Wissey Half Marathon 2015

Sunday 6 September 2015 10:30 am

Wheelchair Competitors

Place	*Time*	*Name*	*Team*	*Race Age Category*	*Pace min/mile*		
1	0:45:37	LEVENE, Justin	Weir Archer Academy	Senior Men	03:28.8	330	1
2	1:25:11	DONALD, Gary		Vet Men 60+	06:30.0	324	2
3	1:33:51	DOWNING, Peter		Vet Men 60+	07:09.7	63	3

Main Race Competitors

1	1:11:28	SANDERS, Phil	Kent AC	Vet Men 40-44	05:27.2	302	1
2	1:13:03	CHALLENGER, Andrew	Hallamshire Harriers	Senior Men	05:34.5	42	2
3	1:13:53	LIGHTING, Peter	Kent AC	Senior Men	05:38.3	141	3
4	1:14:14	BEANEY, Stuart	Kent AC	Vet Men 40-44	05:39.9	254	4
5	1:14:33	MARTIN, Phil	Bushfield Joggers	Senior Men	05:41.3	291	5
6	1:14:52	PYATT, Matt	Ryston Runners AC	Senior Men	05:42.8	297	6
7	1:15:56	DRANE, Kieren	Ely Runners	Senior Men	05:47.7	65	7
8	1:16:15	CLEMENTS, Amy	Kent AC	Senior Ladies	05:49.1	47	8
9	1:17:22	HOLLINSHEAD, Christopher	Cannock & Stafford	Vet Men 45-49	05:54.2	280	9
10	1:17:26	HALL, Mark	Otley AC	Vet Men 55-59	05:54.5	274	10
11	1:17:43	HART, Simon	Havering	Vet Men 50-54	05:55.8	277	11
12	1:17:52	WARTNABY, Charles	Cambridge & Coleridge AC	Vet Men 45-49	05:56.5	315	12
13	1:18:39	HEWETSON, Martin	Bure Valley Harriers	Vet Men 40-44	06:00.1	110	13
14	1:18:50	MINGAY, Paul	Tiptree Road Runners	Vet Men 55-59	06:01.0	293	14
15	1:18:59	ROCK, Daniel	Ryston Runners AC	Senior Men	06:01.6	197	15
16	1:19:04	COATES, Jo	St Edmunds Pacers	Vet Ladies 35-39	06:02.0	262	16
17	1:19:05	BEARD, Sean		Vet Men 45-49	06:02.1	255	17
18	1:19:34	MUFFETT, Paul	North Norfolk Beach Runners	Vet Men 55-59	06:04.3	294	18
19	1:19:44	ALEXANDER, Tim	Kent AC	Senior Men	06:05.1	3	19
20	1:19:51	BARRETT, Clayton	Larkfield AC	Senior Men	06:05.6	9	20
21	1:20:12	MOORE, John	Norfolk Gazelles	Vet Men 55-59	06:07.2	161	21
22	1:20:38	ELLIOT, Richard	Kent AC	Senior Men	06:09.2	67	22
23	1:20:45	BENNETT, Jason	Buxton AC	Vet Men 45-49	06:09.7	256	23
24	1:21:15	COX, David	Woodford Green	Vet Men 60+	06:12.0	265	24
25	1:21:39	STEPHENS, Terry	Kent AC	Senior Men	06:13.9	216	25
26	1:21:55	TAYLOR, Philippa	Nene Valley Harriers	Vet Ladies 45-49	06:15.1	308	26
27	1:22:05	LITTLE, Gareth	Notts AC	Senior Men	06:15.8	143	27
28	1:22:17	JOHNSON, Richard	Norwich Road Runners	Senior Men	06:16.8	325	28
29	1:22:46	WRIGHT, Alex	Corby AC	Vet Men 45-49	06:19.0	320	29
30	1:22:56	COLLISON, Ben	West Norfolk AC	Senior Men	06:19.7	51	30
31	1:23:07	HALLS, Mark	Brighton & Hove City AC	Vet Men 50-54	06:20.6	275	31
32	1:23:36	JOHNSON, Pete	Ryston Runners AC	Vet Men 60+	06:22.8	284	32
33	1:24:06	STIBBS, Catharine	Kent AC	Vet Ladies 40-44	06:25.1	306	33
34	1:24:40	ROBINSON, Alistair	Norfolk Gazelles	Senior Men	06:27.7	196	34
35	1:24:47	OLDERSHAW, Tina	Paddock Wood AC	Vet Ladies 45-49	06:28.2	295	35
36	1:24:52	PLANT, Che	Ryston Runners AC	Senior Men	06:28.6	184	36
37	1:25:24	BARNARD, Kristin	Wymondham AC	Vet Men 40-44	06:31.0	8	37
38	1:25:27	HOWARD, Stephen	Ely Runners	Vet Men 50-54	06:31.3	116	38
39	1:25:41	MCMORRIS, Will		Senior Men	06:32.3	152	39
40	1:25:42	JERMY, Sean	Great Yarmouth Road Runners	Senior Men	06:32.4	124	40
41	1:25:56	GUPPY, Daniel	Ryston Runners AC	Senior Men	06:33.5	95	41
42	1:26:15	KIRWIN, Peter	Eye Community Runners	Vet Men 45-49	06:34.9	132	42
43	1:26:29	RISBEY, Nathan	North Norfolk Beach Runners	Senior Men	06:36.0	181	43
44	1:26:38	ROBILLIARD, Colin	Bure Valley Harriers	Vet Men 60+	06:36.7	194	44
45	1:26:39	RICHARDSON, Ian	Cambridge & Coleridge AC	Vet Men 50-54	06:36.7	300	45
46	1:26:43	HAWKINS, Marcus	Ryston Runners AC	Vet Men 40-44	06:37.1	108	46
47	1:26:43	FINCH, Gary	Bedford Harriers	Vet Men 45-49	06:37.1	73	47
48	1:26:53	TWITE, Phil	Ryston Runners AC	Senior Men	06:37.8	230	48
49	1:26:56	THOMPSON, Peter	Walden Tri	Vet Men 55-59	06:38.0	309	49
50	1:27:02	ABLE, Simon	Ryston Runners AC	Vet Men 40-44	06:38.5	1	50
51	1:27:30	FELL, Simon		Senior Men	06:40.6	268	51
52	1:27:30	BRISCO, Douglas	Andover	Vet Men 60+	06:40.6	259	52
53	1:27:43	MCCARTHY, Tony	Warrington AC	Vet Men 55-59	06:41.6	292	53
54	1:27:46	GARRETT, Mark	Norwich Road Runners	Vet Men 50-54	06:41.9	79	54
55	1:28:09	GREENER, John		Vet Men 45-49	06:43.6	93	55
56	1:28:16	JAMIESON, Tobias		Senior Men	06:44.2	123	56

57	1:28:50	BRUNT, Jason	Norfolk Gazelles	Vet Men 40-44	06:46.7	27	57
58	1:28:54	BOWERMAN, Steven	Ryston Runners AC	Vet Men 45-49	06:47.1	20	58
59	1:28:57	HASKEY-JONES, James	Tiptree Road Runners	Vet Men 45-49	06:47.3	52	59
60	1:28:57	THOMPSON, Phil	Ryston Runners AC	Vet Men 40-44	06:47.3	225	60
61	1:29:02	COLES, Marc		Senior Men	06:47.7	50	61
62	1:29:02	WARD, Mervyn	Warrington AC	Vet Men 60+	06:47.7	313	62
63	1:29:05	HONEYBONE, Will	Ryston Runners AC	Vet Men 40-44	06:47.9	113	63
64	1:29:13	STALEY, Richard	Cambridge & Coleridge AC	Vet Men 40-44	06:48.5	214	64
65	1:29:48	BUCK, Victoria	Kent AC	Vet Ladies 40-44	06:51.2	260	65
66	1:30:04	QUINN, Mike	Sheffield Running Club	Vet Men 60+	06:52.4	298	66
67	1:30:18	COOK, Wayne	Braintree	Vet Men 40-44	06:53.5	54	67
68	1:30:28	PATEL, Emma		Senior Ladies	06:54.2	182	68
69	1:30:33	YOUNG, Peter	Ryde Harriers	Vet Men 60+	06:54.6	322	69
70	1:30:52	NELSON, Russell		Senior Men	06:56.1	167	70
71	1:30:53	MOORE, Graham		Vet Men 50-54	06:56.1	162	71
72	1:30:54	LEEDS, Neil		Senior Men	06:56.2	138	72
73	1:31:01	EPPS, Terry	Wymondham AC	Vet Men 60+	06:56.7	69	73
74	1:31:13	SMART, Adam	North Norfolk Beach Runners	Senior Men	06:57.7	210	74
75	1:31:13	MICKLEBURGH, Chris	Norwich Road Runners	Senior Men	06:57.7	154	75
76	1:31:26	WILSHER, Mark	Royston Runners	Vet Men 50-54	06:58.7	245	76
77	1:31:53	SARI, Guzel		Senior Men	07:00.7	247	77
78	1:31:56	WATCHORN, Stephen		Senior Men	07:00.9	238	78
79	1:31:56	COULTER, Darryl	Kent AC	Vet Men 40-44	07:00.9	264	79
80	1:32:01	BOWMAN, Ken	Coltishall Jaguars	Vet Men 60+	07:01.3	22	80
81	1:32:03	ROGERS, Craig	Dereham Runners	Senior Men	07:01.5	198	81
82	1:32:15	BEKKER, Simon	Great Yarmouth Road Runners	Vet Men 40-44	07:02.4	13	82
83	1:32:42	WALPOLE, Neil	Norwich Road Runners	Vet Men 45-49	07:04.5	234	83
84	1:32:59	WELLER, Colin	Norwich Road Runners	Vet Men 40-44	07:05.8	241	84
85	1:33:11	THOMSON, Alison	Kent AC	Senior Ladies	07:06.7	227	85
86	1:33:12	GRAINGER, Robert	Stowmarket Striders	Senior Men	07:06.7	90	86
87	1:33:25	GILL, David	NVAC	Vet Men 55-59	07:07.7	271	87
88	1:33:38	KELLAWAY, David	Dereham Runners	Vet Men 50-54	07:08.7	128	88
89	1:33:51	MOORE, Chris	Norfolk Gazelles	Vet Men 50-54	07:09.7	158	89
90	1:33:52	LEE, Stephen	Dereham Runners	Senior Men	07:09.8	137	90
91	1:33:59	DOWSING, Laura	Herne Hill Harriers	Senior Ladies	07:10.3	64	91
92	1:34:37	BEATTIE, Heather	Ryston Runners AC	Senior Ladies	07:13.2	12	92
93	1:34:41	STOREY, Mark	City of Norwich AC	Vet Men 50-54	07:13.5	221	93
94	1:34:50	FRAZER, Kevin		Vet Men 50-54	07:14.2	76	94
95	1:34:55	CONWAY, Shaun		Vet Men 50-54	07:14.6	53	95
96	1:35:08	WIEGAND, Paul	Fenland RC	Vet Men 55-59	07:15.6	183	96
97	1:35:27	LOVESEY, Neil	Bedford Harriers	Vet Men 60+	07:17.0	145	97
98	1:35:30	KNIGHTLEY, Terry	Ilford AC	Vet Men 55-59	07:17.3	288	98
99	1:35:33	WILLIAM, Allan		Vet Men 60+	07:17.5	250	99
100	1:35:40	BYE, Ellie	Coltishall Jaguars	Senior Ladies	07:18.0	33	100
101	1:35:56	SCARROTT, Yvonne	Harborough AC	Vet Ladies 45-49	07:19.3	304	101
102	1:35:58	WILLIAMSON, Marianne	Bedford Harriers	Vet Ladies 45-49	07:19.4	243	102
103	1:36:06	HOWLETT, Kevin	Ryston Runners AC	Vet Men 55-59	07:20.0	117	103
104	1:36:17	HUDSON, David	Tri-Anglia	Vet Men 40-44	07:20.9	118	104
105	1:36:31	CASBARD, Eve	Bushfield Joggers	Vet Ladies 40-44	07:21.9	36	105
106	1:36:34	CHORLEY, Chris	Bungay Black Dog	Vet Men 50-54	07:22.2	44	106
107	1:36:59	RADFORD, Sean		Vet Men 40-44	07:24.1	188	107
108	1:37:18	WILLIAMS, Kathryn	Kent AC	Vet Ladies 50-54	07:25.5	318	108
109	1:37:27	HAYES, Jim	North Norfolk Beach Runners	Vet Men 60+	07:26.2	279	109
110	1:37:28	WARNE, Barry	Nene Valley Harriers	Vet Men 50-54	07:26.3	237	110
111	1:37:30	WRIGHT, Catherine	Corby AC	Vet Ladies 55+	07:26.4	321	111
112	1:37:32	POTTER-CAMPBELL, Emma	Dereham Runners	Vet Ladies 45-49	07:26.6	185	112
113	1:37:39	FARR, Craig	Reepham Runners	Vet Men 40-44	07:27.1	71	113
114	1:37:43	ASTON, Edgar	Kent AC	Vet Men 50-54	07:27.4	6	114
115	1:37:58	HOLLEY, Kevin		Vet Men 50-54	07:28.6	111	115
116	1:38:14	CHAPMAN, Amy	Ryston Runners AC	Senior Ladies	07:29.8	43	116
117	1:38:14	ROBINS, Lesley	Ryston Runners AC	Vet Ladies 40-44	07:29.8	195	117
118	1:38:17	WALSINGHAM, Jacky		Vet Ladies 40-44	07:30.0	235	118
119	1:38:32	PEACHEY, Sarah	Norwich Road Runners	Senior Ladies	07:31.2	326	119
120	1:38:48	WOOD, Hannah	Ipswich Jaffa RC	Vet Ladies 40-44	07:32.4	246	120
121	1:38:56	DOUGLAS, Nigel		Vet Men 45-49	07:33.0	62	121
122	1:39:33	FIRAT, Yusuf	Haverhill RC	Vet Men 50-54	07:35.8	74	122
123	1:39:45	WINTERTON, Stan	Trentham RC	Vet Men 60+	07:36.7	319	123
124	1:40:00	PARKER, Stephen	Ilford AC	Vet Men 55-59	07:37.9	296	124
125	1:40:13	MANNING, Carl	Ryston Runners AC	Vet Men 55-59	07:38.9	290	125
126	1:40:26	BELL, Jeremy		Vet Men 40-44	07:39.9	15	126
127	1:40:34	EPPS, Carlene	Norwich Road Runners	Senior Ladies	07:40.5	68	127
128	1:41:34	SHOWELL, Justin	Fenland RC	Vet Men 45-49	07:45.1	209	128
129	1:41:47	GASKINS, Ben	Coltishall Jaguars	Senior Men	07:46.0	82	129
130	1:42:21	WICKLEN, Andy	Ryston Runners AC	Vet Men 40-44	07:48.6	242	130
131	1:42:27	CRADDOCK, Blaine		Vet Men 40-44	07:49.1	55	131
132	1:42:30	KILLINGBECK, Tessa	City of Norwich AC	Senior Ladies	07:49.3	130	132
133	1:42:51	SEELY, Tim		Senior Men	07:50.9	206	133
134	1:43:04	DUNCAN, Al		Vet Men 40-44	07:51.9	66	134
135	1:43:23	TAYLOR, Julia	Brighton & Hove City AC	Vet Ladies 55+	07:53.4	307	135
136	1:43:25	STAPLETON, Neil		Vet Men 40-44	07:53.5	215	136
137	1:43:34	CHAFFE, Stuart		Senior Men	07:54.2	40	137

138	1:43:40	STONE, Mark	Great Yarmouth Road Runners	Vet Men 40-44	07:54.7	218	138
139	1:43:57	MOORE, Ian	Norwich Road Runners	Senior Men	07:56.0	157	139
140	1:44:05	ROBERTS, Philip	Holme Pierrepoint RC	Vet Men 60+	07:56.6	193	140
141	1:44:29	LOVESEY, Jen	Bedford Harriers	Vet Ladies 50-54	07:58.4	144	141
142	1:44:29	CHAIMOWITZ, Anthony		Vet Men 40-44	07:58.4	41	142
143	1:45:14	FLORAX, Tim		Senior Men	08:01.8	331	143
144	1:46:13	RICHARDS, Gordon	Cannock & Stafford	Vet Men 40-44	08:06.3	299	144
145	1:46:46	WARD, Toby		Vet Men 40-44	08:08.9	236	145
146	1:47:35	KINSELLA, Nigel		Vet Men 45-49	08:12.6	131	146
147	1:47:39	HALL, Lisa	Norwich Road Runners	Vet Ladies 35-39	08:12.9	98	147
148	1:48:01	MILLER, Rachel	Norwich Road Runners	Vet Ladies 40-44	08:14.6	156	148
149	1:48:06	SADLER, Derek	North Norfolk Beach Runners	Vet Men 60+	08:15.0	200	149
150	1:49:08	BULL, Mike		Vet Men 60+	08:19.7	31	150
151	1:49:31	NIXON, Sam		Senior Men	08:21.5	172	151
152	1:49:45	DE MARCO, Paolo		Vet Men 55-59	08:22.5	57	152
153	1:49:45	SARGENT, Robert	Ilford AC	Vet Men 60+	08:22.5	303	153
154	1:49:52	PFRANG, Jane	City of Norwich AC	Senior Ladies	08:23.1	180	154
155	1:50:13	JAMES, Dirk		Vet Men 45-49	08:24.7	122	155
156	1:50:24	TWELVETREE, Yvonne	Totley AC	Vet Ladies 55+	08:25.5	310	156
157	1:50:27	WATCHORN, Emma-Jane		Vet Ladies 35-39	08:25.7	239	157
158	1:50:30	NORMAN, Julia	Ryston Runners AC	Vet Ladies 40-44	08:26.0	173	158
159	1:50:39	BROWN, Kaylee	City of Norwich AC	Senior Ladies	08:26.7	26	159
160	1:50:39	PALMER, Andrew	Norwich Road Runners	Vet Men 50-54	08:26.7	176	160
161	1:50:59	CROCKFORD, Robert		Vet Men 40-44	08:28.2	56	161
162	1:51:02	WILLIAMSON, Neil	Newmarket Joggers	Senior Men	08:28.4	244	162
163	1:51:23	DESBOROUGH, Tamsin	Bungay Black Dog	Senior Ladies	08:30.0	59	163
164	1:51:40	SMITH, Barry	Ryston Runners AC	Vet Men 50-54	08:31.3	212	164
165	1:51:42	HAMMOND, Martin	Ryston Runners AC	Vet Men 50-54	08:31.5	100	165
166	1:51:47	HARRIS, Michael		Vet Men 40-44	08:31.8	103	166
167	1:52:01	COLEMAN, Lucy	Norwich Road Runners	Senior Ladies	08:32.9	49	167
168	1:52:02	LATISAITE, Lorena	Ryston Runners AC	Senior Ladies	08:33.0	136	168
169	1:52:02	FRAZER, George		Senior Men	08:33.0	77	169
170	1:52:04	SEAMAN, Anna	Ryston Runners AC	Vet Ladies 35-39	08:33.1	204	170
171	1:52:31	THETFORD, Jonathan	Reepham Runners	Vet Men 40-44	08:35.2	224	171
172	1:52:45	SAUERZAPF, Bobbie	Bungay Black Dog	Vet Ladies 55+	08:36.3	202	172
173	1:53:09	JUBY, Sally	Dereham Runners	Senior Ladies	08:38.1	127	173
174	1:53:22	LYDIATT, Sam	Fenland RC	Vet Men 40-44	08:39.1	146	174
175	1:53:28	BELL, Richard		Vet Men 40-44	08:39.5	14	175
176	1:53:39	SAMPSON, Graham	Bungay Black Dog	Vet Men 60+	08:40.4	201	176
177	1:54:32	BISHOP, Robert		Senior Men	08:44.4	18	177
178	1:55:23	O'DONNELL, Christopher		Senior Men	08:48.3	327	178
179	1:55:48	RADFORD, Louise		Vet Ladies 40-44	08:50.2	189	179
180	1:55:55	MOORE, Andrew		Vet Men 50-54	08:50.8	160	180
181	1:56:00	OSBORNE, Andi	North Norfolk Beach Runners	Vet Ladies 55+	08:51.1	175	181
182	1:56:04	BARRETT, Georgia	Rugby & Northampton AC	Senior Ladies	08:51.5	10	182
183	1:56:12	MORRIS, Keith	Ryston Runners AC	Vet Men 55-59	08:52.1	163	183
184	1:56:45	SMITH, Wendy	Norwich Road Runners	Vet Ladies 50-54	08:54.6	211	184
185	1:56:50	CASWELL, John	South West Road Runners	Vet Men 55-59	08:55.0	38	185
186	1:56:53	REED, Jeffrey	Ryston Runners AC	Vet Men 60+	08:55.2	190	186
187	1:56:55	HUNT, Charlotte	Long Eaton RC	Senior Ladies	08:55.3	119	187
188	1:57:23	ZIPFEL, Daniel		Senior Men	08:57.5	249	188
189	1:57:34	DONALDSON, Jody	Great Yarmouth Road Runners	Vet Ladies 45-49	08:58.3	60	189
190	1:57:39	GEARY, Claire	Ely Runners	Vet Ladies 40-44	08:58.7	83	190
191	1:57:40	ASHBY, Jane	Ryston Runners AC	Vet Ladies 55+	08:58.8	251	191
192	1:57:43	BRADLEY, Kevin	Stowmarket Striders	Vet Men 50-54	08:59.0	323	192
193	1:57:51	DENMARK, Willem		Senior Men	08:59.6	58	193
194	1:58:00	GALEA, Julia	Ilford AC	Vet Ladies 55+	09:00.3	270	194
195	1:59:00	NEWELL, John	Wymondham AC	Vet Men 45-49	09:04.9	170	195
196	1:59:46	PRESTON, Gina	Norwich Road Runners	Vet Ladies 45-49	09:08.4	186	196
197	1:59:53	GIBBONS, Chris	North Norfolk Beach Runners	Vet Men 45-49	09:08.9	85	197
198	1:59:59	BLAZEY, Louise	Norwich Road Runners	Senior Ladies	09:09.4	5	198
199	2:00:24	HAMILTON, Angie	North Norfolk Beach Runners	Vet Ladies 45-49	09:11.3	99	199
200	2:00:28	STOREY, Sophie	Norwich Road Runners	Senior Ladies	09:11.6	220	200
201	2:00:37	LESLIE, Goska		Vet Ladies 50-54	09:12.3	140	201
202	2:00:38	LESLIE, Rob		Vet Men 45-49	09:12.4	139	202
203	2:01:30	GILLION, Stewart	Wymondham AC	Vet Men 55-59	09:16.3	87	203
204	2:02:31	FISHER, Wendy	Ryston Runners AC	Vet Ladies 50-54	09:21.0	269	204
205	2:02:41	GRAY, Dean	Norwich Road Runners	Vet Men 55-59	09:21.8	109	205
206	2:02:53	HARROD, Andy	Ryston Runners AC	Vet Men 50-54	09:22.7	105	206
207	2:02:54	BROWN, Cheryl	Ryston Runners AC	Vet Ladies 45-49	09:22.7	25	207
208	2:03:22	BULMAN, Richard	Reepham Runners	Vet Men 60+	09:24.9	32	208
209	2:03:37	PARTRIDGE, Sarah	Ryston Runners AC	Vet Ladies 55+	09:26.0	177	209
210	2:03:44	KINCH, Brenda	North Norfolk Beach Runners	Vet Ladies 55+	09:26.6	287	210
211	2:04:06	DOUGHTY, Marie		Vet Ladies 40-44	09:28.2	61	211
212	2:04:45	JONES, Liz	Norwich Road Runners	Vet Ladies 35-39	09:31.2	125	212
213	2:05:03	FROST, Teresa		Vet Ladies 40-44	09:32.6	78	213
214	2:05:08	O'DONNELL, Paul		Vet Men 55-59	09:33.0	328	214
215	2:05:09	O'DONNELL, Rosamund		Senior Ladies	09:33.0	329	215
216	2:05:11	METCALF, Kerry	Norwich Road Runners	Senior Ladies	09:33.2	228	216
217	2:05:27	JONES, Victoria	Norwich Road Runners	Vet Ladies 35-39	09:34.4	126	217
218	2:05:46	WRIGHT, Abigail		Senior Ladies	09:35.9	248	218

219	2:06:48	HARPER, Stacey	Norwich Road Runners	Vet Ladies 35-39	09:40.6	102	219
220	2:07:04	CHAFFE, Gary		Vet Men 55-59	09:41.8	39	220
221	2:08:02	LANE, Mark		Senior Men	09:46.3	135	221
222	2:08:08	KURTZ, Rowley		Vet Men 55-59	09:46.7	133	222
223	2:08:39	RENSHAW, Kenneth	Dereham Runners	Vet Men 55-59	09:49.1	191	223
224	2:08:43	FARRAR, Robin	Bungay Black Dog	Vet Men 60+	09:49.4	72	224
225	2:09:00	HARRISON, Sophie	Brandon Fern Hoppers	Senior Ladies	09:50.7	104	225
226	2:09:01	VICKERS, Nathan		Senior Men	09:50.8	231	226
227	2:09:30	SAYLE, Pam	City of Norwich AC	Vet Ladies 55+	09:53.0	203	227
228	2:09:35	TAYLOR, Paul		Vet Men 50-54	09:53.4	223	228
229	2:09:58	MARSHALL, Mike	North Norfolk Beach Runners	Vet Men 60+	09:55.1	147	229
230	2:11:19	MOORE, Susan	Norfolk Gazelles	Vet Ladies 50-54	10:01.3	159	230
231	2:11:57	LILLISTONE, Vicky		Vet Ladies 35-39	10:04.2	142	231
232	2:12:59	NAYLOR, Sue	Ryston Runners AC	Vet Ladies 35-39	10:08.9	166	232
233	2:14:42	STOREY, Linda	Norwich Road Runners	Vet Ladies 50-54	10:16.8	219	233
234	2:14:51	KELLY, Sally		Vet Ladies 50-54	10:17.5	129	234
235	2:15:12	MARTIN, Fiona	Wymondham AC	Vet Ladies 45-49	10:19.1	148	235
236	2:17:28	BALL, Malcolm	North Norfolk Beach Runners	Vet Men 60+	10:29.5	252	236
237	2:17:49	ELWELL, Ursula	MMAC	Vet Ladies 55+	10:31.1	267	237
238	2:17:59	HART, Carol		Vet Ladies 45-49	10:31.8	106	238
239	2:18:32	BLYTH, Shayney	Reepham Runners	Vet Ladies 40-44	10:34.3	19	239
240	2:19:38	RICHARDSON, Karen	Cambridge & Coleridge AC	Vet Ladies 50-54	10:39.4	192	240
241	2:20:26	BIRD, Paul	Bungay Black Dog	Vet Men 50-54	10:43.0	17	241
242	2:21:17	TWEEDY, Lorraine		Vet Ladies 50-54	10:46.9	229	242
243	2:23:05	OLLEY, Paula	Dereham Runners	Vet Ladies 35-39	10:55.2	174	243
244	2:23:39	SHAILES, Anthony		Vet Men 40-44	10:57.8	207	244
245	2:24:51	CASON, Hazel	Dereham Runners	Vet Ladies 55+	11:03.3	37	245
246	2:25:25	THOMPSON, Hayley	Reepham Runners	Vet Ladies 35-39	11:05.9	226	246
247	2:25:42	HORGAN, Jessica		Senior Ladies	11:07.2	114	247
248	2:26:29	WATERS, Michelle	Norfolk Gazelles	Vet Ladies 45-49	11:10.7	240	248
249	2:26:48	MCCARTNEY, Margaret		Vet Ladies 55+	11:12.2	150	249
250	2:30:55	CARSON, Beth		Vet Ladies 35-39	11:31.0	35	250
251	2:31:49	DILLON, Kevin		Vet Men 60+	11:35.2	266	251
252	2:33:05	WHEELER, Syd	Chepstow	Vet Men 60+	11:41.0	316	252
253	2:34:40	MCGUIGAN, Mark		Senior Men	11:48.2	151	253
254	2:44:51	GOATE, Rachael		Vet Ladies 35-39	12:34.8	88	254
255	2:46:03	BAXTER, Kim	Ilford AC	Vet Ladies 55+	12:40.3	253	255
256	2:47:21	HALFORD, Emma		Vet Ladies 35-39	12:46.3	96	256
257	3:01:04	GREEN, Leslie	Cannock & Stafford	Vet Men 60+	13:49.1	272	257
258	3:01:41	SEARS, Michaela		Vet Ladies 45-49	13:51.9	205	258