

forename	surname	club	category
Matthew	Anderson		MO
Kyle	Barber		MO
James	Bell		MO
Jonathan	Bolton	Ipswich Jaffa	MO
Paul	Cross		MO
Christopher	Deal	Harling AC	MO
Neil	Dennis	Stowmarket Striders RC	MO
Liam	Doyle		MO
Adam	Durrant		MO
Timothy	Frost		MO
Dudley	Garner	Norfolk Gazelles AC	MO
David	Gibbs		MO
Ray	Gillett		MO
Chris	Harrison	Norwich Road Runners	MO
Adam	Hill		MO
Nicholas	Hudson	Coltishall Jaguars	MO
Joe	Jermy	Great Yarmouth Road Runners	MO
Jonathan	Leunis		MO
Charles	Mathews		MO
Nigel	Mulford		MO
David	Neeve	Bungay Black Dog RC	MO
Simon	Partridge	Bure Valley Harriers	MO
Robert	Prettyman	FiT2RuN	MO
George	Rodgers		MO
Matt	Rump		MO
Phil	Soanes	Vikings Fitness Norwich	MO
Paul	Spooner		MO
James	Wells		MO
Robert	Whalen	Tri-Anglia Triathlon Club	MO
Simon	Wright	Norwich Road Runners	MO
Neil	Adams	North Norfolk Beach Runners	M40-44
Matthew	Allen	Ryston Runners AC	M40-44
David	Allen	Norwich Road Runners	M40-44
Martyn	Bell		M40-44
James	Bishop		M40-44
Chris	Bullock	Norwich Road Runners	M40-44
Marc	Coles	Norwich Road Runners	M40-44
Paul	Davis		M40-44
Mark	Drysdale	Norfolk Gazelles AC	M40-44
James	Dunne		M40-44
Carl	Fawkes		M40-44
Matthew	Grimwood		M40-44
Shaun	Hurr	Reepham Runners	M40-44
James	King		M40-44

Terry	Medler		M40-44
Pete	Nelson	Coltishall Jaguars	M40-44
Colin	Oswald	Norfolk Gazelles AC	M40-44
Andrew	Poole		M40-44
Edward	Rawlings	North Norfolk Beach Runners	M40-44
Jem	Smith	Sudbury Joggers	M40-44
Jonah	Tosney		M40-44
Paul	Vincent		M40-44
Keith	Walpole	Norwich Road Runners	M40-44
Jeremy	Bell		M45-49
Stephen	Chapman	Stowmarket Striders RC	M45-49
Karl	Chapman	Wymondham AC	M45-49
Paul	Cottrell	Norfolk Gazelles AC	M45-49
Anthony	Fullam		M45-49
Howard	Harper		M45-49
Richard	High	Norwich Road Runners	M45-49
Giles	Kerkham	Norwich Road Runners	M45-49
Darren	Matthewson		M45-49
Darren	Nockels		M45-49
Lee	Oxbury	Norfolk Gazelles AC	M45-49
Mark	Philo	Tri-Anglia Triathlon Club	M45-49
Mark	Ramsden		M45-49
Paul	Reeve		M45-49
John	Robinson	Norwich Road Runners	M45-49
Tim	Rudd	Ryston Runners AC	M45-49
Paul	Smith	Norwich Road Runners	M45-49
Julian	Smith	Coltishall Jaguars	M45-49
Robert	Spence		M45-49
Matthew	Stone	Bure Valley Harriers	M45-49
David	Tandy	Norwich Road Runners	M45-49
Mark	Tufts	Wymondham AC	M45-49
Neil	Walpole	Norwich Road Runners	M45-49
Hugh	Woolfenden		M45-49
Tony	Beales	Wymondham AC	M50-54
John	Christopher		M50-54
Kevin	Clark	Bungay Black Dog RC	M50-54
Shaun	Conway		M50-54
Paul	Gerber	Coltishall Jaguars	M50-54
Gary	Grand	Norwich Road Runners	M50-54
Adrian	Grand	Norwich Road Runners	M50-54
James	Grantham	Harling AC	M50-54
Christopher	Hollinshead	Cannock & Stafford AC	M50-54
Ray	Howard		M50-54
William	Howe	Harling Athletic Club	M50-54
Graham	Johnson	Coltishall Jaguars	M50-54

David	King		M50-54
Keith	Moore	Dereham Runners AC	M50-54
Andy	Palmer	Norwich Road Runners	M50-54
Stephen	Pizey	Norwich Road Runners	M50-54
Stephen	Roe	North Norfolk Beach Runners	M50-54
Jon	Rowden	Norwich Road Runners	M50-54
Robert	Belcher	Norwich Road Runners	M55-59
Steve	Brown	FiT2RuN	M55-59
Stephen	Corbould	Norfolk Gazelles AC	M55-59
Paul	Corder	Norwich Road Runners	M55-59
Dean	Gray	Norwich Road Runners	M55-59
Phil	Henry	Coltishall Jaguars	M55-59
Stewart	Marden	Coltishall Jaguars	M55-59
Robert	Miller		M55-59
John	Moore	Norfolk Gazelles AC	M55-59
Stuart	Sayer	Norwich Road Runners	M55-59
Mal	Taylor	Reepham Runners	M55-59
Tim	Woods	Norfolk Gazelles AC	M55-59
Nigel	Bullen	Norfolk Gazelles AC	M60-64
Terry	Epps	Wymondham AC	M60-64
Andrew	Lane	Wymondham AC	M60-64
Ivan	Lees	Great Yarmouth Road Runners	M60-64
Ker	Macrosson	Stowmarket Striders RC	M60-64
Trevor	Potter	Norwich Road Runners	M60-64
Roland	Talbot	Coltishall Jaguars	M60-64
Kenneth	Bowman	Coltishall Jaguars.	M65+
David	Field	Norwich Road Runners	M65+
Peter	Gay	Stowmarket Striders RC	M65+
Stephen W	Mead	Stowmarket Striders RC	M65+
Mike	Ottley	Reepham Runners	M65+
Richard	Preston		M65+
John	Walshe	East Cork AC	M65+
Dennis	Wells		M65+
Caroline	Allen	Norwich Road Runners	FO
Lindsey	Anderson		FO
Amii	Andrews	Norwich Road Runners	FO
Libby	Ashton	North Norfolk Beach Runners	FO
Emma	Attwood	Stowmarket Striders RC	FO
Alison	Bailey	Longdale Striders	FO
Vicky	Bailey	Norwich Road Runners	FO
Andie	Beaven		FO
Clare	Belfield-Smith		FO
Kay	Boyden	Reepham Runners	FO
Laura	Brown	Stowmarket Striders RC	FO
Rachel	Butlin		FO

Cat	Cameron	Runners-next-the-Sea	FO
Jodie	Causer	Norwich Road Runners	FO
Hannah	Chapman	Longdale Striders	FO
Danielle	Crane	Norwich Road Runners	FO
Cat	Cummings	Wymondham AC	FO
Donna	Dingle		FO
Charlotte	Durrant	Stowmarket Striders RC	FO
Lizza	Frary	Norwich Road Runners	FO
Elizabeth	Green	Norwich Road Runners	FO
Vicky	Hampson	North Norfolk Beach Runners	FO
Stacey	Harper	Norwich Road Runners	FO
Elly	Haylock		FO
Heidi	Hobday		FO
Amy	Howarth		FO
Amy	Husband		FO
Louise	Isherwood	Norfolk Gazelles AC	FO
Emma	Jay	Norfolk Gazelles AC	FO
Amy	Jenkins		FO
Salina	Jones	Norwich Road Runners	FO
Christine	Kingwell	Bungay Black Dog RC	FO
Lorena	Latisaite	Ryston Runners AC	FO
Rowena	Leary	Norfolk Gazelles AC	FO
Chloe	Locke		FO
Kerry	Lymbery		FO
Catherine	Mahony Parfitt		FO
Katherine	Mann	Norwich Road Runners	FO
Elizabeth	Mathews		FO
Hayley	Matthews		FO
Hannah	Mcguire		FO
Zoe	Parish	North Norfolk Beach Runners	FO
Rebecca	Pountain	Coltishall Jaguars	FO
Nicky	Rebbeck		FO
Kitty	Rosser	Tri-Anglia Triathlon Club	FO
Emma	Soanes	Vikings Fitness Norwich	FO
Maria	Spillane		FO
Lucy	Spinks	Norwich Road Runners	FO
Anna	Thorpe	Norwich Road Runners	FO
Daisy	Turner		FO
Ami	Utting		FO
Erica	White		FO
Georgia	Williams	Wymondham AC	FO
Amy	Worley	North Norfolk Beach Runners	FO
Katherine	Wright	North Norfolk Beach Runners	FO
Emma	Adcock	Dereham Runners AC	F40-44
Carol	Baker	Norfolk Gazelles AC	F40-44

Cassie	Barker	Wymondham AC	F40-44
Clarice	Campbell	Wymondham AC	F40-44
Estelle	Corner	Norfolk Gazelles AC	F40-44
Renouf	Emma	Norwich Road Runners	F40-44
Karen	Glenister		F40-44
Clare	Halfpenny	Ware Joggers	F40-44
Vikki	Harper	Coltishall Jaguars	F40-44
Clare	Hicks	Coltishall Jaguars	F40-44
Nicola	Holden	Coltishall Jaguars	F40-44
Claire	Mingay		F40-44
Kate	Moore	Norwich Road Runners	F40-44
Fran	Morgan	Norwich Road Runners	F40-44
Claire	Owen	Coltishall Jaguars	F40-44
Kerry	Smith	North Norfolk Beach Runners	F40-44
Sadie	Smith		F40-44
Susan	Smith	Longdale Striders	F40-44
Natasha	Sumner	North Norfolk Beach Runners	F40-44
Victoria	Tustian		F40-44
Sonja	White	Coltishall Jaguars	F40-44
Kirsty	Winter		F40-44
Emily	Woodfield	Tri-Anglia Triathlon Club	F40-44
Sam	Barwick	Norfolk Gazelles AC	F45-49
Kim	Blazer	Norwich Road Runners	F45-49
Shelley	Burton	North Norfolk Beach Runners	F45-49
Ali	Cook		F45-49
Justine	Davenport	Norfolk Gazelles AC	F45-49
Vicky	Day	Wymondham AC	F45-49
Nilixa	Devlukia		F45-49
Theresa	Dooley		F45-49
Lisa	Fitch	FiT2RuN	F45-49
Hayley	Gerrard	Norwich Road Runners	F45-49
Lynn	Greenfield		F45-49
Louise	Holland	Wymondham AC	F45-49
Emma	Hollinshead	Cannock & Stafford AC	F45-49
Sharon	Hurren	Wymondham AC	F45-49
Emily	Jordan	Norwich Road Runners	F45-49
Vikki	Lawes	FiT2RuN	F45-49
Helen	Lewis		F45-49
Marianne	Saunders	Longdale Striders	F45-49
Claire	Smith	Norwich Road Runners	F45-49
Sue	Snelling		F45-49
Gwen	Touhami		F45-49
Chrissie	Ward	FiT2RuN	F45-49
Melanie	Widdows		F45-49
Linda	Bygrave		F50-54

Yvonne	Jackson		F50-54
Sharon	Jones	Coltishall Jaguars	F50-54
Paula	Jordan	Norwich Road Runners	F50-54
Dawn	King		F50-54
Wendy	Larke	Wymondham AC	F50-54
Kay	Montandon		F50-54
Janice	Moore	Dereham Runners AC	F50-54
Sarah	Morter	North Norfolk Beach Runners	F50-54
Sonya	Powley	FiT2RuN	F50-54
Helen	Taylor	Norwich Road Runners	F55-59
Lesley	Winston	North Norfolk Beach Runners	F55-59
Hazel	Cason	Dereham Runners AC	F60-64
Elizabeth	Davison	Norwich Road Runners	F60-64
Sheila	Preston		F60-64
Lucy	Walker		F60-64
Beres	Ward	Wymondham AC	F60-64
Pat	Brightman	Great Yarmouth & District AC	F65+