



Wissey Half Marathon 2016

Sunday 4 September 2016 10:30 am

Wheelchair competitors

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>min/mile</i>		
1	1:38:48	DONALD, Gary	Victoria Park Harriers	Vet Men 60+	07:32.4	149	1
2	1:48:32	DOWNING, Peter		Vet Men 60+	08:17.0	193	2

Main race competitors.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>min/mile</i>		
1	1:14:24	PYATT, Matt	Ryston Runners AC	Senior Men	05:40.7	230	1
2	1:19:53	HAYNES, James		Senior Men	06:05.8	218	2
3	1:20:05	ARMSTRONG, Warren	Ryston Runners AC	Vet Men 40-44	06:06.7	114	3
4	1:20:52	ROBINSON, Alistair	Norfolk Gazelles	Senior Men	06:10.3	37	4
5	1:21:19	EBBS, Richard		Vet Men 45-49	06:12.3	268	5
6	1:23:54	MOORE, John	Norfolk Gazelles	Vet Men 55-59	06:24.2	229	6
7	1:23:59	DOYLE, Richard		Senior Men	06:24.5	92	7
8	1:24:16	BOWEN-JONES, Craig	Dereham Runners	Vet Men 45-49	06:25.8	259	8
9	1:24:27	CUMBER, Sarah Louise	Halifax Harriers AC	Vet Ladies 45-49	06:26.7	75	9
10	1:24:49	MOUNTAIN, Jason	Wymondham AC	Senior Men	06:28.4	241	10
11	1:24:58	RUSSELL, Sam	Wymondham AC	Senior Men	06:29.0	220	11
12	1:25:05	BARRETT, Ian		Vet Men 40-44	06:29.6	248	12
13	1:26:06	ABLE, Simon	Ryston Runners AC	Vet Men 45-49	06:34.2	270	13
14	1:26:27	TIMBERLAKE, Jesse	Bungay Black Dog	Senior Men	06:35.8	271	14
15	1:26:40	PRESTON, Andrew	Wymondham AC	Vet Men 50-54	06:36.8	257	15
16	1:27:33	STAFFORD ALLEN, James		Senior Men	06:40.9	211	16
17	1:28:19	TWITE, Phil	Ryston Runners AC	Vet Men 40-44	06:44.4	231	17
18	1:28:30	HUGHES, Steven	Stowmarket Striders	Vet Men 50-54	06:45.2	82	18
19	1:28:31	GREENER, John	St Edmunds Pacers	Vet Men 45-49	06:45.3	239	19
20	1:28:51	COLLISON, Ben	West Norfolk AC	Senior Men	06:46.8	148	20
21	1:29:16	DRINKWATER, Nico		Senior Men	06:48.7	183	21
22	1:29:19	PERKINS, Sandy		Senior Men	06:49.0	219	22
23	1:29:24	HORNEY, Nigel	Keswick AC	Vet Men 55-59	06:49.3	110	23
24	1:29:32	COOK, Wayne	Colchester Harriers	Vet Men 40-44	06:50.0	142	24
25	1:29:42	SPEIRS, Craig		Senior Men	06:50.7	207	25
26	1:29:43	ALBOROUGH, Anthony	Coltishall Jaguars	Vet Men 45-49	06:50.8	132	26
27	1:30:14	MARTIN, Peter		Vet Men 55-59	06:53.2	29	27
28	1:30:19	GOLDIE, Craig	Thetford AC	Vet Men 45-49	06:53.5	195	28
29	1:30:40	HAMMOND, Richard	Fenland RC	Vet Men 40-44	06:55.1	266	29
30	1:30:50	MATTHEWS, Susan	Ryston Runners AC	Vet Ladies 35-39	06:55.9	138	30

31	1:30:53	STAPLETON, Neil	Ryston Runners AC	Vet Men 40-44	06:56.1	58	31
32	1:30:57	STAFFORD ALLEN, Sam		Senior Men	06:56.4	210	32
33	1:31:29	HOUGHTON, David	Norwich Road Runners	Vet Men 45-49	06:58.9	98	33
34	1:31:30	CHAPMAN, Karl	Wymondham AC	Vet Men 45-49	06:59.0	256	34
35	1:31:31	DAWSON, Liam	Bearbrook Running Club	Vet Men 40-44	06:59.0	254	35
36	1:31:57	SARI, Guzel	Dereham Runners	Senior Men	07:01.0	262	36
37	1:32:06	CROFTS, Craig		Senior Men	07:01.7	232	37
38	1:32:34	SCHAEFER, Sabine	Thetford AC	Vet Ladies 35-39	07:03.8	194	38
39	1:33:24	LANE, Andrew	Wymondham AC	Vet Men 55-59	07:07.7	253	39
40	1:33:26	GRAINGER, Robert	Stowmarket Striders	Senior Men	07:07.8	72	40
41	1:33:39	KELLAWAY, David	Dereham Runners	Vet Men 55-59	07:08.8	170	41
42	1:33:58	CUMBER, Geoffrey	Halifax Harriers AC	Vet Men 60+	07:10.3	76	42
43	1:34:10	BRUNT, Jason	Norfolk Gazelles	Vet Men 40-44	07:11.2	206	43
44	1:34:27	THOMPSON, Pete		Senior Men	07:12.5	133	44
45	1:34:49	RADFORD, Sean	TrainAsOne	Vet Men 45-49	07:14.1	60	45
46	1:35:21	ROBINS, Lesley	Ryston Runners AC	Vet Ladies 40-44	07:16.6	238	46
47	1:35:43	DOUGLAS, Nigel		Vet Men 45-49	07:18.3	11	47
48	1:35:54	WRIGHT, Karl	Thetford AC	Senior Men	07:19.1	204	48
49	1:36:00	DAWSON, Matthew	Norwich Road Runners	Senior Men	07:19.6	213	49
50	1:36:03	BELL, Jeremy		Vet Men 45-49	07:19.8	32	50
51	1:36:08	ALEXANDER, Craig	Tri-Anglia	Senior Men	07:20.2	240	51
52	1:36:08	SMITH, Darren	Ryston Runners AC	Senior Men	07:20.2	226	52
53	1:36:10	LATISAITE, Lorena	Ryston Runners AC	Senior Ladies	07:20.3	86	53
54	1:36:46	WATSON, Neil	West Norfolk AC	Vet Men 40-44	07:23.1	174	54
55	1:36:57	CHORLEY, Chris	Bungay Black Dog	Vet Men 50-54	07:23.9	169	55
56	1:37:05	CHEW, Chris		Vet Men 50-54	07:24.5	104	56
57	1:37:10	CROSS, Paul		Senior Men	07:24.9	18	57
58	1:37:11	HOWLETT, Kevin	Ryston Runners AC	Vet Men 55-59	07:25.0	145	58
59	1:37:18	SHOWELL, Justin	March AC	Vet Men 45-49	07:25.5	265	59
60	1:37:25	CLARKE, Neville	Newmarket Joggers	Vet Men 60+	07:26.1	190	60
61	1:37:34	SCOTT, Les	Ryston Runners AC	Vet Men 55-59	07:26.7	272	61
62	1:39:02	STONE, Mark	Great Yarmouth Road Runners	Vet Men 40-44	07:33.5	28	62
63	1:39:04	MANNING, Carl	Ryston Runners AC	Vet Men 55-59	07:33.6	178	63
64	1:39:06	DAYKN-COLOMBEL, Elise	Ipswich Jaffa RC	Vet Ladies 35-39	07:33.8	113	64
65	1:39:10	WIEGAND, Paul	Fenland RC	Vet Men 55-59	07:34.1	201	65
66	1:39:21	MERCER, Gavin		Vet Men 45-49	07:34.9	180	66
67	1:39:24	HUTCHINGS, David	Higham Harriers AC	Vet Men 50-54	07:35.1	281	67
68	1:39:42	WALSINGHAM, Jacky	Ryston Runners AC	Vet Ladies 40-44	07:36.5	128	68
69	1:40:05	DEAL, Chris	Harling Athletics Club	Senior Men	07:38.3	263	69
70	1:40:07	HOOD, Andrew		Senior Men	07:38.4	59	70
71	1:41:32	BOUGHEN, Mark		Senior Men	07:44.9	3	71
72	1:41:52	HAYNES, Peter		Vet Men 55-59	07:46.4	283	72
73	1:42:13	HOLLEY, Kevin	RFYL	Vet Men 50-54	07:48.0	222	73
74	1:42:17	SMITH, Barry	Ryston Runners AC	Vet Men 50-54	07:48.3	279	74
75	1:42:26	MOAT, Terry	Thorney Running Club	Vet Men 45-49	07:49.0	209	75
76	1:42:36	HAYES, Jim	North Norfolk Beach Runners	Vet Men 60+	07:49.8	102	76
77	1:42:54	BRIGHTY, Keith	Norwich Road Runners	Vet Men 50-54	07:51.2	106	77
78	1:43:11	MCFARLANE, James	Norwich Road Runners	Vet Men 40-44	07:52.5	212	78
79	1:43:12	SHEARWOOD, Guy	Norwich Road Runners	Vet Men 55-59	07:52.5	84	79

80	1:43:14	HARPER, Stacey	Norwich Road Runners	Vet Ladies 35-39	07:52.7	81	80
81	1:43:44	LEARY, Rowena	Norfolk Gazelles	Senior Ladies	07:55.0	278	81
82	1:43:44	GARNER, Dudley	Norfolk Gazelles	Senior Men	07:55.0	217	82
83	1:44:54	STURGESS, Ian	Wymondham AC	Vet Men 55-59	08:00.3	99	83
84	1:44:55	BRAYBROOK, Shaun		Senior Men	08:00.4	198	84
85	1:44:57	WOODWARD, Richard	Tri-Anglia	Vet Men 50-54	08:00.5	36	85
86	1:44:58	WICKLEN, Andy		Vet Men 40-44	08:00.6	269	86
87	1:45:16	THOMAS, Miles	Kings Lynn Tri Club	Vet Men 45-49	08:02.0	245	87
88	1:45:24	BUTTON, Neil		Vet Men 45-49	08:02.6	62	88
89	1:45:30	HUGHES, Dianne	Stowmarket Striders	Vet Ladies 50-54	08:03.1	83	89
90	1:45:49	RING, Mark	Norwich Road Runners	Vet Men 45-49	08:04.5	261	90
91	1:45:56	ASPIN, Gordon	Royston Runners	Vet Men 60+	08:05.1	141	91
92	1:46:08	ALLEN, David	Norwich Road Runners	Vet Men 40-44	08:06.0	78	92
93	1:46:14	SMITH, Charlotte	Thetford AC	Vet Ladies 35-39	08:06.4	202	93
94	1:46:39	ROSS, Nick	Norfolk Gazelles	Vet Men 45-49	08:08.3	134	94
95	1:46:59	ANDERSON, Lucy	Coltishall Jaguars	Vet Ladies 35-39	08:09.9	189	95
96	1:47:41	HUNT, Malcolm	March AC	Vet Men 55-59	08:13.1	247	96
97	1:47:47	GLEN, Colin	Fetch Everyone	Vet Men 55-59	08:13.5	208	97
98	1:47:53	HETHERTON, Julia		Senior Ladies	08:14.0	273	98
99	1:47:56	WALL, Frances		Senior Ladies	08:14.2	144	99
100	1:48:06	MACROSSON, Ker	Stowmarket Striders	Vet Men 60+	08:15.0	280	100
101	1:48:20	HALL, Lisa	Norwich Road Runners	Vet Ladies 35-39	08:16.0	95	101
102	1:48:21	PALMER, Andrew	Norwich Road Runners	Vet Men 50-54	08:16.1	179	102
103	1:48:21	SMITH, Paul	Norwich Road Runners	Vet Men 40-44	08:16.1	250	103
104	1:48:35	HALFORD, Jamie		Vet Men 40-44	08:17.2	25	104
105	1:48:37	CARTER, Paul	Ryston Runners AC	Vet Men 40-44	08:17.3	215	105
106	1:48:48	HOUSDEN, Philip	Biggleswade AC	Vet Men 60+	08:18.2	167	106
107	1:49:10	FREEZER, Matthew	Dereham Runners	Senior Men	08:19.9	124	107
108	1:49:13	BELDOM, Philip	March AC	Vet Men 45-49	08:20.1	252	108
109	1:49:20	SUPERNAK, Lukasz	St Edmunds Pacers	Senior Men	08:20.6	176	109
110	1:49:30	SADLER, Derek	North Norfolk Beach Runners	Vet Men 60+	08:21.4	227	110
111	1:49:57	WILLIAMSON, Neil	Newmarket Joggers	Vet Men 40-44	08:23.4	223	111
112	1:50:05	SCRIVEN, Gregory		Senior Men	08:24.1	111	112
113	1:50:11	FORD, John		Vet Men 60+	08:24.5	9	113
114	1:50:14	NEWELL, Warren		Vet Men 50-54	08:24.7	235	114
115	1:50:22	HOWARD, Simon		Vet Men 40-44	08:25.4	233	115
116	1:50:35	PRICE, Michael		Vet Men 55-59	08:26.3	251	116
117	1:50:43	NEEVE, David	Bungay Black Dog	Senior Men	08:27.0	216	117
118	1:50:44	CLARK, Kevin	Bungay Black Dog	Vet Men 45-49	08:27.0	172	118
119	1:50:54	PRIOR, David		Vet Men 60+	08:27.8	196	119
120	1:51:04	HUBBARD, Terry		Vet Men 40-44	08:28.6	91	120
121	1:51:42	BULL, Mike		Vet Men 60+	08:31.5	1	121
122	1:51:50	PAUL, Bob	Bungay Black Dog	Vet Men 60+	08:32.1	236	122
123	1:51:56	BROOKE, Amy		Senior Ladies	08:32.5	112	123
124	1:51:56	ASHE, Robin	Bungay Black Dog	Vet Men 60+	08:32.5	65	124
125	1:52:09	PARKER-FLATT, Lister-Jane	Dereham Runners	Vet Ladies 40-44	08:33.5	70	125
126	1:52:12	PLUNKETT, Matt	Dereham Runners	Vet Men 40-44	08:33.7	237	126
127	1:52:31	TOOKE, Debbie	Norwich Road Runners	Vet Ladies 40-44	08:35.2	260	127
128	1:52:32	JOHNSON, Michael	Norwich Road Runners	Vet Men 45-49	08:35.3	264	128

129	1:52:37	HOWES, Matt	Norwich Road Runners	Vet Men 40-44	08:35.7	185	129
130	1:52:39	FURSE, Rowland		Vet Men 45-49	08:35.8	150	130
131	1:53:17	WASS, Helen	Newmarket Joggers	Vet Ladies 50-54	08:38.7	187	131
132	1:53:23	MEEK, Juliette	Ryston Runners AC	Vet Ladies 35-39	08:39.2	181	132
133	1:53:32	LYDIATT, Samantha	Fenland RC	Vet Ladies 45-49	08:39.9	74	133
134	1:53:48	THETFORD, Jonathan	Reepham Runners	Vet Men 40-44	08:41.1	2	134
135	1:53:49	HOUGHTON, Caroline	Norwich Road Runners	Vet Ladies 40-44	08:41.2	97	135
136	1:54:01	ROWLAND, Phil		Vet Men 45-49	08:42.1	274	136
137	1:54:01	BLACK, Brian		Vet Men 55-59	08:42.1	275	137
138	1:54:06	HAMMOND, Martin	Ryston Runners AC	Vet Men 50-54	08:42.4	258	138
139	1:54:09	JONES, Vicky	Norwich Road Runners	Vet Ladies 35-39	08:42.7	157	139
140	1:54:23	GILL, Diane	Eye Community Runners	Vet Ladies 50-54	08:43.7	225	140
141	1:54:24	DANI, Oliver		Senior Men	08:43.8	234	141
142	1:54:50	RUDD, Philippa	Tri-Anglia	Vet Ladies 50-54	08:45.8	26	142
143	1:54:56	CARRICK, Mei		Senior Ladies	08:46.3	285	143
144	1:55:05	JONES, Theresa	Haverhill RC	Vet Ladies 40-44	08:47.0	200	144
145	1:55:11	SAUERZAPF, Bobbie	Bungay Black Dog	Vet Ladies 55+	08:47.4	168	145
146	1:55:12	ROBINSON, Fiona		Vet Ladies 35-39	08:47.5	121	146
147	1:55:23	STOCKING, Paul		Vet Men 40-44	08:48.3	135	147
148	1:55:23	BAKER, Claire	Great Yarmouth Road Runners	Senior Ladies	08:48.3	155	148
149	1:55:50	BONE, Chris		Senior Men	08:50.4	49	149
150	1:56:10	LITWINIEC, Iwona		Vet Ladies 35-39	08:51.9	166	150
151	1:56:41	GREENWOOD, Jane	Fenland RC	Vet Ladies 55+	08:54.3	125	151
152	1:57:03	BROOMFIELD, Graham		Senior Men	08:56.0	108	152
153	1:57:16	FLATT, Neil	Dereham Runners	Senior Men	08:56.9	69	153
154	1:58:26	PHILLIPS, Simon		Vet Men 45-49	09:02.3	164	154
155	1:58:48	TURPIE, Allen	Body Mode Running Club	Vet Men 50-54	09:04.0	287	155
156	1:58:50	DYER, Sean		Senior Men	09:04.1	22	156
157	1:58:55	BELL, Rachel		Vet Ladies 40-44	09:04.5	21	157
158	1:59:17	LOGASUNDARAM, Rajesh		Vet Men 40-44	09:06.2	64	158
159	1:59:19	KEOGH, Peter		Senior Men	09:06.3	41	159
160	1:59:27	PEARCE, Teilo	March AC	Senior Men	09:06.9	246	160
161	1:59:39	SOUTHGATE, Rachel	RFYL	Senior Ladies	09:07.9	171	161
162	1:59:46	AYLMER, Chris	Newmarket Joggers	Vet Men 60+	09:08.4	267	162
163	2:00:09	BRADLEY, Kevin	West Suffolk Tri	Vet Men 55-59	09:10.2	242	163
164	2:00:17	GEDGE, Karen	Bungay Black Dog	Vet Ladies 50-54	09:10.8	66	164
165	2:00:19	GAINSFORD, Ruth	Coltishall Jaguars	Vet Ladies 50-54	09:10.9	105	165
166	2:00:19	CARRICK, Nigel		Vet Men 50-54	09:10.9	284	166
167	2:00:46	SPONG, Carole	Great Yarmouth Road Runners	Vet Ladies 55+	09:13.0	158	167
168	2:01:03	BRANSNGROVE, Jamie	Ryston Runners AC	Senior Men	09:14.3	244	168
169	2:01:12	GARFIELD, Kurtis		Senior Men	09:15.0	286	169
170	2:01:14	WOODHOUSE, Gill	Dereham Runners	Vet Ladies 55+	09:15.1	52	170
171	2:01:35	RUE, Rita	St Edmunds Pacers	Vet Ladies 55+	09:16.7	137	171
172	2:02:06	REED, Jeffrey	Ryston Runners AC	Vet Men 60+	09:19.1	175	172
173	2:02:17	OSBORNE, Andi	Longdale Striders	Vet Ladies 55+	09:19.9	55	173
174	2:02:17	OSBORNE, Robert	Longdale Striders	Vet Men 55-59	09:19.9	56	174
175	2:02:25	DRUGAN, Joanna	Norfolk Gazelles	Vet Ladies 45-49	09:20.5	115	175
176	2:02:36	BALDWIN, Julia	Stowmarket Striders	Vet Ladies 45-49	09:21.4	87	176
177	2:02:36	CAIN, Helen	Stowmarket Striders	Vet Ladies 45-49	09:21.4	88	177

178	2:02:46	STONE, Elaine	Great Yarmouth Road Runners	Vet Ladies 55+	09:22.1	154	178
179	2:02:54	COLEMAN, Lucy	Norwich Road Runners	Vet Ladies 35-39	09:22.7	205	179
180	2:03:20	PHILLIPS, Jo		Vet Ladies 50-54	09:24.7	163	180
181	2:03:50	POPE, Michael	WymondhamAC	Vet Men 60+	09:27.0	203	181
182	2:04:22	WINSTON, Lesley	North Norfolk Beach Runners	Vet Ladies 50-54	09:29.5	34	182
183	2:04:32	NEWELL, John	WymondhamAC	Vet Men 50-54	09:30.2	214	183
184	2:04:33	OSTROM, Sabrina		Vet Ladies 35-39	09:30.3	27	184
185	2:04:33	OSTROM, Chris		Vet Men 45-49	09:30.3	221	185
186	2:04:35	FRARY, Luke		Senior Men	09:30.5	77	186
187	2:04:36	ALDERSON, Jules		Senior Ladies	09:30.5	197	187
188	2:04:51	ENGLISH, Matthew		Senior Men	09:31.7	228	188
189	2:04:57	HARPER, Bethany	King's Lynn ComRunners	Senior Ladies	09:32.1	156	189
190	2:05:09	STAMPER, David		Vet Men 50-54	09:33.0	147	190
191	2:05:17	BERRY, Judith		Vet Ladies 40-44	09:33.7	120	191
192	2:05:48	SHARPE, Pete	WymondhamAC	Vet Men 40-44	09:36.0	119	192
193	2:05:56	RADFORD, Louise	TrainAsOne	Vet Ladies 45-49	09:36.6	61	193
194	2:07:11	BOREHAM, Jake	Stowmarket Striders	Senior Men	09:42.4	73	194
195	2:07:29	SHORT, Stephen		Vet Men 50-54	09:43.7	282	195
196	2:08:07	BELSOM, Ruth		Vet Ladies 50-54	09:46.6	107	196
197	2:09:20	BRIGHAM, Hannah		Senior Ladies	09:52.2	12	197
198	2:09:56	UNDERWOOD, Paula		Vet Ladies 40-44	09:55.0	45	198
199	2:10:28	HART, Richard	Norwich Road Runners	Vet Men 40-44	09:57.4	140	199
200	2:10:49	GARRARD, Julie		Vet Ladies 45-49	09:59.0	80	200
201	2:10:54	TAYLOR, Holly		Vet Ladies 35-39	09:59.4	162	201
202	2:10:55	TAYLOR, James		Vet Men 60+	09:59.5	161	202
203	2:11:14	GYTON, Justin		Senior Men	10:00.9	191	203
204	2:11:15	GYTON, Amanda		Senior Ladies	10:01.0	192	204
205	2:11:17	EMERY, Claire	Ryston Runners AC	Vet Ladies 40-44	10:01.1	249	205
206	2:12:13	LEES, Ivan	Great Yarmouth Road Runners	Vet Men 60+	10:05.4	116	206
207	2:12:20	BLAZEY, Louise	Norwich Road Runners	Senior Ladies	10:05.9	96	207
208	2:15:34	DAY, Vicky		Vet Ladies 40-44	10:20.8	71	208
209	2:15:38	ENGLISH, Andrew		Vet Men 50-54	10:21.1	20	209
210	2:16:42	ANDREWARTHA, Nicola		Senior Ladies	10:25.9	5	210
211	2:17:35	MARSHALL, Mike	North Norfolk Beach Runners	Vet Men 60+	10:30.0	109	211
212	2:19:31	SARGENT, Phillipa	Stowmarket Striders	Senior Ladies	10:38.8	152	212
213	2:20:33	FARR, Tracy	Fenland RC	Vet Ladies 40-44	10:43.6	93	213
214	2:20:34	ELSE, Tracey	Fenland RC	Vet Ladies 35-39	10:43.6	123	214
215	2:21:30	WORTLEY, Jacquie		Vet Ladies 40-44	10:47.9	165	215
216	2:22:00	STEWART, Damian		Vet Men 40-44	10:50.2	118	216
217	2:22:36	JONES, Richard		Vet Men 40-44	10:53.0	143	217
218	2:23:55	STEWART, Sarah		Vet Ladies 35-39	10:59.0	90	218
219	2:24:03	LEE, Sarah		Vet Ladies 45-49	10:59.6	160	219
220	2:25:25	CASON, Hazel	Dereham Runners	Vet Ladies 55+	11:05.9	51	220
221	2:26:28	TAYLOR, Louise		Vet Ladies 35-39	11:10.7	46	221
222	2:26:32	DEEKS, Caroline	Haverhill RC	Vet Ladies 45-49	11:11.0	277	222
223	2:26:32	GREENHAM, David	Haverhill RC	Vet Men 60+	11:11.0	276	223
224	2:26:55	COPELAND, Tanya		Vet Ladies 40-44	11:12.7	89	224
225	2:28:52	LAWS, Mark		Vet Men 40-44	11:21.7	68	225
226	2:28:53	FISHER, Dan		Vet Men 40-44	11:21.7	57	226

227	2:30:59	GROOM, Catherine		Vet Ladies 35-39	11:31.3	7	227
228	2:34:29	SARGENT, Andrew		Senior Men	11:47.4	151	228
229	2:40:32	BIRD, Paul	Bungay Black Dog	Vet Men 50-54	12:15.1	173	229
230	2:47:26	JACK, Bob	Bungay Black Dog	Vet Men 55-59	12:46.7	15	230
231	2:56:20	GOMES, Saffron		Senior Ladies	13:27.4	127	231
232	2:57:41	FLETCHER, Sarah		Vet Ladies 35-39	13:33.6	126	232