

<b>bib</b>	<b>forename</b>	<b>surname</b>	<b>club</b>	<b>category</b>
4	Michelle	Barker	Wymondham AC	FO
8	Charlotte	Bird		FO
19	Esther	Brown		FO
28	Sarah	Cole	Wymondham AC	FO
39	Natasha	Davis		FO
51	Kate	Gooding	Wymondham AC	FO
53	Nicola	Grimes		FO
55	Vicky	Hampson	North Norfolk Beach Runners	FO
56	Jamie	Harkin	Coltishall Jaguars	FO
61	Charlotte Lucy	Hodgson	Norwich Road Runners	FO
76	Kirsty	Lack	Runners-next-the-Sea	FO
78	Victoria	Lintin	Longdale Striders	FO
93	Hannah	Pegg		FO
95	Michelle	Pinnington	Norwich Road Runners	FO
99	Lucy	Richardson	Norwich Road Runners	FO
105	Louise	Rowe	Dereham Runners AC	FO
116	Jenny	Sparkes	Norwich Road Runners	FO
119	Fiona	Springall		FO
138	Anna	Wright	Norwich Road Runners	FO
7	Marion	Bensley	Coltishall Jaguars	F40-44
16	Alexandra	brooks		F40-44
18	Leona	Broughton	Reepham Runners	F40-44
26	Celia	Clarke	Wymondham AC	F40-44
32	Wendy	Cooper		F40-44
35	Heather	Dagraca		F40-44
54	Kirsty	Grint	Norfolk Gazelles AC	F40-44
65	Rachael	Huggins	Norwich Road Runners	F40-44
67	Louise	Isherwood	Norfolk Gazelles AC	F40-44
70	Sarah	Keeble	North Norfolk Beach Runners	F40-44
72	Beth	King	Norfolk Gazelles AC	F40-44
83	Irena	Marcinek	Renegade Runners	F40-44
91	Louise	Paterson	Bure Valley Harriers	F40-44
101	Sarah	Roadley		F40-44

108	Anna	Smith	Ryston Runners AC	F40-44
115	Anna	Spackman	Great Yarmouth Road Runners	F40-44
121	Kirsty	Sturman		F40-44
124	Hazel	Thorn		F40-44
131	Rebecca	Westmoreland	Coltishall Jaguars	F40-44
133	Sonja	White	Coltishall Jaguars	F40-44
134	Rebecca	Wicks	Coltishall Jaguars	F40-44
6	Sara	Beevis		F45-49
13	Karen	Bradley	Coltishall Jaguars	F45-49
15	Caroline	Britton	Coltishall Jaguars	F45-49
27	Janice	Coglin-Hibbert	Tri-Anglia Triathlon Club	F45-49
33	Estelle	Corner	Norfolk Gazelles AC	F45-49
34	Emma	Culley	North Norfolk Beach Runners	F45-49
37	Justine	Davenport	Norfolk Gazelles AC	F45-49
42	Theresa	Dooley	Norfolk Gazelles AC	F45-49
58	Vikki	Harper	Coltishall Jaguars	F45-49
62	Louise	Holland	Wymondham AC	F45-49
86	Fran	Morgan	Norwich Road Runners	F45-49
94	Emma	Penfold	Coltishall Jaguars	F45-49
107	Sara	Shorten	Norwich Road Runners	F45-49
112	Kerry	Smith	North Norfolk Beach Runners	F45-49
118	Emily	Spragge	Coltishall Jaguars	F45-49
141	Shelley	Yeaman		F45-49
11	Sally	Black	Norfolk Gazelles AC	F50-54
50	Carolyn	Gerber		F50-54
66	Louise	Hurr	Norfolk Gazelles AC	F50-54
69	Sharon	Jones	Coltishall Jaguars	F50-54
74	Dawn	King	Run Buddies	F50-54
75	Rachael	Kirkham	Coltishall Jaguars	F50-54
77	Lynn	Lambert	Coltishall Jaguars	F50-54
85	Nicola	MCgee	Great Yarmouth Road Runners	F50-54
97	Emma	Potter-Campbell	Dereham Runners AC	F50-54
103	Lisa	Rodgers	Wymondham AC	F50-54
122	Rochine	Symonds	Great Yarmouth Road Runners	F50-54

139	Sarah	Wright	Independant Runner	F50-54
23	Linda	Bygrave	North Norfolk Beach Runners	F55-59
44	Jackie	Eastaugh-king	Norwich Road Runners	F55-59
48	Ruth	Gainsford	Coltishall Jaguars	F55-59
49	Helen	Ganson	Coltishall Jaguars	F55-59
59	Catherine	Henery	City Of Norwich AC	F55-59
135	Sylvia	Williamson	Norwich Road Runners	F55-59
136	Lesley	Winston	North Norfolk Beach Runners	F55-59
24	Hazel	Cason	Dereham Runners AC	F60-64
106	Bobbie	Sauerzapf	Bungay Black Dog RC	F60-64
46	Margaret	Faherty	Norwich Road Runners	F65+
137	Gill	Woodhouse	Dereham Runners AC	F65+
3	Kirk	Bagge	Wymondham AC	MO
12	Peter	Bolgar		MO
36	Callum	Davenport	Norfolk Gazelles AC	MO
47	Matthew	Freezer	Dereham Runners AC	MO
52	Robert	Greeves	Reepham Runners	MO
63	David	Hook	City of Norwich Athletics Club	MO
79	James	Ludlam	Great Yarmouth Road Runners	MO
90	Christopher	Parsons		MO
102	George	Rodgers		MO
109	Daniel	Smith	Coltishall Jaguars	MO
114	Craig	Smitherman	Norfolk Gazelles AC	MO
117	Robbie	Spencer		MO
1	Neil	Adams	North Norfolk Beach Runners	M40-44
17	Mark	brooks		M40-44
29	Marc	Coles	Norwich Road Runners	M40-44
38	Matt	Davey	Colchester Harriers AC	M40-44
87	Ronnie	Mount	Norwich Road Runners	M40-44
92	Greg	Pearson	Reepham Runners	M40-44
104	Mark	Rose	Ipswich Jaffa	M40-44
132	Carl	White		M40-44
140	Simon	Wright	Norwich Road Runners	M40-44
2	Pete	Alder		M45-49

10	Jason	Black	Norfolk Gazelles AC	M45-49
21	Chris	Bullock	Norwich Road Runners	M45-49
22	Kevin	Burgess	Tri-Anglia Triathlon Club	M45-49
31	Wayne	Cook	Colchester Harriers AC	M45-49
40	Jonathan	Denny		M45-49
43	Mark	Drysdale	Norfolk Gazelles AC	M45-49
57	Howard	Harper	Coltishall Jaguars	M45-49
81	Shaun	Mann	City of Norwich Athletics Club	M45-49
84	Darren	Matthewson	Coltishall Jaguars	M45-49
110	David	Smith	Lowestoft Road Runners	M45-49
113	Matt	Smith	North Norfolk Beach Runners	M45-49
123	Stephen	Terry	Norfolk Gazelles AC	M45-49
126	Keith	Walpole	Norwich Road Runners	M45-49
127	Neil	Walpole	Norwich Road Runners	M45-49
129	Philip	Websdale	Dereham Runners AC	M45-49
5	Andrew	Barrett	Wymondham AC	M50-54
41	Martin	Doherty	Norfolk Gazelles AC	M50-54
45	Martin	Elsegood	Ryston Runners AC	M50-54
64	Richard	Houston	Diss Heywood Joggers	M50-54
68	Graham	Johnson	Coltishall Jaguars	M50-54
73	David	King	Run Buddies	M50-54
80	Tony	Ludlam	Great Yarmouth Road Runners	M50-54
82	Glyn	Manton	Norwich Road Runners	M50-54
88	James	Nice	City of Norwich Athletics Club	M50-54
89	Lee	Oxbury	Norfolk Gazelles AC	M50-54
98	Wayne	Ramsbottom	Dereham Runners AC	M50-54
111	Julian	Smith	Coltishall Jaguars	M50-54
9	Stuart	Bizley	Dereham Runners AC	M55-59
14	Keith	Brighty	Coltishall Jaguars	M55-59
25	Chris	Chorley	Bungay Black Dog RC	M55-59
30	Roly	Cook	Norwich Road Runners	M55-59
60	Phil	Henry	Coltishall Jaguars	M55-59
71	James	Keeler		M55-59
96	Andy	Potter	Stamford Striders	M55-59

<b>120</b>	Andrew	Stratton	Wymondham AC	M55-59
<b>125</b>	Andrew	Toogood	North Norfolk Beach Runners	M55-59
<b>128</b>	Ian	Walsh	Norwich Road Runners	M55-59
<b>100</b>	Paul	Richardson	Dereham Runners AC	M60-64
<b>20</b>	Nigel	Bullen	Norfolk Gazelles AC	M65+
<b>130</b>	Sam	Weller	North Norfolk Beach Runners	M65+