

Position	Race No	Surname	Christian Name	Category	Club	County	Time
1	360	Smalls	Allen	Male Open	Colchester Harriers	Suffolk	2:47:11
2	298	Hartop	James	Male Open	Unattached	London	2:54:49
3	157	Day	Ian	Male Open	Ely Runners	Cambridge	2:57:09
4	321	Murphy	Bill	M 40	Maidstone Harriers	Kent	3:02:39
5	292	Blake	Richard	M 50	Gt Yarmouth Road Runners	Norfolk	3:04:29
6	319	Lloyd	Richard	Male Open	Unattached	London	3:06:00
7	249	David	Frederic	M 40	53-12 Multisports	Essex	3:09:38
8	179	Spelman	Peter	M 40	Winchester A C	Hampshire	3:10:27
9	178	Prest	Luke	Male Open	Unattached	Norfolk	3:11:25
10	203	Larkin	Des	Male Open	Unattached	Essex	3:11:40
11	325	Porto	Santiago	Male Open	Mornington Chasers	London	3:12:31
12	246	Gillard	Steven	Male Open	Ipswich Jaffa	Suffolk	3:12:58
13	301	Jarvis	Gregory	Male Open	Unattached	Essex	3:13:20
14	153	Decker	Helen	Female Open	Ipswich Jaffa	Suffolk	3:13:27
15	156	Sharman	Kevin	Male Open	Lowestoft RR	Suffolk	3:13:40
16	194	Hilaire	John	M 40	Unattached	Suffolk	3:14:16
17	211	Grehan	Michael	Male Open	Dunstable Road Runners	Bedfordshire	3:15:36
18	201	Warne	Bary	M 40	Nene Valley Harriers	Cambridge	3:16:28
19	261	Goodwill	Tony	M 40	Bourton R R	Gloucestershire	3:17:58
20	276	Van Minden	Nils	Male Open	Norwich Road Runners	Norfolk	3:18:12
21	347	Tannian	Mark	Male Open	Bracknell Forest	Berkshire	3:18:28
22	309	Baker	Graham	M 50	Road Runners Club	Essex	3:19:12
23	202	Reeve	David	Male Open	Unattached	Suffolk	3:21:46
24	174	Dickens	Paul	M 40	Unattached	Suffolk	3:22:30
25	314	Chapman	Tim	M 40	Fenland Running A C	Cambridge	3:23:09
26	262	Cobby	Janet	F 35	New Eltham Joggers	London	3:23:23
27	184	Turner	John	M 50	Blackheath & Bromley A C	Kent	3:23:38
28	173	Hansen	Paul	M 40	Unattached	Lincolnshire	3:24:05
29	302	Day	Kevin	Male Open	Goyt Valley Striders	Cheshire	3:26:58
30	270	Gray	Adele	Female Open	Unattached	Hertfordshire	3:28:26
31	102	Wilmot	Andrew	M60	Halstead Road Runners	Essex	3:28:46
32	172	Baker	Gary	Male Open	Unattached	East Sussex	3:29:08
33	193	Shrimpton	Mark	Male Open	Fenland Running A C	Cambridge	3:29:22
34	326	Smith	Antony	Male Open	Unattached	Kent	3:29:29

35	147	Leathwood	Racheal	Female Open	Wymondham AC	Norfolk	3:29:35
36	342	Soanes	Philip	Male Open	Pow Tri	Suffolk	3:29:59
37	198	Bryan	Jerry	M 40	Riverside Runners	Bedfordshire	3:30:07
38	214	Bilhan	Warwick	M 50	South London Harriers	Surrey	3:30:25
39	245	Hindes	Michael	Male Open	Unattached	London	3:31:47
40	207	Dye	Richard	M 40	Bungay Black Dog RC	Norfolk	3:31:54
41	329	Barry	Lisa	Female Open	Cambridge Triathlon	Cambridge	3:31:58
42	135	Ashley	Sue	F45	South London Harriers	Surrey	3:32:04
43	265	Ford	Nigel	Male Open	Unattached	Norfolk	3:32:15
44	180	Everitt	Geof	M60	Jaffa RRC	Suffolk	3:33:18
45	271	Yare	John	M 40	Unattached	Norfolk	3:33:40
46	278	Botha	Paul	Male Open	Alpha Centurion	Hertfordshire	3:33:52
47	291	Lewis	Roy	M 40	Unattached	London	3:34:06
48	181	Murphy	John	Male Open	Barnet & District A C	Hertfordshire	3:34:28
49	160	Timney	David	Male Open	Unattached	Cambridge	3:34:35
50	273	Barltrop	Verne	M 50	Road Runners Club	Cambridge	3:34:39
51	177	Antonis	Tonya	F 35	Ipswich Triathlon Club	Suffolk	3:34:56
52	258	Haskey-Jones	James	Male Open	Dartford Road Runners	Essex	3:35:00
53	313	Johnson	Peter	M 50	Thanet Road Runners	Kent	3:35:16
54	112	Brockwell	Andrew	Male Open	Stanford Stiders	Lincolnshire	3:37:08
55	111	Brockwell	David	Male Open	Unattached	West Yorkshire	3:37:09
56	354	Jenkins	Phillip	Male Open	The Dead Penguin Tri Club	Norfolk	3:37:36
57	167	Clayton	Rob	M 40	Felixstowe Road Runners	Suffolk	3:38:00
58	140	Walpole	Andrew	Male Open	Norwich Road Runners	Norfolk	3:38:02
59	357	McGroarty	Patrick	M 40	Unattached	Bedfordshire	3:38:21
60	175	Li	Robert	M 40	Unattached	Surrey	3:38:22
61	131	Kirkdale	Brian	M 40	Hastings Runners	West Sussex	3:39:04
62	346	Pullinger	Stephen	M 40	Unattached	Norfolk	3:40:35
63	248	Rogers	Sarah	Female Open	Unattached		3:40:57
64	237	King	David	M 40	Blackheath & Bromley A C	Kent	3:42:10
65	118	Cronk	David	Male Open	Grange Farm Trotters	Essex	3:42:31
66	222	Cutts	Stephen	M 50	Unattached	Suffolk	3:43:20
67	114	Pyecroft	Matt	Male Open	Riverside Runners	Cambridge	3:43:48
68	168	Strowlger	Tom	Male Open	Lowestoft RR	Suffolk	3:44:11
69	103	Purdy	Vincent	Male Open	Team Real Runners	Norfolk	3:44:25
70	336	Baxter	Stephen	M 50	Weston AC	Somerset	3:45:28

71	327	Burton	Paul	Male Open	Unattached	Buckinghamshire	3:45:35
72	256	Patmore	Tracey	F 35	St Neots Riverside Runners	Cambridge	3:46:07
73	264	Willet	Raymond	M 50	Riverside Runners	Cambridge	3:46:08
74	286	Landsell	Andrew	M 40	Unattached	Hertfordshire	3:46:19
75	275	Crowe	Katie	Female Open	Unattached	London	3:46:31
76	295	Britton	Matt	Male Open	Unattached	London	3:46:32
77	155	Venning	Jonathan	M 50	Dunstable Road Runners	Bedfordshire	3:48:26
78	182	Vickers	Graham	M 40	Wresham Road Runners	Lancashire	3:49:52
79	171	Cable	Andrew	M 40	Gt Bentley RR	Essex	3:50:05
80	154	Betts	Gary	Male Open	Ipswich Jaffa	Suffolk	3:50:23
81	260	Grummell	Michael	M 50	Unattached	Northamptonshire	3:50:24
82	232	Rawlings	John	M 40	Unattached	Derbyshire	3:50:52
83	330	Smith	Kevin	M 40	Lowestoft RR	Suffolk	3:50:59
84	288	Hardstone	Roger	M 50	Unattached	Kent	3:52:48
85	345	Channings	George	Male Open	Unattached	Suffolk	3:53:06
86	225	Smith	Brian	M 40	Blackheath & Bromley A C	Kent	3:54:10
87	170	Seago	Paul	M 40	Unattached	Norfolk	3:54:16
88	348	Coulson	Clive	M 50	Desford Strider	Leicestershire	3:54:46
89	162	Farrar	Mark	Male Open	Les Croupiers	Wales	3:54:53
90	259	Speake	Rachel	F 35	Bildeston Bounders	Suffolk	3:55:16
91	130	Speake	Mac	M60	Bildeston Bounders	Suffolk	3:55:16
92	128	Rogers	Peter	M 40	Road Runners Club	London	3:56:24
93	280	Hall	Adrian	M 40	Unattached	Norfolk	3:56:25
94	350	Kirk	Darren	Male Open	Unattached	Nottinghamshire	3:56:36
95	307	Mann	Rajpal Singh	M 40	Unattached	Hertfordshire	3:56:44
96	188	Feldman	Brian	M 50	Hillingdon AC		3:57:02
97	344	Lewis	Grant	Male Open	Unattached	Essex	3:57:06
98	274	Ford	Adam	Male Open	Bishop Stortford RC	Hertfordshire	3:57:29
99	186	Kinnear	John	M 40	Road Runners Club	Essex	3:57:37
100	266	Strivens	Sarah	F45	Ipswich Jaffa	Suffolk	3:57:38
101	165	Price	Stephen	M 40	Liverpool Running Club	Merseyside	3:58:00
102	121	Jones	Howard	M 40	Unattached	Norfolk	3:58:13
103	236	Griffin	Richard	M 50	Blackheath & Bromley A C	Kent	3:58:36
104	208	Watson	Ashley	Male Open	Unattached	Suffolk	3:58:38
105	110	Keevil	Ryamond	M60	Brandon Fern Hoppers	Norfolk	3:59:29
106	315	Hood	Andy	Male Open	Milton Keynes H H H	Buckinghamshire	3:59:35

107	331	Smith	Barry	M 40	Lowestoft RR	Suffolk	4:01:51
108	257	Barnes	Gary	M 40	St Neots Riverside Runners	Cambridge	4:02:40
109	243	Steadman	Robert	Male Open	Unattached	Bedfordshire	4:02:47
110	127	Smith	Simon	M 40	Bedford Harriers	Northamptonshire	4:03:23
111	338	Johnson	Kirk	M 40	East London Runners	Essex	4:03:25
112	316	Verney	Andrew	M 40	Unattached	Norfolk	4:03:59
113	218	Williams	James	M60	New Eltham Joggers	Kent	4:04:30
114	169	Mills	Barry	M 50	Unattached	Lincolnshire	4:04:52
115	310	Sheppard	Guy	M 40	North Norfolk Beach Runners	Norfolk	4:06:07
116	328	Wisdom	Martin	M 40	New Eltham Joggers	kent	4:06:34
117	113	Tyler	Simon	Male Open	Ranelagh Harriers	Surrey	4:07:52
118	228	Bigley	Alastair	Male Open	Unattached	London	4:08:01
119	308	Walsh	Nigel	M 50	Unattached	Northamptonshire	4:08:08
120	139	Smith	Beth	Female Open	Unattached	London	4:08:09
121	238	Farthing	David	Male Open	Fairlands Valley Spartans	Hertfordshire	4:08:46
122	164	Moore	Adrian	Male Open	Wymondham AC	Norfolk	4:09:03
123	293	Hill	Janet	F45	Spingfield Striders	Essex	4:09:40
124	333	Llyod	Helen	F45	Ryston Runners	Norfolk	4:10:07
125	210	Kelvin	Phil	F45	Serpentine Running Club	London	4:11:32
126	323	Smith	Andrew	M 40	Unattached	Essex	4:12:18
127	303	Crowley	Sharon	F45	Fairlands Valley Spartans	Hertfordshire	4:13:20
128	339	Heron	David	M 50	Tring Running Club	Buckinghamshire	4:14:12
129	272	Nothnagel	Hayden	Male Open	Unattached	Surrey	4:14:25
130	166	Longworth	Colin	M 50	100 Marathon	Merseyside	4:14:36
131	285	Parker	Rod	M 50	Bungay Black Dog RC	Suffolk	4:15:21
132	129	Girling	Stephen	M 40	Unattached	Norfolk	4:15:26
133	352	Brooker	Paul	M 50	Unattached	Norfolk	4:15:27
134	183	Streak	Simon	Male Open	Guernsey Island Amateur RC		4:15:53
135	299	Horgan	John	M 50	Garden City Runners	Hertfordshire	4:16:46
136	247	Hunt	Michael	M 40	Unattached	Norfolk	4:17:38
137	305	Whale	Colin	M 40	Bungay Black Dog RC	Suffolk	4:17:56
138	231	Humphries	Frances	F45	Thrift Green Trotters	Essex	4:17:57
139	263	Downey	Mark	Male Open	Unattached	Suffolk	4:18:06
140	191	Oldman	Peter	M60	Lowestoft RR	Suffolk	4:20:28
141	145	Gary	Dwaine	M 40	Unattached	Suffolk	4:21:00
142	108	Dunham	Maria	Female Open	Unattached	Northamptonshire	4:21:07

143	101	Ham	Nick	M 40	Stockport Harriers	Cheshire	4:22:38
144	281	Treacher	Helen	F 35	Norfolk Gazelles	Norfolk	4:23:04
145	294	Carder	Adrian	M 40	Unattached	Lincolnshire	4:23:45
146	242	Gillie	Sheila	F45	Norwich Road Runners	Norfolk	4:24:03
147	220	Bullen	Nigel	M 50	Norwich Road Runners	Norfolk	4:24:04
148	287	Barrett	Paul	Male Open	Unattached	Norfolk	4:24:20
149	289	Richards	Graeme	M 40	Unattached	Norfolk	4:24:30
150	212	Brooks	Samantha	Female Open	Unattached	London	4:25:17
151	297	Kane	Nik	Male Open	Unattached	Suffolk	4:26:33
152	334	Womack	Mark	Male Open	Lowestoft RR	Suffolk	4:26:42
153	187	Allsop	Paul	M60	Vets A C	London	4:27:01
154	138	Smith	Thomas	Male Open	Unattached	London	4:27:33
155	355	Avery	Sean	M 40	Unattached	Norfolk	4:27:42
156	116	Wootton	Terry	M 50	New Eltham Joggers	Kent	4:27:51
157	149	Porter	Paula	F 35	Unattached		4:28:39
158	300	Morgan-Hugh	Nick	M 40	Unattached		4:28:51
159	240	Matthews	Peter	M 40	Unattached	Suffolk	4:29:02
160	143	Mannion	Christopher	Male Open	Unattached	London	4:29:53
161	144	McGrath	Gregory	Male Open	Unattached	London	4:29:54
162	233	Lansdown	Jane	F 35	Striders of Croydon	Suffolk	4:30:45
163	322	Brooks	Deborah	F 35	Reepham Runners	Norfolk	4:30:58
164	353	Duffy	Philip	M60	Peugeot Uk	West Midlands	4:33:14
165	134	Anderson	Craig	M 40	Bungay Black Dog RC	Suffolk	4:33:16
166	152	Kingston	Joanne	F 35	Unattached	Suffolk	4:35:07
167	229	Wardle	Trish	F 35	Unattached	Lancashire	4:35:08
168	197	Burton	Rob	Male Open	Unattached	Norfolk	4:37:19
169	282	Adams	Ernest	M 40	Reepham Runners	Norfolk	4:37:37
170	252	Posner	Margaret	Female Open	Unattached	London	4:37:54
171	190	Dale	Trevor	M 40	Unattached	Suffolk	4:41:02
172	185	Hampshire	Susan	F45	Billericay Striders	Essex	4:41:07
173	206	Vejdani	Kio	M60	Lingfield Running Club	Surrey	4:41:18
174	161	Wilson	Robin	M60	Collingwood A C	Surrey	4:41:30
175	176	Dixon	Pat	F55	Ufford Park	Suffolk	4:42:48
176	123	Cox	Barry	Male Open	Unattached		4:43:01
177	122	Humpidge	Kath	F 35	Unattached		4:43:02
178	304	Young	Maurice	M60	Halstead Road Runners	Essex	4:45:18

179	277	Stewart	Steven	Male Open	Unattached	Hertfordshire	4:45:24
180	192	Bartram	Dennis	M 50	Wymondham AC	Norfolk	4:48:50
181	341	Green	Mark	M 50	100 KM ASSOC	London	4:48:51
182	320	Corbould	Stephen	M 40	Wymondham AC	Norfolk	4:50:02
183	267	Major	David	Male Open	100 Marathon Club	Northamptonshire	4:51:08
184	141	Bailey	Tom	M 40	Billericay Striders	Essex	4:51:59
185	126	Ridgway	Margaret	Female Open	Unattached	Cambridge	4:54:13
186	189	Rossall	Phillip	M 50	Unattached	Kent	4:54:44
187	234	Lansdown	Wendy	Female Open	Unattached	Cambridge	4:55:51
188	268	Major	Linda	F 35	Road Runners Club	Northamptonshire	4:57:03
189	311	Marshall	John	M 50	Eye Runners	Northamptonshire	4:57:04
190	221	Smith	Tim	Male Open	Unattached	Lincolnshire	5:01:55
191	318	Richardson	Alan	M 50	Waveney Valley AC	Suffolk	5:03:34
192	317	O'Loughlin	Kirsty	Female Open	Unattached	Suffolk	5:03:35
193	136	Kinch	Graham	M 50	Watford Joggers	Hertfordshire	5:06:12
194	351	Smith	Sam	Male Open	Unattached	Nottinghamshire	5:08:30
195	312	Bailey	Helen	Female Open	Billericay Striders	Essex	5:11:02
196	230	Madejczyk	Nicholas	M 40	Unattached	Hertfordshire	5:15:37
197	283	Baines	Dawn	F 35	Reepham Runners	Norfolk	5:24:40
198	284	Davies	Ivor	M 50	Unattached	Leicestershire	5:29:51
199	204	Iddles	Brent	M60	100 Marathon Club		5:36:25
200	340	Kent	Clark	M 40	100 Club	London	5:36:26
201	137	Child	John	M60	Unattached	Norfolk	5:50:40