

Place	Bib No	First Name	Last Name	Chip Time	Gun Time	Age Group	Description	Team Name
1	83	Robert	Chenery	01:17:50	01:17:50	M Senior		Ipswich JAFFA
2	102	Lee	Cook	01:18:42	01:18:42	M Senior		
3	281	Jim	Last	01:19:55	01:19:55	M 40 to 44		Framlingham Flyers
4	208	Joseph	Hawes	01:20:50	01:20:50	M Senior		Norfolk Gazelles
5	449	Tim	Tickner	01:21:41	01:21:41	M 40 to 44		Birstall
6	303	Paul	Lyon	01:22:53	01:22:53	M Senior		Lowestoft Road Runner
7	291	Jay	Lingwood	01:23:15	01:23:15	M Senior		Rock Estate
8	172	Tony	Gavin	01:26:42	01:26:45	M Senior		
9	37	Sarah	Baxter	01:26:45	01:26:48	F 35 to 39		Bath AC
10	320	Ross	McInroy	01:27:23	01:27:27	M Senior		
11	321	Arron	McKoy	01:27:43	01:27:43	M 40 to 44		Lowestoft Road Runner
12	439	Craig	Stuart	01:28:14	01:28:17	M Senior		
13	101	Simon	Cook	01:28:26	01:28:31	M Senior		
14	349	Paul	Nickells	01:28:29	01:28:32	M 50 to 54		Woodbridge Shufflers
15	129	Andrew	Dormer	01:29:13	01:29:20	M 50 to 54		Gt Yarmouth RR
16	25	Ian	Bailey	01:29:41	01:29:44	M 45 to 49		
17	148	Martin	Farr	01:30:04	01:30:09	M Senior		
18	72	Leigh	Butcher	01:30:17	01:30:17	M Senior		Lowestoft Road Runner
19	6	Will	Aldred	01:30:52	01:30:55	M 45 to 49		
20	397	Michael	Sadler	01:31:00	01:31:03	M 50 to 54		
21	354	Karim	Ouaddane	01:31:32	01:31:32	M 50 to 54		
22	438	Roger	Stone	01:31:34	01:31:41	M 45 to 49		Felixstowe Road Runners
23	5	John	Aldred	01:32:27	01:32:30	M Senior		
24	134	Nathan	Edwards	01:32:38	01:32:42	M Senior		
25	267	Nick	Kent	01:32:43	01:32:52	M Senior		
26	391	Liam	Rowlands	01:33:34	01:33:38	M Senior		Dunerunner
27	95	Mark	Clues	01:33:35	01:33:38	M 50 to 54		Tri-Anglia
28	193	Paul	Greensides	01:33:35	01:33:42	M 45 to 49		
29	75	Neil	Bye	01:33:54	01:33:57	M Senior		Lowestoft Road Runner
30	79	James	Carass	01:33:54	01:34:01	M Senior		Gt Yarmouth RR
31	131	Rafal	Drygas	01:33:59	01:34:05	M Senior		
32	207	Tom	Haslam	01:34:06	01:34:10	M 45 to 49		Yoxford Yaks
33	266	Jonathan	Kemp	01:34:25	01:34:34	M Senior		Norwich Road Runners
34	287	Chris	Leek	01:34:35	01:34:39	M 40 to 44		
35	483	Aaron	Shrimpton	01:34:48	01:34:48	M 45 to 49		Lowestoft Road Runner
36	471	Michael	Wilkinson	01:34:47	01:34:51	M Senior		
37	479	Philip	Wright	01:34:56	01:35:01	M 40 to 44		
38	408	Neil	Seabury	01:35:15	01:35:25	M Senior		
39	346	Dylan	Neeve	01:35:26	01:35:32	M Senior		Waveney Valley
40	326	Jonathan	Meadows	01:35:54	01:35:54	M 40 to 44		Lowestoft Road Runner
41	105	Graham	Coulter	01:35:53	01:35:57	M 40 to 44		Framlingham Flyers
42	364	Andreas	Paterson	01:35:51	01:36:00	M Senior		
43	304	Kevin	Mace	01:36:00	01:36:08	M 55 to 59		Norwich Road Runners
44	273	Stephen	Knock	01:36:08	01:36:15	M Senior		
45	417	Adrian	Simmonds	01:36:32	01:36:40	M 45 to 49		
46	285	Mark	Lawson	01:37:01	01:37:09	M 45 to 49		GYDAC
47	278	Nicola	Lambert-John	01:37:29	01:37:34	F Senior		
48	256	Lee	Jones	01:37:24	01:37:39	M Senior		
49	69	Matt	Buckoke	01:37:46	01:37:54	M 40 to 44		Great Yarmouth Road Runners
50	359	Stephen	Panting	01:37:48	01:37:56	M 50 to 54		Full English "Break"fast Runners
51	370	Mat	Porter	01:38:00	01:38:00	M 40 to 44		Norwich Road Runners
52	356	Laszlo	Pall	01:37:54	01:38:11	M Senior		
53	347	Leon	Neeve	01:38:04	01:38:13	M 40 to 44		
54	133	Stephen	Dunnett	01:38:22	01:38:28	M 55 to 59		
55	325	Chris	Meadows	01:38:28	01:38:37	M Senior		Bracknell Forest Runners
56	22	Andrew	Ayers	01:38:28	01:38:37	M 40 to 44		
57	35	Steve	Barrett	01:38:33	01:38:39	M 50 to 54		
58	149	Radley	Fenn	01:38:34	01:38:39	M Senior		
59	90	Joey	Clements	01:38:34	01:38:41	M Senior		Beccles Triathlon Club
60	318	Gary	McDonald	01:38:44	01:38:50	M Senior		Lowestoft Road Runner
61	47	Christopher	Bing	01:38:56	01:38:56	M Senior		
62	143	Paul	Eves	01:38:52	01:39:02	M 40 to 44		
63	81	Harriet	Carr	01:39:14	01:39:21	F Senior		
64	432	Lewis	Spurgin	01:39:18	01:39:23	M Senior		
65	470	William	Whittam	01:39:18	01:39:23	M Senior		
66	27	Matt	Baldry	01:39:25	01:39:33	M 45 to 49		

67	74 Neil	Button	01:40:19	01:40:24 M 45 to 49	
68	324 Chris	Meadows	01:40:30	01:40:31 M Senior	
69	238 Terry	Hubbard	01:40:34	01:40:41 M 40 to 44	Gt Yarmouth RR
70	379 Matthew	Reynolds	01:40:44	01:40:44 M Senior	Lowestoft Road Runner
71	248 Allan	Ing	01:40:39	01:40:47 M 60 to 64	Lowestoft Road Runner
72	55 James	Bool	01:40:49	01:40:59 M 50 to 54	10479604
73	352 Katy	Oldman	01:41:01	01:41:09 F 40 to 44	Lowestoft Road Runner
74	472 Nicholas	Wilkinson	01:41:05	01:41:15 M Senior	Lowestoft Road Runners
75	1 Laurence	Abel	01:41:20	01:41:25 M 50 to 54	
76	341 Mark	Mountain	01:41:22	01:41:30 M 45 to 49	Great Yarmouth Road Runners
77	319 Neil	McDonald	01:41:30	01:41:41 M 40 to 44	
78	365 Susan	Perry	01:41:37	01:41:48 F 50 to 54	Lowestoft Road Runner
79	452 Kenneth	Tovell	01:41:59	01:42:03 M 45 to 49	
80	361 Mark	Parker	01:42:03	01:42:15 M Senior	
81	181 Richard	Glister	01:42:10	01:42:18 M 40 to 44	
82	437 Mark	Stone	01:42:11	01:42:19 M 45 to 49	Great Yarmouth Road Runners
83	457 Billy	Underdown	01:42:20	01:42:30 M Senior	
84	161 Chris	Fox	01:42:24	01:42:38 M 50 to 54	
85	202 Rob	Harlow	01:42:59	01:43:14 M Senior	
86	210 James	Hemingfield	01:43:03	01:43:24 M 40 to 44	
87	388 Darrel	Roberts	01:43:19	01:43:33 M 45 to 49	
88	465 Bradley	Watker	01:43:37	01:43:49 M Senior	
89	423 Danny	Smith	01:43:48	01:43:51 M 45 to 49	
90	395 Christopher	Rymarz	01:43:46	01:44:04 M 40 to 44	Nicholsons Solicitors
91	28 Carl	Baldry	01:43:55	01:44:11 M Senior	Lowestoft Road Runner
92	429 Ashley	Speight	01:44:09	01:44:18 M Senior	
93	300 Harriet	Lyman	01:44:08	01:44:37 F Senior	
94	292 Mervyn	Lock	01:44:28	01:44:58 M 45 to 49	
95	120 Emily	Day	01:45:19	01:45:31 F Senior	
96	52 Verity	Blyth	01:45:33	01:45:43 F Senior	
97	192 Luke	Green	01:45:29	01:45:43 M Senior	Full English "Break"fast Runners
98	407 Gregory	Scriven	01:46:00	01:46:11 M Senior	
99	124 Samantha	Debenham	01:46:04	01:46:18 F 40 to 44	
100	185 DArren	Goodby	01:46:08	01:46:22 M 45 to 49	Bungay Black Dogs
101	426 Aaron	Smith	01:46:03	01:46:23 M Senior	
102	456 Gary	Tuttle	01:46:19	01:46:29 M 50 to 54	
103	261 Shaun	Kay	01:46:23	01:46:35 M 40 to 44	Lowestoft Road Runner
104	135 Penny	Edwards	01:46:29	01:46:41 F 60+	
105	38 Matthew	Beacham	01:46:32	01:46:50 M Senior	
106	448 Andrew	Thomas	01:46:51	01:47:00 M 40 to 44	Gt Yarmouth RR
107	280 Rebecca	Langford	01:46:59	01:47:09 F 40 to 44	
108	137 Anne	Ellen	01:47:01	01:47:11 F 60+	
109	152 Lee	Ffrench	01:47:03	01:47:14 M 45 to 49	Bikespeed
110	277 James	Lambert	01:47:09	01:47:14 M Senior	
111	67 Jason	Browne	01:47:14	01:47:25 M 45 to 49	Waveney Valley
112	377 Holly	Rayner	01:47:17	01:47:30 F Senior	
113	84 Paul	Cherry	01:47:24	01:47:48 M 45 to 49	Woodbridge Suffers
114	176 Steve	Gibbs	01:47:26	01:47:51 M 50 to 54	Waveney Valley
115	445 Helen	Terry	01:47:52	01:47:58 F 35 to 39	
116	385 Lisa Marie	Riley	01:48:18	01:48:21 F 45 to 49	Lowestoft Road Runners
117	138 Karen	Evans	01:48:15	01:48:31 F 40 to 44	Lowestoft Road Runner
118	368 Matthew	Plummer	01:48:21	01:48:35 M Senior	
119	98 Jonathan	Comyn	01:48:29	01:48:40 M Senior	
120	200 Julian	Hanton	01:48:48	01:49:00 M 45 to 49	
121	109 Steve	Cross	01:48:39	01:49:05 M 45 to 49	
122	386 Iain	Ripo	01:48:46	01:49:09 M 40 to 44	
123	272 Adam	Knights	01:48:53	01:49:15 M Senior	
124	271 Claire	Kingwell	01:49:08	01:49:21 F Senior	
125	61 Kieran	Brennan	01:49:08	01:49:38 M Senior	
126	412 Daniel	Shanks	01:49:35	01:49:46 M Senior	
127	48 Gayle	Bird	01:49:31	01:49:52 F Senior	
128	51 Deborah	Blackwell	01:49:54	01:50:08 F 35 to 39	
129	315 Pippa	Maskell	01:49:58	01:50:20 F 35 to 39	
130	104 Daren	Coulter	01:50:13	01:50:23 M 50 to 54	Waveney Valley
131	401 Dean	Saunders	01:50:18	01:50:26 M 40 to 44	Gt Yarmouth RR
132	443 Ben	Taylor	01:50:14	01:50:26 M 40 to 44	
133	71 Christopher	Bush	01:50:09	01:50:28 M 50 to 54	

134	427	Andrew	Soanes	01:50:19	01:50:35	M Senior	
135	57	James	Bouldin	01:50:29	01:50:42	M Senior	Framlingham Flyers
136	485	Paul	Wright	01:50:10	01:51:05	M 40 to 44	Waveney Valley
137	234	Karle	Howard	01:50:14	01:51:09	M 45 to 49	Beccles Triathlon Club
138	100	Tim	Cook	01:51:01	01:51:17	M 45 to 49	
139	317	Patrick	McCabe	01:50:52	01:51:21	M- No Age Provided	
140	279	Kerstin	Langer	01:51:21	01:51:36	F 50 to 54	Rock Estate
141	16	Stuart	Appleby	01:51:38	01:51:53	M 50 to 54	
142	194	Cassandra	Grimble	01:51:38	01:52:07	F 35 to 39	
143	387	Paul	Rivers	01:51:23	01:52:15	M 40 to 44	
144	245	Mark	Hurren	01:52:06	01:52:27	M Senior	
145	24	Phillip	Ayers	01:52:13	01:52:29	M 45 to 49	Lowestoft Road Runner
146	23	Marie	Ayers	01:52:13	01:52:29	F 45 to 49	Lowestoft Road Runner
147	288	Pauline	Leeves	01:52:21	01:52:33	F 55 to 59	Gt Yarmouth RR
148	222	Ben	Hing	01:52:03	01:52:35	M Senior	Team Henn
149	460	Amy	Vallis	01:52:25	01:52:44	F Senior	
150	381	Alan	Richardson	01:52:34	01:52:44	M 65+	Waveney Valley
151	236	Matt	Howes	01:52:28	01:52:47	M 40 to 44	
152	301	Gary	Lyon	01:52:50	01:52:50	M 40 to 44	Lowestoft Road Runner
153	178	Mary	Gillings	01:52:42	01:52:57	F 45 to 49	
154	21	Florence	Ashdown	01:52:59	01:53:12	F Senior	
155	217	Richard	Hill	01:52:25	01:53:20	M 40 to 44	
156	312	Ian	Marshall	01:53:16	01:53:28	M 50 to 54	Lowestoft Road Runner
157	182	Phillip	Goffin	01:53:17	01:53:30	M 40 to 44	
158	183	Nicole	Goffin	01:53:17	01:53:30	F 45 to 49	
159	184	Gemma	Gooch	01:53:21	01:53:34	F 35 to 39	
160	405	Damien	Savage	01:53:31	01:53:44	M Senior	
161	254	Vicky	Jones	01:53:34	01:53:53	F 35 to 39	
162	410	Mark	Sexton	01:53:43	01:53:58	M 45 to 49	Norfolk Gazelles
163	360	Craig	Parfitt	01:53:44	01:54:10	M Senior	
164	328	Gary	Melton	01:53:48	01:54:11	M Senior	
165	422	Amanda	Smith	01:53:58	01:54:13	F 40 to 44	Lowestoft Road Runner
166	339	Adrian	Morris	01:53:41	01:54:14	M Senior	Full English "Break"fast Runners
167	212	Pippa	Heywood	01:54:11	01:54:48	F 35 to 39	
168	348	David	Nichols	01:54:28	01:54:50	M Senior	
169	447	Jonathan	Thetford	01:54:31	01:54:55	M 45 to 49	Reepham Runners
170	44	Mark	Bennett	01:55:00	01:55:00	M 40 to 44	
171	229	Jonathan	Hood	01:54:52	01:55:15	M Senior	
172	168	Chantelle	Gallagher	01:55:05	01:55:17	F 35 to 39	
173	313	Glenn	Martin	01:55:08	01:55:24	M 40 to 44	Team 1975
174	171	Gemma	Gasson	01:55:12	01:55:29	F Senior	
175	335	Richard	Morford	01:55:09	01:55:29	M Senior	
176	87	Ian	Chilley	01:55:27	01:55:39	M 50 to 54	Lowestoft Road Runner
177	294	Ana	Loftin	01:55:27	01:55:54	F 40 to 44	
178	442	Roland	Talbot	01:55:35	01:55:54	M 60 to 64	Coltishall Jaguars
179	40	Sarah	Bean	01:55:42	01:55:56	F 40 to 44	Great Yarmouth Road Runners
180	259	Clifford	Judge	01:55:38	01:55:57	M 40 to 44	
181	296	Jamie	Loudoun	01:55:39	01:55:57	M 40 to 44	
182	367	Rachel	Plant	01:55:56	01:56:12	F Senior	Mrs
183	421	Aaron	Smart	01:56:00	01:56:15	M Senior	Lowestoft Road Runner
184	362	Christopher	Parkes	01:57:00	01:57:14	M Senior	
185	187	Guy	Gowing	01:56:57	01:57:16	M 45 to 49	
186	225	David	Hogg	01:57:00	01:57:18	M- No Age Provided	
187	125	Kirsty	Dekeyzer	01:56:55	01:57:23	F Senior	
188	46	Karl	Betteridge	01:56:47	01:57:28	M Senior	
189	126	Emily	Desborough	01:57:12	01:57:28	F Senior	
190	218	Stuart	Hill	01:57:13	01:57:29	M Senior	
191	169	Jeffrey	Gamby-Boulger	01:56:49	01:57:32	M Senior	
192	269	Peter	Keogh	01:57:18	01:57:38	M Senior	
193	482	Ian	Moore	01:57:28	01:57:48	M Senior	Norwich Road Runners
194	127	Stuart	Dewell	01:57:30	01:57:52	M 55 to 59	
195	276	Lore	Lambein	01:57:42	01:58:00	F Senior	... City Striders
196	253	Mike	Jolly	01:57:46	01:58:11	M 45 to 49	
197	337	Tony	Morley	01:57:34	01:58:15	M 55 to 59	
198	316	Simon	McAlone	01:57:27	01:58:17	M 50 to 54	
199	478	Matthew	Wright	01:58:05	01:58:27	M Senior	
200	473	John	Windham	01:58:14	01:58:35	M 60 to 64	Coltishall Jaguars

201	144 Luke	Fairweather	01:58:17	01:58:41 M Senior	
202	73 Daniel	Butler	01:57:59	01:58:42 M Senior	Full English "Break"fast Runners
203	12 Tony	Anderson	01:58:26	01:58:44 M 45 to 49	
204	2 Tom	Ablett	01:58:26	01:58:46 M Senior	
205	380 Peter	Rice	01:58:37	01:58:53 M 45 to 49	Norfolk Gazelles
206	469 Ivan	Westley	01:58:35	01:58:54 M 45 to 49	Coltishall Jaguars
207	7 Gary	Aldred	01:58:31	01:58:59 M 45 to 49	
208	428 Mike	Southern	01:58:34	01:59:00 M 50 to 54	
209	338 Tom	Moore	01:58:25	01:59:01 M Senior	
210	118 Emma	Dawson	01:58:29	01:59:07 F Senior	Great Yarmouth Road Runners
211	39 Craig	Bean	01:58:56	01:59:10 M 40 to 44	
212	375 Wayne	Ramsbottom	01:59:12	01:59:25 M 50 to 54	
213	205 Louise	Harrod	01:59:04	01:59:31 F 45 to 49	
214	263 Anna	Keane	01:59:10	01:59:34 F Senior	"Speical One"
215	402 Jed	Saunders	01:59:20	01:59:36 M Senior	
216	175 Chris	Gibbons	01:59:15	01:59:37 M 45 to 49	Ipswich JAFFA
217	119 Bradley	Day	01:59:28	01:59:45 M Senior	
218	54 Jason	Bodmer	01:59:12	01:59:52 M 50 to 54	
219	332 Paul	Mirgaux	01:59:13	01:59:53 M 40 to 44	
220	50 Lindsay	Black	01:59:39	02:00:02 F 35 to 39	
221	243 David	Hupton	02:00:03	02:00:24 M 55 to 59	
222	70 Nick	Burman	01:59:48	02:00:25 M Senior	
223	8 Lisa	Allen	02:00:11	02:00:43 F 35 to 39	
224	186 Maria	Goodby	02:00:19	02:00:45 F 45 to 49	
225	307 Harry	Madden	02:00:13	02:00:50 M Senior	
226	53 Jenny	Blythe	02:00:47	02:01:07 F 55 to 59	
227	142 Tina	Everitt	02:01:04	02:01:53 F 35 to 39	
228	128 Hayley	Donnelly	02:01:44	02:02:10 F 40 to 44	
229	262 Debra	Kay	02:01:59	02:02:15 F 40 to 44	Lowestoft Road Runner
230	299 Michael	Luz	02:02:30	02:02:48 M 45 to 49	
231	173 Adam	Geernaert	02:02:35	02:03:07 M Senior	Full English "Break"fast Runners
232	404 Vivien	Saunders	02:03:00	02:03:15 F Senior	Lowestoft Road Runner
233	80 Anthony	Carr	02:02:41	02:03:22 M 50 to 54	
234	246 Warren	Hytch	02:02:41	02:03:22 M 40 to 44	
235	311 Shaun	Marrison	02:03:05	02:03:29 M 40 to 44	CheeseandTomato.com
236	86 Amanda	Childs	02:02:59	02:03:29 F 45 to 49	Ipswich JAFFA
237	414 Michael	Sheldrake	02:03:00	02:03:30 M Senior	
238	357 Jo	Pallant	02:03:22	02:03:39 F 40 to 44	Lowestoft Road Runner
239	211 Michelle	Hewitt	02:03:09	02:03:43 F Senior	
240	42 Layla	Bedford	02:03:41	02:03:58 F 40 to 44	
241	167 Ady	Gallagher	02:03:50	02:04:04 M 50 to 54	
242	108 Victoria	Crisp	02:03:47	02:04:12 F Senior	
243	224 Craig	Hogg	02:04:11	02:04:34 M Senior	
244	97 Ben	Coleman	02:03:50	02:04:34 M Senior	Full English "Break"fast Runners
245	29 Catherine	Baldwin	02:04:16	02:04:43 F 40 to 44	
246	30 Paul	Bale	02:04:15	02:04:43 M 40 to 44	
247	258 Zara	Joyce	02:04:29	02:04:55 F Senior	
248	390 Lee	Roth	02:04:38	02:05:15 M 45 to 49	Waveney Valley
249	130 Michael	Driscoll	02:04:37	02:05:20 M 45 to 49	Team 1971
250	466 Louise	Watson	02:04:38	02:05:29 F 45 to 49	
251	476 Vicky	Wood	02:05:16	02:05:40 F 45 to 49	Waveney Valley
252	434 Andrew	Stenson	02:05:22	02:05:46 M 50 to 54	
253	355 Cameron	Pacey	02:05:43	02:06:12 M Senior	Pitford Offshore
254	179 Elspeth	Gilmour	02:05:38	02:06:13 F 40 to 44	
255	170 Emma	Garrard	02:06:05	02:06:21 F 40 to 44	Lowestoft Road Runner
256	45 Nichola	Bennett	02:05:58	02:06:32 F- No Age Provided	
257	331 Chris	Mills	02:06:02	02:06:35 M 55 to 59	
258	9 Richard	Allsworth	02:06:05	02:06:37 M 40 to 44	
259	60 Harvey	Bradley	02:06:25	02:06:50 M- No Age Provided	
260	150 Katie	Fenn	02:06:24	02:06:56 F 35 to 39	
261	68 Scott	Bruce	02:06:36	02:06:56 M Senior	
262	455 Dave	Tuthill	02:06:35	02:07:06 M 40 to 44	Cardiomyopathy.uk
263	117 Camilla	Darling	02:06:43	02:07:09 F 35 to 39	Waveney Valley
264	220 Stuart	Hillman	02:06:37	02:07:11 M Senior	
265	66 Philip	Brown	02:06:54	02:07:15 M Senior	
266	189 Ann	Granger	02:06:42	02:07:16 F 50 to 54	Saxon Running Club
267	424 Mark	Smith	02:07:24	02:07:45 M 50 to 54	

268	198 Lewis	Hambly	02:07:17	02:07:45 M Senior	
269	284 Abbie	Lawler	02:07:10	02:07:47 F Senior	
270	268 Simon	Kent	02:07:26	02:08:04 M 60 to 64	
271	363 Ben	Parnell	02:07:29	02:08:05 M Senior	
272	99 Roly	Cook	02:07:41	02:08:08 M 55 to 59	
273	406 Scott	Savory	02:07:34	02:08:16 M 40 to 44	Full English "Break"fast Runners
274	103 Anthony	Coulter	02:07:56	02:08:30 M Senior	
275	92 Jo	Clifton	02:08:09	02:08:48 F 45 to 49	The Saxons
276	260 Rajeev	Kalia	02:08:06	02:09:00 M 55 to 59	
277	10 Julia	Allum	02:08:19	02:09:05 F 40 to 44	
278	146 Teresa	Fallon	02:08:51	02:09:34 F 45 to 49	
279	330 Richard	Midwinter	02:09:15	02:09:40 M 50 to 54	
280	399 Graham	Sampson	02:09:46	02:10:06 M 65+	Bungay Black Dogs
281	396 Mark	Rymarz	02:09:23	02:10:15 M 40 to 44	
282	242 Silke	Hunter	02:10:13	02:10:50 F 45 to 49	
283	147 James	Farebrother	02:10:15	02:10:50 M Senior	
284	459 Rebecca	Utton	02:10:21	02:10:58 F 35 to 39	
285	265 Hannah	Kelly	02:11:02	02:11:35 F 35 to 39	Team 1980
286	18 Paul	Armes	02:11:09	02:11:48 M 40 to 44	
287	252 Hannah	Johnson	02:11:05	02:11:54 F Senior	Lowestoft Road Runner
288	453 Paul	Tucker	02:11:29	02:12:00 M 45 to 49	
289	376 Terry	Rawlinson	02:11:21	02:12:00 M- No Age Provided	
290	174 Simon	George	02:11:23	02:12:06 M 45 to 49	
291	85 Stephen	Chessher	02:11:44	02:12:16 M 60 to 64	Southwold GRL
292	433 Nicola	Stebbins	02:11:53	02:12:18 F 35 to 39	
293	93 Hazel	Clover	02:11:51	02:12:33 F 50 to 54	
294	221 Graham	Hines	02:12:33	02:12:59 M 50 to 54	
295	366 Rachael	Pizey	02:12:17	02:13:00 F 35 to 39	Norwich Road Runners
296	306 Rachael	Macro	02:12:16	02:13:00 F 35 to 39	
297	145 Louise	Fallas	02:12:15	02:13:01 F 40 to 44	
298	62 Michael	Briggs	02:13:02	02:13:24 M 45 to 49	
299	94 Liz	Clues	02:13:01	02:13:24 F 45 to 49	Tri-Anglia
300	34 Neil	Barlow	02:12:43	02:13:29 M 45 to 49	
301	151 Emma	Ferreira	02:13:13	02:13:39 F 35 to 39	
302	282 Victoria	Laughland	02:13:32	02:14:00 F 50 to 54	
303	191 Claire	Gray	02:13:33	02:14:00 F 35 to 39	
304	441 Wayne	Sutton	02:13:51	02:14:33 M 40 to 44	
305	409 Debbie	Secret	02:13:51	02:14:35 F 50 to 54	
306	154 Sharon	Firman	02:13:57	02:14:42 F 45 to 49	
307	257 Anna	Jordan-Smith	02:14:22	02:14:58 F Senior	
308	350 Rebecca	Nunn	02:14:23	02:14:58 F Senior	
309	392 Emily	Rudd	02:15:25	02:15:49 F Senior	Team Persimmon
310	233 Gary	Howard	02:15:23	02:15:50 M 45 to 49	
311	14 Joanna	Andrews	02:15:22	02:16:10 F 35 to 39	
312	231 Adriana	Houchell	02:15:48	02:16:19 F Senior	
313	298 Tony	Ludham	02:15:31	02:16:21 M 50 to 54	Gt Yarmouth RR
314	15 Clare	Angel	02:15:51	02:16:38 F 35 to 39	Gt Yarmouth RR
315	308 Tiago	Magalhaes	02:15:51	02:16:38 M Senior	
316	462 Kate	Wakefield	02:15:51	02:16:43 F 35 to 39	
317	416 Tracy	Shrimpton	02:16:51	02:17:31 F 35 to 39	Nicholsons Solicitors
318	297 Debbie	Lovegrove	02:16:51	02:17:31 F 50 to 54	Nicholsons Solicitors
319	163 Rebecca	Freeman	02:17:10	02:17:41 F Senior	
320	162 Paul	Freeman	02:17:10	02:17:41 M 50 to 54	
321	123 Mark	Deabill	02:16:49	02:17:43 M 50 to 54	
322	116 Francesca	D'Amore	02:17:07	02:17:44 F Senior	
323	59 Edward	Bown	02:17:43	02:18:07 M Senior	
324	3 Rachel	Acamon-Carbonelli	02:17:28	02:18:07 F 40 to 44	Gt Yarmouth RR
325	305 Emma	Macfarlane	02:17:24	02:18:13 F 35 to 39	
326	132 Vicki	Duncan	02:17:44	02:18:15 F 35 to 39	
327	56 Aimee	Boreham	02:17:40	02:18:21 F Senior	
328	463 Regina	Warford	02:18:26	02:18:40 F 40 to 44	Lowestoft Road Runner
329	345 Joe	Naughton	02:18:27	02:18:44 M 55 to 59	Stowmarket Striders
330	329 Jane	Middleton	02:18:06	02:18:58 F 50 to 54	
331	32 Rosemarie	Ball	02:18:14	02:19:08 F 55 to 59	
332	26 Rosemary	Bailey	02:18:42	02:19:11 F Senior	
333	382 Jayne	Richardson	02:18:44	02:19:12 F 55 to 59	
334	435 Beth	Stephens	02:18:38	02:19:15 F Senior	

335	199 Demelza	Hammond	02:19:53	02:20:42 F 35 to 39	
336	322 Esther	McSweeney	02:20:31	02:21:24 F 45 to 49	
337	340 Rachel	Morris	02:21:09	02:21:43 F Senior	
338	201 Sue	Hargadon	02:21:17	02:21:44 F 60+	Ipswich Tri Club
339	458 Teresa	Utting	02:21:00	02:21:47 F 45 to 49	
340	76 Tanya	Cable	02:21:02	02:21:47 F Senior	
341	91 Keri	Clements	02:21:42	02:22:26 F 45 to 49	
342	230 Fiona	Hoston-Moore	02:22:05	02:22:31 F 50 to 54	
343	450 Hannah	Tomlinson	02:23:03	02:23:44 F Senior	Hannah
344	255 Matthew	Jones	02:23:49	02:24:19 M Senior	
345	112 Michael	Culham	02:24:07	02:24:53 M Senior	
346	369 Lauren	Pollard	02:24:47	02:25:33 F Senior	
347	398 Ed	Saltmarsh	02:24:51	02:25:37 M 45 to 49	
348	239 Lorraine	Huggins	02:24:52	02:25:37 F 40 to 44	
349	58 Lucy	Bown	02:25:29	02:25:54 F Senior	
350	371 Suzanne	Porter	02:25:07	02:26:03 F 40 to 44	
351	82 Nicholas	Carter	02:26:16	02:27:10 M 65+	
352	333 Sharron	Mitchell	02:26:50	02:27:23 F 45 to 49	
353	323 Hayley	Meades	02:26:34	02:27:28 F Senior	
354	190 Suzy	Grant	02:26:35	02:27:28 F 40 to 44	
355	358 Becky	Palmer	02:26:34	02:27:28 F Senior	
356	78 Jane	Campbell	02:27:45	02:27:45 F 45 to 49	Bungay Harriers
357	122 Tammy	De Freitas	02:27:04	02:27:52 F 40 to 44	
358	334 Mandy	Moore	02:27:50	02:28:36 F 45 to 49	
359	353 Anthony	Osborne	02:28:31	02:29:16 M 55 to 59	
360	136 Rachael	Edwards	02:28:34	02:29:25 F 40 to 44	Knights Estates
361	219 Colin	Hillier	02:28:32	02:29:26 M Senior	Knights Estates
362	372 Susan	Potter	02:29:52	02:30:49 F 55 to 59	
363	107 Jane	Crane	02:30:27	02:31:07 F 40 to 44	
364	467 Clare	Webb	02:30:55	02:31:42 F 50 to 54	Bungay Black Dogs
365	411 David	Shade	02:31:20	02:31:51 M Senior	
366	440 Tod	Sullivan	02:31:15	02:31:53 M 40 to 44	
367	215 Kevin	Hill	02:31:54	02:32:41 M- No Age Provided	The Two Ks
368	204 Victoria	Harrison	02:31:53	02:32:41 F 40 to 44	
369	374 Karen	Prime	02:31:54	02:32:41 F 45 to 49	The Two Ks
370	232 Heather	Houghton	02:32:38	02:32:59 F 45 to 49	
371	113 Alison	Cutter	02:32:38	02:33:29 F 40 to 44	
372	283 Phillip	Laurier	02:34:43	02:35:12 M 65+	Lowestoft Road Runner
373	158 Tessa	Ford	02:35:44	02:36:32 F 35 to 39	Bungay Black Dogs
374	389 Kylie	Robinson	02:35:59	02:36:49 F Senior	
375	140 Katie	Everett	02:36:01	02:36:51 F 35 to 39	Framlingham Flyers
376	403 Sharon	Saunders	02:36:40	02:37:28 F 45 to 49	
377	400 Claire	Sargeant	02:37:52	02:38:28 F 40 to 44	
378	484 William	Brooks-Keith	02:38:08	02:38:52 M Senior	Norwich Road Runners
379	31 Michael	Ball	02:39:27	02:40:25 M 60 to 64	
380	33 Freya	Barker	02:40:21	02:40:59 F 35 to 39	
381	96 Emma	Cluett	02:41:44	02:42:22 F 35 to 39	
382	235 Kirsty	Howe	02:42:01	02:42:52 F Senior	
383	475 Sarah	Wood	02:42:01	02:42:52 F Senior	
384	446 Samantha	Teun	02:42:52	02:43:45 F 40 to 44	
385	481 Jessica	Youngs	02:43:18	02:43:58 F 40 to 44	
386	214 Beth	Hill	02:43:17	02:43:58 F 40 to 44	
387	209 Tracey	Haylock	02:43:44	02:44:27 F 50 to 54	
388	20 Bob	Arnell	02:43:45	02:44:37 M 65+	
389	293 Lisa	Lockwood	02:44:58	02:45:30 F Senior	
390	342 Jasmine	Mountford	02:45:51	02:46:41 F Senior	
391	156 Martyn	Fitt	02:48:24	02:49:03 M Senior	NHS South Norfolk CCG
392	115 Bradley	Dale	02:50:30	02:51:26 M 50 to 54	
393	114 Elizabeth	Cutting	02:50:30	02:51:27 F 45 to 49	
394	166 Lindsey	Frost	02:51:23	02:52:21 F Senior	
395	196 Rachael	Hagger	02:53:41	02:54:38 F 40 to 44	
396	431 Jane	Spendlove	02:54:07	02:54:55 F 55 to 59	
397	430 Anna	Spendlove	02:54:05	02:54:55 F Senior	
398	77 Zoe	Cadton	02:54:07	02:54:55 F 40 to 44	
399	425 Lisa	Smith	02:54:08	02:55:06 F 45 to 49	
400	63 Elizabeth	Broadhurst	02:55:57	02:56:44 F 40 to 44	
401	249 Bob	Jack	02:56:55	02:57:54 M 55 to 59	Bungay Black Dogs

402	49 Paul	Bird	02:59:53	03:00:51 M 55 to 59	Bungay Black Dogs
403	43 Joanne	Bemment	03:02:51	03:03:26 F 45 to 49	
404	89 James	Clarke	03:03:39	03:04:01 M Senior	
405	480 Paul	Youngman	03:04:14	03:04:48 M 55 to 59	
406	394 Sharon	Rush	03:08:00	03:09:17 F 40 to 44	
407	195 Julie	Grooms	03:09:19	03:09:26 F 50 to 54	Fan Flyers
408	240 Christopher	Hulme	03:09:51	03:10:42 M Senior	
409	110 Shaun	Crowley	03:09:44	03:10:46 M 55 to 59	Lowestoft Road Runner