

Ladies							Men											
Position	Name	Team	Category	Race 1	Race 2	Race 3	Total	Disclaimer	Position	Name	Team	Category	Race 1	Race 2	Race 3	Total	Disclaimer	
1	Colleen_Nicole	Mukuya	East Coast Runners	F5	100	100	100	300	v	1	Carl Prewer	Tri-Anglia	M45	149	147	147	v	
2	Helen	Mian	Gazelles	F45	94	90	94	278	v	2	Stephen Balfe	Tri-Anglia	M5	148	146	146	v	
3	Christine	Anthony	St Edmund Pacers	F50	93	92	91	276	v	3	Jonathan Cordle	Tri-Anglia	M50	144	139	144	v	
4	Nadine	Heselatine	East Coast Runners	F40	88	86	87	261	v	4	Paul Smith	Team Dunerunner	M40	142	135	139	427	v
5	Katie	Leonard	RAF Marham	F5	95	75	89	259	v	5	Richard White	Wymondham	M55	139	134	132	405	v
6	Tracey	Prewer	GYRR	F50	85	85	86	256	v	6	Adrian Wymondham	Wymondham	M50	131	136	137	404	v
7	Caroline	Houghton	Norwich Road Runners	F40	90	78	83	251	v	7	Adrian Simmons	RAF Honington	M45	133	132	135	400	v
8	Louise	Marsden	Tri-Anglia	F35	79	82	80	241	v	8	Bernard Mukuya	East Coast Runners	M40	140	126	125	391	v
9	Karen	Balcombe	NNBR	F50	84	77	74	235	v	9	Matt Dawson	RAF Marham	MS	136	118	130	384	v
10	Iona	Brett	GYRR	FJ	86	79	69	234	v	10	Nick Bowden	Reepham Runners	M60	132	123	119	374	v
11	Lucy	Campbell	Norfolk Harriers	F50	87	76	71	234	v	11	Lee Hale	RAF Marham	M45	127	121	122	370	v
12	Jodie	Causser	Norwich Road Runners	F35	81	69	76	226	v	12	Shawn Mason	Team Dunerunner	M45	125	116	113	354	v
13	Theresa	Colby	Norwich Road Runners	F40	76	68	70	214	v	13	Stefan White	Reepham Runners	MS	128	113	111	352	v
14	Eloise	Bird	St Edmund Pacers	F45	75	70	67	212	v	14	Peter Bird	East Coast Runners	M40	129	117	105	351	v
15	Carol	Betts	Gazelles	F60	73	64	68	205	v	15	Stephen Dady	Wymondham	M65	124	114	109	347	v
16	Emma	Risbey	East Coast Runners	F35	99	99	99	198	v	16	Gary Grand	Norwich Road Runners	M50	123	112	112	347	v
17	Cat	Cummings	Wymondham	F35	97	98	95	290	v	17	Roger Ackley	Sportlink	M50	130	108	106	344	v
18	Leanne	Finch	East Coast Runners	F5	95	96	91	282	v	18	Chris Chorley	Sportlink	M50	114	107	110	331	v
19	Alicia	Lacey	Norwich Road Runners	F5	94	95	189	v	19	Steve Rolfe	Gazelles	M60	112	103	115	330	v	
20	Charlie	Wootton	Gazelles	F50	72	54	60	186	v	20	Paul Mulley	RAF Marham	M40	119	95	104	318	v
21	Katie	King	St Edmund Pacers	F5	93	90	183	v	21	Mark Mardell	Norwich Road Runners	M5	107	99	99	305	v	
22	Lynn	Emmett	Tri-Anglia	F45	91	92	183	v	22	Rob Lines	Tri-Anglia	M45	110	97	97	304	v	
23	Nicole	Beck	Tri-Anglia	F5	97	84	181	v	23	Harrison Meek	GYRR	M1	120	98	98	302	v	
24	Juliette	Watkinson	Wymondham	F35	89	88	177	v	24	Daniel Middleton	Norwich Road Runners	MS	150	150	300	v		
25	Nina	Atkinson	Reepham Runners	F40	91	84	175	v	25	Matthew Allen	RAF Marham	M40	150	148	298	v		
26	Sasha	Perfect	RAF Marham	F35	89	85	174	v	26	Robert Chenery	East Coast Runners	M5	149	148	297	v		
27	Nicola	Baker	GYRR	F45	92	81	173	v	27	Chris Rowland	RAF Honington	M45	147	145	292	v		
28	Jude	Durrant	Sportlink	F45	70	48	50	168	v	28	Kevin Reason	Tri-Anglia	M50	146	141	291	v	
29	Georgine	Sexton	Tri-Anglia	F35	69	45	53	167	v	29	Peter Laddiman	Norfolk Harriers	M50	105	87	98	290	v
30	Bobbie	Sauerzapf	Sportlink	F55	68	49	46	163	v	30	Dudley Garner	Gazelles	MS	111	86	92	289	v
31	Natalie	Cant	Tri-Anglia	F35	83	79	162	v	31	Steve Langley	East Coast Runners	M55	143	140	283	v		
32	Penny	Edwards	Tri-Anglia	F60	81	78	159	v	32	Kevin Frazer	Wymondham	M50	142	141	283	v		
33	Dianne	Hughes	Stowmarket Striders	F55	80	75	155	v	33	Nige Bostock	RAF Honington	M45	137	140	277	v		
34	Jenny	Morgan	St Edmund Pacers	F60	80	73	153	v	34	John Taylor	Tri-Anglia	M40	103	84	88	275	v	
35	Julie	Doughty	Reepham Runners	F45	82	66	148	v	35	Tony Beales	Wymondham	M50	101	78	94	273	v	
36	Caroline	Taylor	Norwich Road Runners	F60	64	43	41	148	v	36	Craig Adlard	UEA	MS	135	127	262	v	
37	Kate	Beer	Stowmarket Striders	F45	74	72	146	v	37	Ian Tooley	GYRR	M55	97	83	79	259	v	
38	Gemma	Woollrych	NNBR	F40	77	65	142	v	38	Andrew Hammond	Gazelles	M60	99	73	83	255	v	
39	Louise	Pegg	NNBR	F50	71	71	142	v	39	Nick Stephens	Stowmarket Striders	M50	129	124	253	v		
40	Sue	Brookhouse	Tri-Anglia	F55	65	33	42	140	v	40	Paul Chatton	East Coast Runners	M50	124	126	250	v	
41	Eva	Osborne	Wymondham	F75	60	39	32	131	v	41	Phil Bamford	Sportlink	M65	96	76	77	249	v
42	Karen	Nye	Sportlink	F40	63	30	37	130	v	42	Paul Rivers	East Coast Runners	M40	104	65	80	249	v
43	Cindy	Burgess	Wymondham	F65	61	31	38	130	v	43	Bryn Williams	Tri-Anglia	M50	94	69	85	248	v
44	Janice	Coglin-Hibbert	Tri-Anglia	F40	62	25	40	127	v	44	David Goodwin	Norwich Road Runners	M70	89	75	75	239	v
45	Rebecca	Buck	East Coast Runners	F35	62	64	126	v	45	Phil Cooper	Reepham Runners	M5	120	118	238	v		
46	Julia	Baldwin	Stowmarket Striders	F45	61	65	126	v	46	Pete Reed	RAF Marham	MS	118	109	227	v		
47	Dawn	Carver	Norwich Road Runners	F50	60	66	126	v	47	Alan Bushell	Sportlink	M45	126	101	227	v		
48	Pauline	Leeves	GYRR	F55	56	63	119	v	48	Paul Smith	RAF Marham	M45	121	104	225	v		
49	Diane	Pampin	GYRR	F65	55	62	117	v	49	Ashley Yallop	Norwich Road Runners	M40	115	108	223	v		
50	Sandra	Mayhew	Stowmarket Striders	F50	57	57	116	v	50	Robert Ranson	Stowmarket Striders	M50	81	60	71	211	v	
51	Jane	Harrison	Team Dunerunner	F50	57	59	116	v	51	Mark Philo	Tri-Anglia	M45	109	102	211	v		
52	Pat	Brightman	Sportlink	F65	58	24	30	112	v	52	Kevin Youngs	Gazelles	M65	115	95	210	v	
53	Helen	Alefounder	Reepham Runners	F40	67	45	112	v	53	Jamie Barber	East Coast Runners	MS	101	107	208	v		
54	Beth	King	Gazelles	F40	47	56	103	v	54	Mark Taylor	Norwich Road Runners	M60	80	61	63	204	v	
55	Jean	Cox	Individual	F75	57	19	25	101	v	55	Greg Tinter	Tri-Anglia	M5	88	116	204	v	
56	Chris	Gay	Stowmarket Striders	F65	54	20	26	100	v	56	Scott Chatton	East Coast Runners	MS	102	100	202	v	
57	Elaine	Hudson	Individual	F60	46	54	100	v	57	Dale Cooper	Norfolk Harriers	M55	113	85	198	v		
58	Alice	Goodwin	UEA	FJ	99	99	99	v	58	Newman Fruin	RAF Honington	MJ	106	87	193	v		
59	Imogen	Emmett	UEA	FJ	98	98	98	v	59	Ian Sturgess	Wymondham	M55	96	96	192	v		
60	Becky	Schofield	Tri-Anglia	F35	98	98	98	v	60	David Parker	RAF Honington	MS	79	54	54	187	v	
61	Mike	Newton	Stowmarket Striders	M65	52	23	23	98	v	61	Michael Gabe	Tri-Anglia	M55	82	116	172	v	
62	Jessica	Sparkes	GYRR	FJ	51	47	98	v	62	David Robinson	Norwich Road Runners	M55	77	48	52	177	v	
63	Sarah	Griffiths	Norfolk Harriers	FS	97	97	97	v	63	Gary Cooper	Norwich Road Runners	M50	95	81	176	v		
64	Sophie	Moeller	UEA	FJ	96	96	96	v	64	Mike Smith	Wymondham	M70	76	50	176	v		
65	K	Murrell	Tri-Anglia	F35	96	96	96	v	65	Pete Thompson	Gazelles	M60	82	91	173	v		
66	Natalie	Wright	RAF Marham	F5	83	83	83	v	66	Nick Gables	Wymondham	M50	102	77	123	302	v	
67	Sarah	Napes	NNBR	F35	41	51	92	v	67	Sam Weller	NNBR	M55	79	90	169	v		
68	Bill	Cox	Individual	M75	50	18	22	90	v	68	Marc Gladwell	RAF Marham	MS	91	74	165	v	
69	Julie	Bringleo	Norfolk Harriers	F40	32	58	90	v	69	Robert Scarfe	Wymondham	M60	75	44	45	164	v	
70	Rosie	Waterman	Tri-Anglia	F35	88	88	88	v	70	Peter Gay	Stowmarket Striders	M75	72	43	47	162	v	
71	Jane	Clarke	Sportlink	F55	87	87	87	v	71	Chris Gay	Norfolk Harriers	M50	93	68	161	v		
72	Alyna	New	East Coast Runners	FJ	86	52	86	v	72	David Charles	East Coast Runners	MS	82	68	150	v		
73	Angie	Martin	Wymondham	F55	50	34	84	v	73	Dale Hornsby	RAF Marham	MS	87	62	149	v		
74	Vivienne	Taylor	Individual	F60	40	44	84	v	74	Matthew Jefferies	East Coast Runners	MS	87	149	149	v		
75	Anne	Ellen	Gazelles	F60	83	83	83	v	75	Steve Jones	Wymondham	M45	145	145	145	v		
76	Tawa	Groombridge	Norwich Road Runners	F35	82	82	82	v	76	Kevin Hardingham	Gazelles	M55	72	73	145	v		
77	Maria	Saomes	Wymondham	F5	56	24	80	v	77	Ian Gabe	UEA	MJ	144	144	144	v		
78	Andrea	Thompson	RAF Marham	F45	37	43	80	v	78	Ben Churchman	RAF Marham	MS	143	143	143	v		
79	Eloise	Platt	GYRR	FJ	78	78	78	v	79	Keith Hood	Wymondham	M55	71	72	143	v		
80	Niki	Park	Wymondham	F50	77	77	77	v	80	Nick Hammond	Stowmarket Striders	M45	143	143	143	v		
81	Nicky	Neill	RAF Marham	F45	74	74	74	v	81	Karl Sherry	Norwich Road Runners	M55	142	142	142	v		
82	Kathryn	Shazick	GYRR	FJ	73	73	73	v	82	Matt Howard	Norwich Road Runners	MS	141	141	141	v		
83	Amelia	Whiting	Gazelles	F40	72	64	72	v	83	Tony Wilmond	Wymondham	M45	141	141	141	v		
84	Ruth	Lynds	Tri-Anglia	F50	67	67	67	v	84	Rod Mansel	Individual	M55	66	74	140	v		
85	Sue	Itsley	NNBR	F55	66	66	66	v	85	Ben Warnes	RAF Marham	MS	84	55	139	v		
86	Judy	Potter	Individual	F70	29	36	65	v	86	Daniel Perry	Tri-Anglia	MS	138	138	138	v		
87	Lisa	Hall	Team Dunerunner	F35	63	63	63	v	87	Andy Merrett	RAF Marham	M40	138	138	138	v		
88	Sandy	Wells	Sportlink	F65	28	35	63	v	88	David Houghton	Norwich Road Runners	M45	138	138	138	v		
89	Abigail	King	Norwich Road Runners	F5	61	61	61	v	89	Joseph Riley	Tri-Anglia	M5	137	137	137	v		
90	Tia	Mackenzie-Forsyth	RAF	F35	59	59	59	v	90	Darrell Wilkinson	RAF Honington	MS	136	136	136	v		
91	Claire	Smith	RAF Marham	F45	58	58	58	v	91	Bob Cameron	Team Dunerunner	M50	64	71	135	v		
92	Lynda	Moore	Norwich Road Runners	F60	56	31	57	v	92	Adam Redpath	RAF Marham	MS	134	134	134	v		
93	Rodney	Freeburn	Wymondham	M75	55	55	55	v	93	Craig Alexander	RAF Marham	M5	133	133	133	v		
94	Adèle	Bushell																

148	Richard	Evans	Tri-Anglia	M45	83		83
149	Rodney	Freeburn	Wymondham	M75		39	43 82
150	Martin	Yeomans	Norwich Road Runners	M65			81 81
151	Duncan	Chenery	East Coast Runners	M55		80	80
152	Paulo	Demarco	Tri-Anglia	M55			78 78
153	Martin	McConnell	Norwich Road Runners	M5		77	77
154	Philip	Charton	East Coast Runners	M50			76 76
155	Trevor	Horrex	Norwich Road Runners	M55			74 74
156	Chris	Stephen	RAF Marham	M5		74	73
157	Pat	Brown	Individual	M75		71	71
158	Matt	Atkinson	RAF Marham	M5		67	67
159	Junaid	Malone	RAF Marham	M5			67 67
160	David	Willis	East Coast Runners	M5			65 65
161	Tom	Moore	Team Dunerunner	M5			64 64
162	Luke	Gibson	RAF Marham	M5			59 59
163	Adam	Tingey	RAF Marham	M5		58	58
164	John	Bone	GYRR	M70			58 58
165	Ian	Dawson	Tri-Anglia	M40		57	57
166	Richard	Fellingham	Stowmarket Striders	M65			57 57
167	Bruce	Rayner	GYRR	M55			53 53
168	Steve	Stringer	GYRR	M50		51	51
169	Ian	Freel	Team Dunerunner	M55		42	42