
11	0:34:20	HIGHAM, Paul	Norwich Road Runners	Senior Men	429	11
12	0:34:41	CHALLENGER, Andrew	Hallamshire Harriers Sheffield	Senior Men	936	12
13	0:34:47	ARNOLD, Nigel	Norfolk Gazelles AC	Vet Men 50-59	1444	13
14	0:34:59	MILK, Oliver	Wymondham AC	Senior Men	774	14
15	0:35:05	PETTIT, Stephen	Ely Runners	Vet Men 40-49	878	15

Junior Men

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:32:07	DUNBAR, Alex	West Suffolk AC	Junior Men	1364	4
2	0:32:24	RIDLEY, Andrew	St Edmund Pacers	Junior Men	7	5
3	0:33:55	LAYBOURN, Jonathan	West Norfolk AC	Junior Men	832	9
4	0:35:22	ATTERWILL, Sean	City of Norwich Athletic Club	Junior Men	409	19
5	0:36:07	WAITY, Phil	Wymondham AC	Junior Men	501	29
6	0:36:22	HOWARD, David	West Norfolk AC	Junior Men	589	33

Senior Men

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6	0:33:51	SALT, Michael	Cambridge & Coleridge AC	Senior Men	467	8

Vet Men 40-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:35:05	PETTIT, Stephen	Ely Runners	Vet Men 40-49	878	15
2	0:35:35	PARKER, Robin	Fenland Running Club	Vet Men 40-49	1004	22
3	0:35:58	HENSBY, Paul	March Athletics Club	Vet Men 40-49	535	25
4	0:36:33	HOLMES, Stuart	Cambridge Triathlon Club	Vet Men 40-49	522	34
5	0:36:58	CONNOLLY, Sean	Fenland Running & AC	Vet Men 40-49	787	37
6	0:37:13	TOLL, Alex	Barrow Runners	Vet Men 40-49	972	40

Vet Men 50-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:34:47	ARNOLD, Nigel	Norfolk Gazelles AC	Vet Men 50-59	1444	13
2	0:39:21	BOWEN, Simon	Cambridge & Coleridge AC	Vet Men 50-59	139	60
3	0:40:28	JOHNSON, Pete	Norfolk Gazelles AC	Vet Men 50-59	1089	82
4	0:41:50	ROYSTON, John	Tri-anglia	Vet Men 50-59	1367	113
5	0:42:35	THOMAS, Ian	Uknetrunner	Vet Men 50-59	536	134
6	0:43:24	GRAHAM, Stephen		Vet Men 50-59	602	165

Provisional Race Summary**Vet Men 60-69**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:39:54	BARRON, Gavin	Tri-anglia	Vet Men 60-69	1637	66
2	0:40:51	WATERLOW, Roy	Holme Pierrepont RC	Vet Men 60-69	1361	90
3	0:41:42	HAYES, Jim	North Norfolk Beach Runners	Vet Men 60-69	1617	109
4	0:42:31	BOWMAN, Ken	Coltishall Running Club	Vet Men 60-69	90	132
5	0:43:05	MILBURN, Ian	Fenland Running & AC	Vet Men 60-69	983	155
6	0:43:22	COMBIE, John	Newark AC	Vet Men 60-69	367	164

Vet Men 70+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:51:27	BALL, Malcolm	North Norfolk Beach Runners	Vet Men 70+	1264	556
2	0:53:41	CROME, Anthony		Vet Men 70+	104	692
3	0:54:48	CREASOR, Mike	Road Runners Club	Vet Men 70+	369	752
4	0:55:58	FINCHAM, John		Vet Men 70+	1564	830
5	0:56:39	SAWARD, Keith	March Athletics Club	Vet Men 70+	222	865
6	0:58:29	HOLLAND, Martin	Ryston Runners AC	Vet Men 70+	907	947

Junior Ladies

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:35:55	NIMMOCK, Dani	City of Norwich Athletic Club	Junior Ladies	939	24
2	0:39:01	GLOVER, Daisy	Ely Runners	Junior Ladies	6	55
3	0:46:12	SMITH, Serena	West Norfolk AC	Junior Ladies	1077	282
4	0:55:41	EVANS, Heloise		Junior Ladies	722	819
5	0:56:43	BURROWS, Natasha		Junior Ladies	422	868
6	0:58:38	MOORE, Eleanor	Rett Syndrome Association Uk	Junior Ladies	1299	959

Senior Ladies

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:35:17	WHITEHEAD, Amy	Sale Harriers Manchester	Senior Ladies	1082	17
2	0:36:16	ROBERTS, Jennie	Colchester Harriers AC	Senior Ladies	1221	31
3	0:37:21	RUDD, Emma		Senior Ladies	221	41
4	0:37:24	NEAL, Melissa	March Athletics Club	Senior Ladies	56	42
5	0:39:42	JONES, Ruth	Nene Valley Harriers	Senior Ladies	523	65
6	0:40:16	ELVIN, Anya	Norwich Road Runners	Senior Ladies	1661	77

Vet Ladies 40-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:36:56	TAYLOR, Philippa	Stamford Striders	Vet Ladies 40-49	8	36
2	0:44:41	POTTER-CAMPBELL, Emma	Dereham Runners AC	Vet Ladies 40-49	897	210
3	0:44:42	IRLAM, Maire	Fenland Running & AC	Vet Ladies 40-49	509	211
4	0:45:28	JOHNSON, Kathryn	West Norfolk AC	Vet Ladies 40-49	1518	247
5	0:45:41	CUSHING, Sally	Norwich Road Runners	Vet Ladies 40-49	1515	257
6	0:45:43	DREWERY, Pauline	Ryston Runners AC	Vet Ladies 40-49	571	258

Vet Ladies 50-59

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1	0:45:21	PARKER, Yvonne	Road Runners Club	Vet Ladies 50-59	1129	240
2	0:50:57	WOLFE, Maureen	Ryston Runners AC	Vet Ladies 50-59	1003	521
3	0:51:32	CARTER, Anna		Vet Ladies 50-59	171	562
4	0:51:57	SPARROW, Pauline	Bespak	Vet Ladies 50-59	858	588
5	0:52:07	HART, Gill	Ryston Runners AC	Vet Ladies 50-59	1185	598
6	0:52:43	GREENWOOD, Jane	Fenland Running Club	Vet Ladies 50-59	973	637

Provisional Race Summary**Vet Ladies 60-69**

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1	0:56:00	ASHBY, Jane		Vet Ladies 60-69	538	835
2	0:58:40	SEWARD, Lavinia	March Athletics Club	Vet Ladies 60-69	638	960
3	1:04:22	BAILEY, Myra		Vet Ladies 60-69	555	1196
4	1:05:57	SEWELL, Helen	Ryston Runners AC	Vet Ladies 60-69	314	1247
5	1:09:25	LOVELESS, Pam	Lynnsport Joggers	Vet Ladies 60-69	585	1331
6	1:09:40	RENDLE, Antoinette	Bushfield Campus Joggers	Vet Ladies 60-69	1031	1335

Vet Ladies 70+

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1	0:53:57	MARTIN, Anne	Wymondham AC	Vet Ladies 70+	563	715
2	1:01:11	JACKMAN, Gena	March Athletics Club	Vet Ladies 70+	225	1069
3	1:32:28	GALLAGHER, Joan		Vet Ladies 70+	1122	1479

All Ladies

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9	0:40:16	ELVIN, Anya	Norwich Road Runners	Senior Ladies	1661	77
10	0:40:29	JAMES, Molly	West Norfolk AC	Senior Ladies	1072	83

All Men

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