

Recipharm GEAR 10k

1st May 2022

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	5183	32:06	adrian mussett	Colchester Harriers AC	Male	1	MV50	1	32:06	1
2	5679	32:14	Michael Eccles	Bure Valley Harriers	Male	2	MV40	1	32:14	2
3	4126	33:32	Mitchell Bunn		Male	3	MS	1	33:32	3
4	4437	33:35	Alan Oliver	Sleaford Striders AC	Male	4	MS	2	33:35	4
5	4578	33:41	Callum Stanforth	Ryston Runners	Male	5	MS	3	33:41	5
6	5137	34:11	David Sparshott	City Of Norwich AC	Male	6	MS	4	34:09	6
7	20025	34:13	Matt Pyatt		Male	7	MV40	2	34:13	7
8	4039	34:20	Jack Noble	Bure Valley Harriers	Male	8	MS	5	34:19	8
9	5237	34:34	Joel Easley		Male	9	MS	6	34:32	9
10	5048	34:46	John Hopgood		Male	10	MV40	3	34:44	10
11	4591	34:49	Chris Gay	Wymondham AC	Male	11	MS	7	34:49	12
12	4463	34:49	Matthew Thrower	Ryston Runners	Male	12	MV40	4	34:48	11
13	5594	34:51	George Wallace	City of Sheffield and Dearne AC	Male	13	MS	8	34:50	13
14	4129	34:52	Rod McKee	Huntingdonshire AC	Male	14	MV50	2	34:50	14
15	5690	34:58	Dom Blake	Reepham Runners	Male	15	MV40	5	34:58	15
16	5785	35:04	Jeremy Jones	Lincoln & District Runners	Male	16	MS	9	35:04	17
17	4442	35:09	Simon English	Norwich Road Runners	Male	17	MV40	6	35:04	16
18	4573	35:19	Arran Reeve		Male	18	MS	10	35:18	18
19	5577	35:22	Richard Ebbs	Ryston Runners	Male	19	MV50	3	35:21	19
20	4854	35:24	carl white		Male	20	MV40	7	35:21	20
21	4388	35:38	Daniel Guppy	Ryston Runners	Male	21	MV40	8	35:37	21
22	4424	35:56	Marc Coles	Norwich Road Runners	Male	22	MV40	9	35:52	22
23	4583	35:56	Ben Keeley	Ryston Runners	Male	23	MS	11	35:55	23
24	4282	35:59	Rimvydas Muduras	Fenland Running Club	Male	24	MS	12	35:59	24
25	5099	36:05	Owen Hopgood		Male	25	MS	13	36:04	25
26	5709	36:09	Vincent Wright		Male	26	MV40	10	36:07	26
27	4682	36:09	Lee Tatum	Ely Runners	Male	27	MV40	11	36:08	27
28	4647	36:18	Tom Levinson	Ely Runners	Male	28	MV40	12	36:16	28
29	20051	36:20	Laura Thomas	Ipswich Jaffa RC	Female	1	FS	1	36:18	29
30	4866	36:35	Lucy Mapp		Female	2	FS	2	36:34	30
31	5123	36:49	Michael Wilkinson		Male	29	MS	14	36:45	31
32	5616	36:52	Richard Johnson	Bure Valley Harriers	Male	30	MV40	13	36:49	32
33	5424	36:52	Amy BECK	Norwich Road Runners	Female	3	FV40	1	36:50	33
34	5514	37:03	lacey bareham	City Of Norwich AC	Female	4	FS	3	37:01	35
35	4630	37:04	Darren Easter	Ryston Runners	Male	31	MV50	4	37:00	34
36	5131	37:08	Daniel Yallop		Male	32	MS	15	37:06	36
37	5589	37:12	Gregg Hopper		Male	33	MS	16	37:08	37
38	4826	37:23	Jacob Kelman		Male	34	MS	17	37:18	38
39	5139	37:27	Ryan Oakes		Male	35	MS	18	37:22	40
40	4425	37:28	Andrew Millis		Male	36	MV60	1	37:21	39
41	5050	37:32	Martin Sheldrick		Male	37	MV50	5	37:29	42
42	4545	37:40	William Allis		Male	38	MS	19	37:36	43
43	4077	37:45	Neil Stapleton	West Norfolk AC	Male	39	MV40	14	37:43	44
44	5109	37:48	Jack Chapman	Lincoln & District Runners	Male	40	MS	20	37:22	41
45	5733	37:54	Gavin Caney		Male	41	MS	21	37:52	45
46	4165	37:58	Oliver Foxwell	Ryston Runners	Male	42	MS	22	37:57	46
47	20077	38:06	Jason Cooper		Male	43	MS	23	38:04	47
48	5651	38:12	James Ketley		Male	44	MS	24	38:09	48
49	4621	38:26	James Goddard		Male	45	MV40	15	38:16	49
50	5096	38:30	Phil Kitney	West Norfolk AC	Male	46	MV40	16	38:24	50
51	4932	38:43	Jesse Tierney		Male	47	MS	25	38:43	52
52	5637	38:45	Lee Johnson	Ryston Runners	Male	48	MS	26	38:42	51
53	5723	38:47	Nicholas Bensley	Ryston Runners	Male	49	MV50	6	38:44	53
54	5039	38:48	Ieva Klavina	Huntingdonshire AC	Female	5	FV40	2	38:46	54
55	5584	38:52	Steve Franklin		Male	50	MV40	17	38:49	55
56	20041	39:08	Simon Singleterry		Male	51	MV40	18	39:01	56
57	4338	39:16	Max Pike		Male	52	MS	27	39:11	57
58	4794	39:21	Stephen Rolfe	Norfolk Gazelles AC	Male	53	MV60	2	39:19	59
59	4769	39:21	Dom Copping	City Of Norwich AC	Male	54	MV40	19	39:12	58
60	5164	39:37	Neil Goodbourn		Male	55	MS	28	39:32	62
61	5349	39:38	Digby Frammingham	West Norfolk AC	Male	56	MV50	7	39:31	61
62	4196	39:41	Steven Burge		Male	57	MV40	20	39:37	66
63	4909	39:44	Neil Watson	West Norfolk AC	Male	58	MV40	21	39:37	65
64	5038	39:46	Steven Church	Huntingdonshire AC	Male	59	MV50	8	39:43	68
65	5774	39:48	Dawn Henden		Female	6	FV40	3	39:42	67
66	4834	39:50	Lewis Saunders		Male	60	MS	29	39:36	64
67	5064	39:50	James Ord		Male	61	MS	30	39:48	71
68	4790	39:51	Justin Walker		Male	62	MV40	22	39:23	60
69	4741	39:52	Jason Mattless	Dereham Runners & AC	Male	63	MV50	9	39:44	69
70	5556	39:53	Spencer Singleterry		Male	64	MS	31	39:46	70
71	5571	39:54	Tom Pitcher		Male	65	MS	32	39:54	73
72	4247	40:00	Benjamin Collison	West Norfolk AC	Male	66	MV40	23	39:52	72
73	4960	40:05	Andrew Moore		Male	67	MS	33	40:02	74
74	5712	40:07	Richard Agger	Fenland Running Club	Male	68	MV40	24	40:03	75
75	4310	40:09	Matthew Austin		Male	69	MV40	25	40:05	76

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
76	5760	40:12	Neil Gayton		Male	70	MS	34	40:06	77
77	20078	40:12	Nathan Stockdale		Male	71	MS	35	39:36	63
78	4507	40:27	Westley Byford		Male	72	MV40	26	40:16	78
79	4520	40:28	Jason Elrick	Thetford AC	Male	73	MV50	10	40:20	79
80	5087	40:37	Leisha Wegg	City Of Norwich AC	Female	7	FS	4	40:29	80
81	5204	40:38	Owen Jary		Male	74	MV50	11	40:31	81
82	5188	40:48	Barry Wharf		Male	75	MV40	27	40:40	83
83	5688	40:51	Mariusz Lelek		Male	76	MV40	28	40:46	86
84	4576	40:53	Jamie Bransgrove		Male	77	MV40	29	40:49	87
85	5731	40:54	Georgia Bunn		Female	8	FS	5	40:41	84
86	4058	40:56	Stephen Lee	Reepham Runners	Male	78	MV40	30	40:56	91
87	5189	40:58	Emma Wood		Female	9	FS	6	40:55	89
88	20087	40:59	Ian Barnish		Male	79	MV40	31	40:42	85
89	5533	41:00	Sally Hurst		Female	10	FV40	4	40:55	90
90	20074	41:03	marcin dobrzycki		Male	80	MS	36	40:57	93
91	20029	41:04	Craig Roberts		Male	81	MS	37	40:53	88
92	5456	41:08	David Crotch	Norwich Road Runners	Male	82	MV50	12	40:56	92
93	4278	41:11	Melvin Green		Male	83	MV50	13	40:58	94
94	4807	41:12	Stuart Martin		Male	84	MV40	32	41:06	96
95	5214	41:16	Mark Wright		Male	85	MS	38	41:05	95
96	5240	41:17	Ethan Taylor		Male	86	MS	39	41:12	99
97	4119	41:18	Richard Hammond		Male	87	MV40	33	41:12	98
98	5142	41:20	Gavin Pottle		Male	88	MV40	34	41:16	101
99	4667	41:27	Josh Ford		Male	89	MS	40	40:37	82
100	5217	41:31	Chris Greenough		Male	90	MV40	35	41:21	102
101	4689	41:34	Joe Leonard		Male	91	MS	41	41:13	100
102	4929	41:37	Sadie Spring		Female	11	FS	7	41:12	97
103	5644	41:44	Sarah Stradling	Colchester Harriers AC	Female	12	FV40	5	41:41	106
104	4569	41:47	Andrew Williamson		Male	92	MS	42	41:32	103
105	5084	41:51	Adam Howard		Male	93	MV40	36	41:42	107
106	5264	41:54	Alfie Grant		Male	94	MS	43	41:48	113
107	5130	41:54	Robert Skillings		Male	95	MV40	37	41:45	110
108	5385	41:55	stewart robins		Male	96	MV50	14	41:46	111
109	4342	41:56	Tristan Langley		Male	97	MS	44	41:42	109
110	5526	41:57	Laurynas Petreikis	West Norfolk AC	Male	98	MS	45	41:42	108
111	4655	42:01	Michael Howlett	Ryston Runners	Male	99	MS	46	41:51	115
112	4124	42:02	Adam Leech		Male	100	MS	47	41:48	112
113	5063	42:03	Aidan Russell		Male	101	MS	48	41:39	105
114	4676	42:06	Joe Mortlock		Male	102	MS	49	41:50	114
115	5543	42:06	Gareth Johnston		Male	103	MS	50	41:35	104
116	5138	42:06	Martin Stevens	Werrington Joggers	Male	104	MV40	38	41:57	117
117	4614	42:08	Josh Desforges		Male	105	MS	51	42:00	120
118	5034	42:12	Tony Lashma?	Victoria Park Harriers and Tower Hamlets AC	Male	106	MV40	39	42:07	123
119	4410	42:15	George Pettit	Ryston Runners	Male	107	MV40	40	41:59	119
120	5799	42:16	Dean Markillie	March AC	Male	108	MV40	41	41:58	118
121	4090	42:19	Darren French		Male	109	MV40	42	41:56	116
122	5091	42:21	Graeme Leeson		Male	110	MV50	15	42:11	124
123	5086	42:21	Lesley Robins		Female	13	FV50	1	42:13	125
124	4173	42:22	Mark Moden		Male	111	MV40	43	42:04	121
125	4703	42:23	Zac Fountain		Male	112	MS	52	42:07	122
126	4653	42:29	Rickie Trundle		Male	113	MV40	44	42:19	127
127	5569	42:34	JAROSLAW NIJAK		Male	114	MV40	45	42:28	131
128	4572	42:36	Martin Heeley	Ryston Runners	Male	115	MV40	46	42:29	132
129	5563	42:44	Michael Small		Male	116	MS	53	42:24	130
130	4355	42:45	Jason Blackwell		Male	117	MV50	16	42:15	126
131	4926	42:50	David Howard		Male	118	MS	54	42:36	135
132	5600	42:51	Anthony Drown		Male	119	MS	55	42:32	133
133	4008	42:54	Liam Swift	Lonely Goat Running Club	Male	120	MV40	47	42:38	137
134	4431	42:54	Liam Scorer	Thetford AC	Male	121	MS	56	42:44	139
135	4350	42:56	Ben Talbot-Williams		Male	122	MS	57	42:52	143
136	4125	42:56	lee wright		Male	123	MV40	48	42:24	129
137	5687	42:59	Mark Scase		Male	124	MV50	17	42:38	136
138	5657	43:01	Chris Patchett		Male	125	MS	58	42:54	144
139	20042	43:01	Scott Smart	Lonely Goat Running Club	Male	126	MV40	49	42:45	141
140	5417	43:01	David Whitby		Male	127	MS	59	42:43	138
141	4237	43:04	Hayley Parker		Female	14	FS	8	42:56	145
142	5032	43:06	Ian Wiggins		Male	128	MV40	50	42:48	142
143	4284	43:09	Kirsty Butters	Ryston Runners	Female	15	FV40	6	43:01	150
144	4315	43:11	Andrew Baldwin	Fenland Running Club	Male	129	MV50	18	42:59	149
145	4671	43:11	Greg Pearson	Reepham Runners	Male	130	MV40	51	42:57	146
146	5161	43:15	Melissa Neal		Female	16	FV40	7	43:01	151
147	4040	43:16	Wayne Stimson		Male	131	MV40	52	42:57	147
148	5727	43:17	Alfie Bobbins		Male	132	MS	60	42:23	128
149	5629	43:18	Andrew Hustler	Wymondham AC	Male	133	MV50	19	42:58	148
150	4562	43:24	Cassie Moden		Female	17	FS	9	43:11	154

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
151	4934	43:25	Chris Chorley	Bungay Black Dog RC	Male	134	MV50	20	43:11	153
152	4117	43:27	Jacob Medlock		Male	135	MS	61	43:05	152
153	4574	43:28	Rafal wisniewski		Male	136	MV40	53	42:44	140
154	5505	43:35	Tim Calloway		Male	137	MS	62	43:15	156
155	5630	43:36	Douglas Hustler		Male	138	MS	63	43:17	158
156	20034	43:39	Molly Sands	Ryston Runners	Female	18	FS	10	43:28	162
157	4450	43:42	Oliver Jurascheck		Male	139	MS	64	43:31	164
158	5745	43:43	Ricardo Dagge		Male	140	MS	65	43:26	161
159	5384	43:45	Roly Cook	Norwich Road Runners	Male	141	MV50	21	43:33	167
160	20040	43:46	Shaun Simpson		Male	142	MS	66	42:34	134
161	4089	43:48	Sam Jarvis		Male	143	MS	67	43:23	160
162	5089	43:52	Dominic Marray-Woods	West Norfolk AC	Male	144	MS	68	43:34	168
163	20085	43:52	Ollie Jones		Male	145	MS	69	43:29	163
164	5033	43:53	Matthew Wolfe		Male	146	MS	70	43:31	165
165	5171	43:56	Dean Preston		Male	147	MS	71	43:34	169
166	20031	43:59	James Rodgers		Male	148	MS	72	43:18	159
167	4113	44:02	Neil Davies		Male	149	MV50	22	43:48	175
168	4577	44:03	Iewis pearson		Male	150	MS	73	43:43	171
169	5730	44:04	Michelle Brown	Three Counties Running Club	Female	19	FS	11	43:50	177
170	4532	44:09	Joe England		Male	151	MS	74	43:16	157
171	4211	44:09	James Blood		Male	152	MS	75	43:32	166
172	5613	44:10	Justin Gray		Male	153	MV40	54	43:49	176
173	5157	44:10	Lee Richardson		Male	154	MV40	55	43:55	178
174	5452	44:11	Jamie Copeman		Male	155	MS	76	43:56	179
175	4853	44:11	Caine Burton		Male	156	MS	77	44:01	184
176	5044	44:12	Jason Watson		Male	157	MS	78	43:43	172
177	4014	44:14	Dan Tickner		Male	158	MS	79	43:43	173
178	5266	44:16	Simon Jackson		Male	159	MV40	56	43:57	180
179	5793	44:19	James Lay		Male	160	MV40	57	43:58	181
180	4835	44:20	Laura Parry	City Of Norwich AC	Female	20	FS	12	44:00	183
181	4253	44:25	Duane Daugherty	100 Marathon Club	Male	161	MV60	3	44:07	188
182	4081	44:25	Francisco Aldrich		Male	162	MS	80	44:03	186
183	4974	44:27	Nick Castellan		Male	163	MS	81	43:48	174
184	5055	44:29	Jamie Plummer		Male	164	MS	82	44:07	187
185	4846	44:32	Dean Powley		Male	165	MS	83	43:59	182
186	4997	44:32	jack wright		Male	166	MS	84	44:14	190
187	4362	44:37	Jessica Mckenzie		Female	21	FS	13	44:26	195
188	20075	44:38	Robert Stevens		Male	167	MV40	58	44:11	189
189	4005	44:39	ANDREW THOMPSON	Ely Runners	Male	168	MV60	4	44:23	192
190	4023	44:40	Caroline Brown	Ely Runners	Female	22	FV40	8	44:23	193
191	4590	44:41	Martyn Benstead		Male	169	MV40	59	44:02	185
192	4208	44:46	Richard Tucker		Male	170	MV40	60	44:34	198
193	4226	44:47	Shane Rothwell		Male	171	MS	85	44:25	194
194	5718	44:47	Jack Barry		Male	172	MS	86	44:30	196
195	4130	44:49	Jason Hawes	Ryston Runners	Male	173	MV50	23	44:39	201
196	5056	44:53	Jake Whitehouse		Male	174	MV40	61	44:31	197
197	5198	44:53	Aaron Keegan		Male	175	MS	87	43:14	155
198	5654	44:57	Charlotte Barrett		Female	23	FS	14	44:21	191
199	5147	44:58	John Turner		Male	176	MV50	24	44:42	204
200	4743	45:00	Beky Willett	Norwich Road Runners	Female	24	FS	15	44:48	205
201	4137	45:05	Andy Doyle		Male	177	MV50	25	44:41	202
202	5043	45:07	Keith Blake	Wymondham AC	Male	178	MV60	5	45:01	217
203	4797	45:08	Trevor Groves		Male	179	MV60	6	44:54	213
204	4252	45:10	Mark Doughty	Ryston Runners	Male	180	MV40	62	44:35	199
205	5402	45:12	stewart dean		Male	181	MS	88	44:36	200
206	5593	45:12	Chris Morris	Lincoln Wellington Athletic Club	Male	182	MS	89	44:53	211
207	5070	45:13	Sandra Roberts		Female	25	FV50	2	44:52	210
208	5201	45:14	Dave Ince		Male	183	MV40	63	44:52	208
209	4351	45:16	Andrew Butters		Male	184	MV40	64	44:53	212
210	4824	45:17	Miguel Vaz Guedes		Male	185	MS	90	44:42	203
211	5786	45:18	Annie Kelly		Female	26	FS	16	44:58	215
212	4193	45:22	David Wright		Male	186	MS	91	45:02	218
213	4599	45:24	Ty Bond		Male	187	MS	92	44:52	209
214	4654	45:24	Dominic Hargrave		Male	188	MS	93	45:09	219
215	5737	45:25	Ryan Chipperfield		Male	189	MS	94	44:54	214
216	4335	45:28	Nigel Kenny	Ryston Runners	Male	190	MV50	26	44:59	216
217	4695	45:32	Neil Vendy	Thetford AC	Male	191	MV40	65	45:21	228
218	4387	45:36	Alastair Hall		Male	192	MV40	66	45:15	222
219	5631	45:36	Simon Taylor		Male	193	MV40	67	45:26	233
220	4674	45:38	Richard Walker	Norfolk Harriers RC	Male	194	MV50	27	45:15	223
221	4658	45:40	Beth Moden		Female	27	FS	17	45:15	224
222	5574	45:40	Lance Bowyer-Lowe		Male	195	MV50	28	45:22	230
223	4967	45:40	James Angier		Male	196	MS	95	44:48	206
224	4815	45:42	Michael Viner		Male	197	MS	96	45:09	220
225	4065	45:43	Matthew Hitchcock		Male	198	MV40	68	44:51	207

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
226	4180	45:43	Richard Crewe	Thetford AC	Male	199	MV50	29	45:35	243
227	5221	45:43	Paul Maclean		Male	200	MV50	30	45:22	229
228	5756	45:45	Vanessa Ferrie		Female	28	FS	18	45:20	227
229	4889	45:49	Neil Messenger	Thetford AC	Male	201	MV40	69	43:36	170
230	5061	45:51	Andrew Hardy		Male	202	MV50	31	45:11	221
231	5458	45:52	andy rowles	Dereham Runners & AC	Male	203	MV50	32	45:39	246
232	4949	45:52	James Harrison	Holme Pierrepont RC	Male	204	MS	97	45:34	239
233	4248	45:55	Shawn Collins		Male	205	MS	98	45:26	232
234	20021	45:55	Ross Paton		Male	206	MS	99	45:26	234
235	5276	45:56	Stephen Metcalfe		Male	207	MS	100	45:27	235
236	4052	45:57	Laurie James		Male	208	MV70	1	45:38	245
237	5085	45:57	Andy Goodson		Male	209	MV40	70	45:27	236
238	4116	45:58	James Wild		Male	210	MV40	71	45:41	249
239	4470	46:00	Robert Gosnell		Male	211	MV40	72	45:45	252
240	4753	46:05	Chris Levy		Male	212	MV40	73	45:40	248
241	4857	46:06	Amy Dewart		Female	29	FS	19	45:40	247
242	4266	46:06	Aaron Parker		Male	213	MV40	74	45:34	240
243	4908	46:06	Andrew Leech		Male	214	MV50	33	45:53	255
244	4881	46:06	Lucy Hardy		Female	30	FS	20	45:19	226
245	4805	46:07	Graham Spark		Male	215	MV50	34	45:27	237
246	4221	46:11	Mark Nind	Hurricane Striders	Male	216	MV60	7	45:35	242
247	4197	46:12	Claire Stroud		Female	31	FV40	9	45:22	231
248	20047	46:12	Simon Stafford Allen		Male	217	MV40	75	45:37	244
249	20045	46:15	Jason Sparkes		Male	218	MV40	76	45:50	253
250	5601	46:15	Malcolm Leith		Male	219	MV60	8	45:59	260
251	5165	46:25	Jit Patel		Male	220	MV60	9	45:43	250
252	4036	46:28	Cane Harrison		Male	221	MS	101	46:07	268
253	4183	46:29	Shane Goldsmith	Bushfield Joggers	Male	222	MV50	35	45:55	256
254	4724	46:29	Mark Sherratt		Male	223	MS	102	45:44	251
255	4844	46:30	Terrence Pinto		Male	224	MS	103	46:00	263
256	20005	46:31	Duncan McLaren		Male	225	MV50	36	46:06	266
257	5581	46:31	Alex Short		Male	226	MS	104	46:00	261
258	5120	46:33	Andy Tibble	Norwich Road Runners	Male	227	MV50	37	46:06	265
259	4443	46:35	Jamie Youngs		Male	228	MS	105	46:00	262
260	5426	46:35	Adam Beckett		Male	229	MV50	38	45:32	238
261	5787	46:38	Steve Key		Male	230	MV50	39	46:07	269
262	4365	46:40	Joe Pell	Sleaford Striders AC	Male	231	MS	106	46:14	272
263	4900	46:42	Angela Ransome		Female	32	FV50	3	46:04	264
264	4522	46:43	Leanne Williamson		Female	33	FS	21	46:11	271
265	4341	46:45	Shaun Dickerson		Male	232	MS	107	45:58	258
266	5255	46:45	Helena Saunders		Female	34	FS	22	45:58	259
267	4225	46:52	Anna Smith	Ryston Runners	Female	35	FV40	10	46:38	293
268	5404	46:52	Steve Eke		Male	233	MV50	40	46:15	273
269	5755	46:52	Julie Fairbank		Female	36	FV50	4	46:25	274
270	5045	46:53	Tom Middleton		Male	234	MV40	77	46:27	278
271	5649	46:55	Julie Gowland	Reepham Runners	Female	37	FV40	11	46:35	287
272	5714	46:58	Marianne Armstrong	Norwich Road Runners	Female	38	FV40	12	46:45	299
273	4675	46:59	ANDREW PRESTON	Sleaford Striders AC	Male	235	MV40	78	46:11	270
274	5135	47:00	Julie Williamson	Ryston Runners	Female	39	FS	23	46:34	286
275	4021	47:00	Peter Charman		Male	236	MV50	41	46:35	289
276	4510	47:00	STEVEN GOLDSMITH		Male	237	MV60	10	46:33	284
277	4411	47:01	Mark PARKER		Male	238	MV40	79	45:55	257
278	4796	47:02	Daniel Jones		Male	239	MV40	80	45:52	254
279	4870	47:02	Tom Mayes		Male	240	MS	108	46:38	294
280	4041	47:03	Bradley Jackson		Male	241	MS	109	46:25	275
281	4203	47:03	Elaine Lumley		Female	40	FV40	13	46:33	283
282	5272	47:07	Christopher Colman		Male	242	MS	110	46:38	295
283	4859	47:08	James Williams		Male	243	MS	111	46:29	281
284	5369	47:09	Chris Vurley		Male	244	MV40	81	46:29	280
285	5068	47:09	Colin Hazell		Male	245	MV50	42	46:48	303
286	4776	47:10	Samantha Stringer	West Norfolk AC	Female	41	FV40	14	46:46	300
287	5460	47:12	Ryan Bowman		Male	246	MS	112	46:43	297
288	5663	47:14	Gavin Lane	West Norfolk AC	Male	247	MV50	43	46:06	267
289	5640	47:14	Jake Cocksedge		Male	248	MS	113	46:29	279
290	5484	47:20	Mark Smith		Male	249	MV50	44	46:50	305
291	4669	47:21	Simon Curhell		Male	250	MS	114	46:34	285
292	4054	47:23	Joel Klassen	York Knavesmire Harriers	Male	251	MS	115	46:36	290
293	4864	47:26	Carl Manning	Ryston Runners	Male	252	MV60	11	46:47	301
294	5335	47:26	david Dimech		Male	253	MV60	12	46:26	276
295	5318	47:27	Ray Harding	Ely Runners	Male	254	MV60	13	46:37	291
296	4677	47:29	Pauline Drewery	Ryston Runners	Female	42	FV50	5	47:15	316
297	4711	47:30	NICK Mackay		Male	255	MV60	14	47:11	312
298	4007	47:32	Ashish Rastogi	Ryston Runners	Male	256	MV40	82	47:03	308
299	5295	47:32	Trevor Lamb		Male	257	MV40	83	46:58	307
300	4192	47:33	Mitchell Wesley		Male	258	MV50	45	45:18	225

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
301	20012	47:33	Simon Murden	Cambridge & Coleridge AC	Male	259	MV40	84	46:31	282
302	4779	47:34	CHRIS Wood		Male	260	MS	116	47:08	310
303	4230	47:35	Mark Smith		Male	261	MV40	85	46:27	277
304	4327	47:36	GARY INGREY		Male	262	MV60	15	46:38	292
305	4936	47:38	Eleanor Crossland	Coventry Godiva Harriers	Female	43	FS	24	47:04	309
306	4740	47:38	Philip Eardley		Male	263	MV50	46	45:34	241
307	20046	47:40	Daniel Spiller	Fenland Running Club	Male	264	MV40	86	47:13	313
308	20028	47:40	Juozas Redeckas		Male	265	MV40	87	46:42	296
309	5744	47:42	Nick R. Curtis		Male	266	MS	117	46:56	306
310	5552	47:43	Debbie Schwarz	West Norfolk AC	Female	44	FV50	6	46:35	288
311	4650	47:45	Ade Mills	Fenland Running Club	Male	267	MV50	47	47:10	311
312	4224	47:46	Andrew Smith		Male	268	MV50	48	47:20	320
313	4625	47:48	Chris Measures	Thetford AC	Male	269	MV50	49	47:24	324
314	5720	47:53	Jason Batterbee		Male	270	MV50	50	46:49	304
315	4271	47:57	Leanne Bealey		Female	45	FS	25	47:19	319
316	5643	48:01	Jack Dougal		Male	271	MS	118	47:14	315
317	4641	48:01	Mike Mulready		Male	272	MS	119	47:40	337
318	5350	48:02	Russell Cooper		Male	273	MV40	88	47:16	317
319	4938	48:02	Richard Crossland	Bungay Black Dog RC	Male	274	MV50	51	47:29	328
320	5586	48:03	Maxwell Oldham		Male	275	MS	120	47:13	314
321	5122	48:04	Josh Tyers		Male	276	MS	121	46:48	302
322	5160	48:05	Morgan Toner		Male	277	MV40	89	46:44	298
323	4588	48:07	Peter French		Male	278	MV60	16	47:34	335
324	5580	48:08	Matthew Ferrie		Male	279	MV50	52	47:42	338
325	5480	48:10	Stephen Graham	East Hull Harriers & AC	Male	280	MV70	2	47:51	351
326	20048	48:11	Richard Stone		Male	281	MV50	53	47:21	321
327	5297	48:13	Antony Leigh		Male	282	MV50	54	47:26	326
328	5587	48:14	Steve Fisher		Male	283	MS	122	47:44	341
329	4894	48:14	Michael Docherty		Male	284	MV40	90	47:44	340
330	4370	48:14	Ozgur Tas		Male	285	MV40	91	47:31	331
331	4913	48:14	Charlie Gower		Male	286	MS	123	47:21	322
332	5751	48:15	Ian Easthall		Male	287	MV40	92	47:34	334
333	4535	48:19	Nigel Billing		Male	288	MV50	55	47:30	330
334	5532	48:20	James Miller		Male	289	MS	124	47:49	347
335	4198	48:21	Andrew Douglass		Male	290	MS	125	47:56	356
336	20070	48:24	Simon Evans		Male	291	MV50	56	47:32	333
337	5792	48:25	Rob Koziel		Male	292	MV40	93	47:55	355
338	4138	48:27	Joseph Henry		Male	293	MS	126	47:31	332
339	4145	48:27	Erica Laws		Female	46	FV50	7	47:55	354
340	4146	48:27	Paul Gibson		Male	294	MV40	94	47:54	353
341	20004	48:30	Chris McGurk	Garden City Runners	Male	295	MV40	95	47:50	350
342	5300	48:31	Joshua Moore		Male	296	MS	127	47:50	349
343	5615	48:32	Andrew Nichols		Male	297	MV40	96	47:21	323
344	4505	48:32	Peter Bloom		Male	298	MS	128	47:49	346
345	4467	48:32	Madeline Harrison		Female	47	FS	26	47:49	348
346	5652	48:32	Joseph Pembery		Male	299	MS	129	48:02	360
347	4353	48:32	Gavin Reynolds		Male	300	MS	130	47:58	359
348	5540	48:33	Kayleigh Wales		Female	48	FS	27	47:48	343
349	4239	48:33	Matty Parker		Male	301	MV40	97	48:08	367
350	4405	48:33	Dwayne Batley		Male	302	MS	131	47:57	358
351	4102	48:34	David Ward		Male	303	MV60	17	47:36	336
352	5583	48:36	david grimes		Male	304	MV50	57	48:04	362
353	5494	48:37	Liz Bastian		Female	49	FV40	15	48:04	364
354	4544	48:38	Linda Marshall	Ryston Runners	Female	50	FV50	8	47:56	357
355	5224	48:39	Erin McNeil		Female	51	FS	28	48:08	368
356	5428	48:41	karen bell		Female	52	FV40	16	47:30	329
357	5286	48:43	Tegan De'Ath		Female	53	FS	29	48:15	375
358	5351	48:43	Stephen De'Ath		Male	305	MV40	98	48:15	377
359	5429	48:44	Andy Butler		Male	306	MV50	58	47:19	318
360	4293	48:45	Andrew Mcnamara		Male	307	MV50	59	47:53	352
361	4559	48:48	L Barnham		Female	54	FV50	9	48:07	365
362	4402	48:49	Andy Wicklen		Male	308	MV40	99	48:10	369
363	5791	48:51	Lester Knight		Male	309	MV50	60	47:43	339
364	4656	48:53	Tom Gilbert		Male	310	MS	132	48:02	361
365	4229	48:53	Daniel Williams		Male	311	MS	133	48:15	376
366	5582	48:54	Thomas Brown		Male	312	MS	134	47:49	344
367	5578	48:54	Tiegan Moore		Female	55	FS	30	47:49	345
368	4760	48:54	Jason Mold		Male	313	MV50	61	48:10	370
369	4022	48:56	Andrew Nobes		Male	314	MS	135	48:33	391
370	5387	48:57	Sharon Rodgers		Female	56	FS	31	47:45	342
371	4083	48:59	DALE DREW		Male	315	MV50	62	48:04	363
372	5455	49:01	lee wright		Male	316	MV40	100	48:15	374
373	5206	49:03	Adam Fountain		Male	317	MV40	101	48:20	379
374	4011	49:08	Luke Jarvis		Male	318	MS	136	48:20	380
375	4486	49:08	Jamie Bowler		Male	319	MS	137	48:37	397

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
376	4930	49:09	Danny Winchester		Male	320	MS	138	48:18	378
377	4752	49:09	Joshua Mummery		Male	321	MS	139	48:26	388
378	4006	49:09	Milika Buurman		Female	57	FV40	17	48:35	394
379	5609	49:12	Andrew Cook		Male	322	MV40	102	48:37	396
380	4937	49:12	Imogen Crossland		Female	58	FS	32	48:38	398
381	4842	49:13	Anita Mussett	Colchester Harriers AC	Female	59	FV50	10	48:25	386
382	5059	49:13	Simon Grylls		Male	323	MV50	63	48:12	373
383	4584	49:15	Alan Wilson		Male	324	MV40	103	48:34	393
384	20011	49:15	Kevin Moulton		Male	325	MV40	104	49:04	422
385	4898	49:17	Robert Quinlan		Male	326	MV50	64	48:26	387
386	5498	49:19	Stuart Singleterry		Male	327	MV40	105	48:28	389
387	4396	49:20	Mark Avery	Ipswich Jaffa RC	Male	328	MV50	65	48:41	401
388	4596	49:20	Kelsey Unsworth		Female	60	FS	33	48:24	384
389	4648	49:22	Richard Bathe		Male	329	MV50	66	48:43	403
390	5051	49:22	Joanna Banaszek		Female	61	FV40	18	48:07	366
391	5493	49:22	Jenny McGee Butler		Female	62	FV40	19	48:44	404
392	5612	49:24	Neil Andrews		Male	330	MV40	106	48:23	382
393	4439	49:26	Matthew Freezer	Dereham Runners & AC	Male	331	MS	140	48:41	402
394	20023	49:26	Mike Pembery		Male	332	MV50	67	48:36	395
395	4136	49:26	Simon Adams		Male	333	MV40	107	47:27	327
396	5151	49:28	Jacky Walsingham	Vegan Runners	Female	63	FV40	20	48:51	411
397	4485	49:31	Samantha Broughton		Female	64	FS	34	48:50	410
398	4366	49:33	Hayley Missin		Female	65	FS	35	48:56	414
399	20088	49:34	Michael Bradford		Male	334	MV50	68	48:39	400
400	4325	49:35	Peter Swales	Dereham Runners & AC	Male	335	MV50	69	47:26	325
401	4062	49:36	Tim Wall		Male	336	MV50	70	48:47	406
402	4914	49:37	Megan Wilson		Female	66	FS	36	48:33	392
403	5067	49:39	William Kellie		Male	337	MS	141	48:38	399
404	4169	49:40	Kirwin Christoffels		Male	338	MS	142	48:11	371
405	5003	49:41	Sam Keeley		Male	339	MS	143	48:22	381
406	4038	49:42	Matt Potts	Ely Runners	Male	340	MV40	108	48:49	408
407	4382	49:42	Dawn Ball	Three Counties Running Club	Female	67	FV40	21	49:02	421
408	4527	49:42	Mark Mattless	Three Counties Running Club	Male	341	MV40	109	49:01	418
409	5301	49:43	Alan Holman		Male	342	MV50	71	49:11	433
410	4321	49:43	James Frusher		Male	343	MS	144	48:54	412
411	4071	49:43	Lisa Redman	Ely Runners	Female	68	FV40	22	48:48	407
412	4869	49:44	Ashley Mayes		Male	344	MS	145	49:20	439
413	5158	49:45	Andrea Mummery		Female	69	FV50	11	49:01	419
414	4131	49:46	David Jackson		Male	345	MS	146	49:08	429
415	4777	49:48	ian Taylor		Male	346	MV40	110	49:18	438
416	4750	49:48	David Mummery		Male	347	MV50	72	49:09	430
417	5697	49:49	Mark Lammiman		Male	348	MV50	73	49:11	434
418	4087	49:49	Claire Loft		Female	70	FV50	12	48:56	413
419	4151	49:51	Rosalind Baillie		Female	71	FV40	23	49:05	426
420	4691	49:52	Jonathan Quail	Three Counties Running Club	Male	349	MV40	111	49:09	431
421	4331	49:53	Daniel Jeffrey		Male	350	MS	147	48:32	390
422	4184	49:55	Lucy Chadderton		Female	72	FS	37	49:30	445
423	5227	49:56	Jack Hargraves		Male	351	MV50	74	49:27	443
424	4291	49:58	Ron Bloomfield		Male	352	MV40	112	49:00	417
425	5770	50:04	Chloe Harcourt	Norwich Road Runners	Female	73	FS	38	49:05	425
426	4168	50:04	Matt Howes	Norwich Road Runners	Male	353	MV40	113	49:04	424
427	4349	50:04	Nick Randall	Norwich Road Runners	Male	354	MV40	114	49:04	423
428	4919	50:05	Gediminas Jurkaitis		Male	355	MS	148	48:50	409
429	5794	50:07	Jodie Lee		Female	74	FV40	24	49:26	442
430	4635	50:07	Jonny clark	Three Counties Running Club	Male	356	MV40	115	49:23	441
431	5446	50:09	Mark Chalkley		Male	357	MS	149	49:06	427
432	4465	50:10	Zara Bek		Female	75	FS	39	49:15	437
433	5100	50:11	Irena Marcinek		Female	76	FV40	25	49:29	444
434	4563	50:11	Arron Graham		Male	358	MS	150	49:02	420
435	4141	50:13	Lucas Cooper		Male	359	MS	151	49:40	449
436	20055	50:13	Jack Trundley		Male	360	MS	152	48:25	385
437	20079	50:14	Derrick Hart		Male	361	MS	153	49:40	451
438	5457	50:14	David Bowman		Male	362	MV60	18	49:06	428
439	4256	50:15	Amy Baxter		Female	77	FV40	26	49:33	446
440	4276	50:16	Ian Pantling		Male	363	MV40	116	49:10	432
441	5136	50:18	Thomas Wills-Gillings		Male	364	MS	154	48:23	383
442	5149	50:25	Daniel Lister		Male	365	MS	155	49:21	440
443	5513	50:26	Ramune Simanaviciene		Female	78	FV40	27	49:46	454
444	4692	50:33	Lisa Appleton	Reepham Runners	Female	79	FS	40	48:12	372
445	5245	50:35	Dominic Hughes		Male	366	MS	156	48:44	405
446	5764	50:36	Harvey Gray		Male	367	MS	157	49:46	456
447	4771	50:38	Jack Parnell		Male	368	MS	158	48:59	416
448	4986	50:38	Barry Smith	Thetford AC	Male	369	MV50	75	50:01	461
449	20016	50:41	Mitchell Norman		Male	370	MS	159	49:42	452
450	5155	50:41	Frances Rayner		Female	80	FV50	13	48:59	415

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
451	5780	50:44	Mark Hubbard		Male	371	MV50	76	49:33	447
452	4053	50:46	Andrew Kelman		Male	372	MV50	77	50:23	480
453	5551	50:46	Shaun Turner		Male	373	MV40	117	49:40	450
454	4206	50:51	RICHARD THOMPSON		Male	374	MV40	118	50:20	478
455	4158	50:52	Aidan Clarkson		Male	375	MS	160	50:08	466
456	4297	50:54	Stuart Cameron	Runners-Next-the-Sea	Male	376	MV40	119	49:48	457
457	4416	50:56	Vince McNiffe	Sleaford Striders AC	Male	377	MV50	78	49:46	455
458	4209	51:00	Linda CUSACK		Female	81	FV60	1	50:17	475
459	4918	51:00	Nigel Marlow		Male	378	MV60	19	50:10	467
460	4323	51:01	Stuart Brown		Male	379	MS	161	50:16	474
461	4166	51:02	Stephanie Gray		Female	82	FS	41	49:13	436
462	4155	51:03	Grace Jones	Ryston Runners	Female	83	FS	42	50:17	477
463	5219	51:05	Nicola Greenough		Female	84	FV40	28	49:56	460
464	5431	51:13	Matthew Brown		Male	380	MV40	120	50:13	470
465	5178	51:13	Sarah-Jane Macdonald		Female	85	FV40	29	50:17	476
466	4874	51:16	Lucy Mcdowie	Ryston Runners	Female	86	FV40	30	50:23	481
467	4738	51:18	Luke Bell		Male	381	MS	162	49:39	448
468	5777	51:19	Daniel High		Male	382	MS	163	50:05	463
469	4067	51:25	Alaine Fielding		Female	87	FS	43	50:43	489
470	5708	51:25	Sean Warden		Male	383	MS	164	50:07	465
471	5728	51:26	Archie Bobbins		Male	384	MS	165	50:31	487
472	5646	51:26	David Webb		Male	385	MV60	20	50:15	473
473	5347	51:26	Brian Black		Male	386	MV60	21	50:13	471
474	4457	51:27	Tom Hunn		Male	387	MS	166	50:06	464
475	5373	51:27	Gary Walker		Male	388	MV60	22	50:27	483
476	5639	51:28	Dirk James		Male	389	MV50	79	50:01	462
477	4729	51:29	Jan Knight		Male	390	MV40	121	50:55	498
478	4333	51:29	Alan Johns		Male	391	MV40	122	49:53	459
479	4250	51:30	Sarah-Jane Smith		Female	88	FS	44	50:27	484
480	5376	51:30	Gary Rothwell		Male	392	MV50	80	51:04	502
481	4364	51:31	Rob Tarry		Male	393	MV50	81	51:14	511
482	4879	51:32	Duncan Partridge		Male	394	MV40	123	49:46	453
483	5515	51:35	Tony Thaxton		Male	395	MS	167	50:46	491
484	5489	51:37	Mark Drake		Male	396	MV60	23	50:12	468
485	5614	51:38	Amanda Wearing		Female	89	FV50	14	50:58	499
486	5396	51:41	Alan Fountain		Male	397	MV60	24	50:43	488
487	4060	51:42	Steve Richardson		Male	398	MS	168	50:15	472
488	5796	51:42	George Lemon		Male	399	MS	169	49:53	458
489	4631	51:49	Sarah Counsell		Female	90	FV40	31	50:53	496
490	5626	51:53	Stephen Ward		Male	400	MV50	82	51:03	501
491	5476	51:57	Judith Berry		Female	91	FV40	32	51:04	503
492	4189	51:58	Rob Van der Parker		Male	401	MS	170	50:12	469
493	4097	52:01	Iwan Beck		Male	402	MS	171	50:30	486
494	4681	52:04	Helen Procter		Female	92	FV50	15	50:49	492
495	5275	52:04	Stuart Jessop		Male	403	MS	172	50:22	479
496	4017	52:05	Lloyd Pearson		Male	404	MV40	124	50:51	493
497	4167	52:07	Andrew Chase		Male	405	MV50	83	50:44	490
498	5499	52:10	Tom Clements	Framlingham Flyers	Male	406	MV60	25	50:24	482
499	5299	52:10	Chris Greeves		Male	407	MV60	26	50:51	495
500	5553	52:10	Jane Ashby	Ryston Runners	Female	93	FV70	1	51:27	517
501	4320	52:11	Nigel Clark		Male	408	MV50	84	51:12	507
502	5192	52:11	Martin Blackburn	Ryston Runners	Male	409	MV60	27	51:23	515
503	5557	52:13	Philip Turner		Male	410	MV40	125	51:06	505
504	4051	52:19	DAVID JAMES		Male	411	MV50	85	50:55	497
505	4792	52:19	Emily Fitch		Female	94	FS	45	50:28	485
506	5448	52:21	Adam Sherrard		Male	412	MV40	126	51:05	504
507	5776	52:21	Sam Hewson		Male	413	MS	173	51:19	513
508	4694	52:22	Carri Vendy	Thetford AC	Female	95	FV40	33	51:13	510
509	5238	52:26	Stuart Durham	Ryston Runners	Male	414	MS	174	51:08	506
510	4277	52:27	GARY BERRY		Male	415	MV50	86	51:42	525
511	4078	52:37	Carl Bramham		Male	416	MS	175	51:12	508
512	4326	52:38	Richard Lane		Male	417	MV50	87	51:52	531
513	4156	52:38	Andrew Wilson		Male	418	MV50	88	51:00	500
514	5746	52:38	Rob Delph		Male	419	MV40	127	51:16	512
515	5393	52:42	Phillip Clarke	Fenland Running Club	Male	420	MV50	89	51:41	524
516	5716	52:42	Nancy Barnard		Female	96	FS	46	51:45	528
517	4536	52:45	Craig Ward		Male	421	MS	176	51:20	514
518	4766	52:48	Philip Palmer		Male	422	MV50	90	51:35	519
519	5041	52:53	Richard Morrish		Male	423	MV50	91	51:59	537
520	4517	52:54	Samantha Faulkner		Female	97	FV40	34	51:45	527
521	5338	52:55	Adam Reeve		Male	424	MS	177	51:47	529
522	4579	52:56	Paul Whitear		Male	425	MV50	92	50:51	494
523	4977	52:58	Pauline Sparrow	Ryston Runners	Female	98	FV70	2	52:15	545
524	4080	52:58	Paul Mallett		Male	426	MV40	128	49:12	435
525	5223	52:59	Joseph Malby		Male	427	MS	178	51:13	509

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RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
526	4912	52:59	Karl Wilson		Male	428	MV40	129	52:21	551
527	5002	53:01	Anthony Jolley		Male	429	MV60	28	51:24	516
528	5623	53:02	Mat Fielding		Male	430	MS	179	51:44	526
529	4664	53:04	maureen runacres	Sleaford Striders AC	Female	99	FV50	16	52:00	538
530	4397	53:05	gary ward		Male	431	MV50	93	51:38	520
531	4688	53:10	Gordon Taylor		Male	432	MV50	94	51:39	522
532	4814	53:11	Isaac Tyers		Male	433	MS	180	51:50	530
533	4811	53:12	Steve Bolt		Male	434	MV40	130	52:29	567
534	5754	53:14	Thomas Eves		Male	435	MV40	131	51:41	523
535	4069	53:14	JEREMY LEE		Male	436	MV50	95	51:54	533
536	5559	53:14	Helen Mullins	Lonely Goat Running Club	Female	100	FV40	35	52:17	546
537	20072	53:14	Chris Brown		Male	437	MV40	132	52:23	556
538	5052	53:15	Alan Dix		Male	438	MV50	96	52:20	548
539	4649	53:17	fiona white	Sleaford Striders AC	Female	101	FV50	17	52:13	542
540	5438	53:21	Nicholas Bouskill		Male	439	MV50	97	52:11	540
541	4357	53:22	Paul Drake	Tickhill Running & Athletic Club	Male	440	MV50	98	52:25	560
542	4066	53:26	Johnathan David		Male	441	MV50	99	51:54	534
543	5604	53:26	Sharmane Everitt		Female	102	FS	47	52:38	578
544	4190	53:27	Garry Ward		Male	442	MV60	29	52:29	566
545	5676	53:31	Mrs j f Isbill		Female	103	FV50	18	52:23	553
546	5656	53:31	Aleksandra Kwiatek		Female	104	FV40	36	52:23	555
547	4537	53:32	Martyn Bond		Male	443	MS	181	52:23	557
548	5319	53:35	Lana Hayes	Ryston Runners	Female	105	FS	48	52:36	575
549	4383	53:35	Gary Howes		Male	444	MV40	133	52:37	577
550	5062	53:37	Rick Bennett		Male	445	MS	182	51:39	521
551	4568	53:38	John Bowen		Male	446	MV50	100	52:49	585
552	4163	53:38	Cheryl Brown		Female	106	FV50	19	52:17	547
553	4774	53:38	Mandi Smith		Female	107	FV50	20	52:27	563
554	4524	53:38	Catherine Dunbar	Vegan Runners	Female	108	FV50	21	52:37	576
555	5143	53:39	Martin Law		Male	447	MV50	101	52:31	570
556	5430	53:40	Tricia Betts		Female	109	FV40	37	52:35	574
557	5464	53:43	Emma Lee		Female	110	FS	49	51:56	536
558	5383	53:43	Chris Tyler		Male	448	MS	183	52:49	586
559	5748	53:46	Sammy Doak		Male	449	MV50	102	52:14	543
560	4726	53:47	Dale Twaite-Smith		Male	450	MS	184	51:55	535
561	5421	53:50	Will Munday		Male	451	MS	185	52:20	549
562	5366	53:50	Jean Streeter		Female	111	FV70	3	52:50	587
563	20037	53:52	Callie Sharpin		Female	112	FS	50	52:27	564
564	4306	53:53	Richard Gray		Male	452	MV60	30	52:04	539
565	5436	53:53	Richard Booth		Male	453	MS	186	52:57	594
566	5691	53:54	Darren Jones		Male	454	MV50	103	52:21	550
567	4110	53:56	Tracey Else	Three Counties Running Club	Female	113	FV40	38	52:53	590
568	5450	53:56	Jamie Bell		Male	455	MS	187	52:24	559
569	4123	53:57	James Hammond		Male	456	MS	188	52:23	558
570	5503	53:58	PAUL SANDERSON		Male	457	MV60	31	52:47	584
571	4352	53:59	Nicola Rands		Female	114	FV50	22	52:23	554
572	4418	54:00	Joe Harvey		Male	458	MS	189	53:23	617
573	4149	54:03	Christopher Drew		Male	459	MS	190	52:40	579
574	5303	54:03	Sandra Goncalves		Female	115	FV50	23	52:42	582
575	5092	54:04	Mark Demonty		Male	460	MV40	134	52:12	541
576	20009	54:05	Jan Erickson Miraflor		Male	461	MS	191	52:22	552
577	5491	54:05	Kate Woodcock		Female	116	FS	51	52:15	544
578	5575	54:06	Louise Franklin		Female	117	FV40	39	53:00	596
579	5046	54:06	Ed Weightman		Male	462	MV40	135	53:03	598
580	5625	54:07	Claire Smithee	Three Counties Running Club	Female	118	FV40	40	53:05	600
581	4261	54:07	Victoria Howell		Female	119	FV40	41	52:31	571
582	4867	54:08	Michael Wyard		Male	463	MV50	104	52:30	569
583	4105	54:10	Jacqui Scott		Female	120	FV50	24	52:41	581
584	5094	54:12	Mark Green		Male	464	MV50	105	51:33	518
585	4586	54:16	Allan Nelson		Male	465	MV40	136	53:38	635
586	4363	54:16	Zoe Bridges	Trail Running Association	Female	121	FV50	25	52:56	592
587	5462	54:17	Sam Dack		Male	466	MV40	137	52:50	588
588	5441	54:18	Dean Reeves		Male	467	MV50	106	52:41	580
589	5243	54:18	Ruth Gaunt		Female	122	FV50	26	52:26	562
590	5314	54:18	Alex Gaunt		Male	468	MV50	107	52:25	561
591	5789	54:18	Ashley Kirwan		Male	469	MS	192	52:30	568
592	4134	54:19	Elly Page		Female	123	FS	52	53:07	601
593	4012	54:21	Michael Wilson		Male	470	MS	193	53:15	604
594	4822	54:22	Jack Curl		Male	471	MS	194	52:33	572
595	4594	54:22	David Sharp		Male	472	MV50	108	52:54	591
596	4868	54:23	David Martin		Male	473	MV60	32	53:19	608
597	4840	54:23	Rachel Lister		Female	124	FS	53	53:20	612
598	4718	54:25	Jon Bathe	Hartlepool Burn Road Harriers	Male	474	MV40	138	53:28	621
599	5465	54:25	Colin Andrews		Male	475	MV50	109	52:52	589
600	20059	54:26	James Watson		Male	476	MS	195	53:14	603

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RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
601	5075	54:27	Lee Kirby		Male	477	MS	196	53:33	629
602	5081	54:29	Lee Did		Male	478	MS	197	53:35	632
603	5309	54:38	Richard Chalkley		Male	479	MV60	33	53:19	609
604	4435	54:39	Mike Jolly	Reepham Runners	Male	480	MV50	110	53:30	626
605	20080	54:39	Dougie Barber	Coltishall Jaguars RC	Male	481	MV60	34	53:49	649
606	5758	54:39	Billy Fowler		Male	482	MS	198	51:53	532
607	4210	54:40	Kerrie Page		Female	125	FV40	42	53:33	627
608	5701	54:40	Anil Chakrabarti		Male	483	MV50	111	52:35	573
609	4302	54:41	Paul Freear		Male	484	MV40	139	52:28	565
610	4458	54:42	Tony Payne		Male	485	MV50	112	52:56	593
611	4582	54:43	Clare Kitchener		Female	126	FV40	43	52:46	583
612	5258	54:44	john george		Male	486	MV40	140	53:02	597
613	5047	54:45	Barbara Kosiba		Female	127	FS	54	53:30	625
614	5768	54:47	Nathan Hallam		Male	487	MS	199	52:57	595
615	4391	54:48	Hattie Swain	Coltishall Jaguars RC	Female	128	FS	55	53:19	607
616	4215	54:50	Adrian Pepper		Male	488	MV60	35	53:33	628
617	4772	54:51	Andrew Sisley		Male	489	MV50	113	53:28	623
618	4723	54:51	Charlotte Fountain		Female	129	FS	56	53:26	619
619	4687	54:51	Laura Shimmon		Female	130	FS	57	53:26	620
620	4612	54:56	Emmanuel Cabaes		Male	490	MV40	141	53:13	602
621	5308	54:58	Nicola Byford		Male	491	MV40	142	53:48	648
622	4818	54:58	Sam Ashby		Male	492	MS	200	53:42	644
623	5172	55:00	Amelie Thompson		Female	131	FS	58	53:38	636
624	4367	55:01	ERIKA SZABO		Female	132	FV40	44	54:19	670
625	5732	55:01	Adam Burt		Male	493	MV40	143	53:40	640
626	5024	55:02	Christian Bannister		Male	494	MV40	144	53:22	616
627	5523	55:02	Mike O'Connor	Halmer Harriers	Male	495	MV60	36	53:45	646
628	5330	55:04	James Carver		Male	496	MV50	114	53:40	639
629	4850	55:04	Tak-Wai Ho		Male	497	MS	201	53:20	613
630	5738	55:06	Lily Churchyard		Female	133	FS	59	53:34	631
631	5060	55:07	Anothony Cassels		Male	498	MS	202	53:50	650
632	4307	55:08	Luke Godwin		Male	499	MS	203	53:37	634
633	4964	55:10	Niki Reeves		Female	134	FS	60	53:40	638
634	5101	55:11	Gary Hood		Male	500	MV60	37	53:36	633
635	5079	55:13	Tesni Foster		Female	135	FV40	45	53:20	614
636	5525	55:14	Sally Twell	Halmer Harriers	Female	136	FV40	46	53:57	654
637	20020	55:16	Heidi Paget		Female	137	FV40	47	54:09	663
638	5500	55:16	Brad Melville		Male	501	MS	204	54:09	661
639	5281	55:17	Dan Burrowes		Male	502	MS	205	54:02	657
640	5549	55:18	Stu Mattless		Male	503	MV40	145	53:03	599
641	4079	55:18	pritti maheshwari		Female	138	FV40	48	54:25	674
642	5509	55:18	Stephanie Middleston		Female	139	FS	61	53:48	647
643	5495	55:20	Richard Gill		Male	504	MV50	115	53:39	637
644	4265	55:20	Vicky Jones		Female	140	FV40	49	53:28	622
645	4455	55:21	Deborah English	Norwich Road Runners	Female	141	FV40	50	53:29	624
646	4976	55:22	Mathilde Nagues		Female	142	FS	62	53:55	653
647	5113	55:22	Nellie Taylor		Female	143	FS	63	53:22	615
648	4148	55:24	Nick Wilkinson		Male	505	MS	206	54:30	681
649	4074	55:25	Richard Fussell		Male	506	MV40	146	53:58	655
650	4199	55:26	Gary Stone		Male	507	MV60	38	54:26	676
651	4114	55:27	Ben Emmerson		Male	508	MS	207	54:12	665
652	4973	55:28	Shelby Carr		Female	144	FS	64	54:09	662
653	5504	55:29	Joanne Chapnan		Female	145	FV40	51	53:34	630
654	5072	55:29	matt collins		Male	509	MS	208	54:31	684
655	4744	55:29	Malcolm Jones		Male	510	MV60	39	53:17	606
656	4812	55:30	Jason Stone		Male	511	MV50	116	53:23	618
657	5234	55:31	Aiden Yates		Male	512	MS	209	53:53	651
658	4567	55:32	Sarah Edmonds		Female	146	FV40	52	54:13	666
659	5231	55:34	Andy Hiles		Male	513	MV60	40	53:16	605
660	4570	55:35	Chris Rix		Male	514	MS	210	54:43	700
661	5049	55:35	Sarah Smith		Female	147	FV40	53	54:43	699
662	4606	55:35	Helen Robinson		Female	148	FS	65	53:59	656
663	4480	55:37	Jonathan Turpin		Male	515	MV40	147	54:22	672
664	20065	55:39	Mark Woods		Male	516	MS	211	54:51	706
665	5107	55:40	Richard Todd		Male	517	MV50	117	54:04	659
666	4885	55:43	Amy Kerry		Female	149	FS	66	54:08	660
667	4806	55:43	Steven Stock		Male	518	MS	212	54:02	658
668	5698	55:44	Naomi Smith	Three Counties Running Club	Female	150	FV50	27	54:42	698
669	4982	55:46	Bobbie Sauerzapf	Bungay Black Dog RC	Female	151	FV60	2	53:42	643
670	4764	55:46	Darren Price		Male	519	MS	213	54:39	695
671	4763	55:47	charlotte price		Female	152	FS	67	54:40	697
672	4746	55:47	Lisa Wilson		Female	153	FS	68	54:33	687
673	4448	55:48	Connor Smalls		Male	520	MS	214	54:54	707
674	5566	55:49	Anwar Ali		Male	521	MV40	148	54:47	703
675	5681	55:52	Theresa Russell		Female	154	FV50	28	54:27	679

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
676	4707	55:52	Jennifer Badcock		Female	155	FS	69	53:42	642
677	20010	55:55	Beth Morris		Female	156	FS	70	54:58	709
678	20026	56:01	Rachel Pye		Female	157	FV40	54	54:26	675
679	5550	56:01	Lizzie Parry		Female	158	FS	71	54:47	702
680	4177	56:02	Tracy Jackson		Female	159	FV40	55	54:10	664
681	5203	56:03	Bobby Flanagan		Male	522	MV50	118	54:30	682
682	5707	56:05	Andrew Ryan		Male	523	MV50	119	54:27	680
683	5329	56:05	Jamie Burnham		Male	524	MS	215	53:20	611
684	4390	56:06	Joe Pawsey		Male	525	MS	216	53:19	610
685	4029	56:07	Graham Byng		Male	526	MV40	149	54:25	673
686	5126	56:08	Matthew Smith		Male	527	MS	217	54:40	696
687	4737	56:09	Nicola Pickering		Female	160	FV50	29	53:55	652
688	5602	56:13	Salma El-Deek		Female	161	FS	72	54:34	688
689	5394	56:16	Gary Ranger		Male	528	MV40	150	54:16	668
690	5665	56:17	Rebecca Wright	Ryston Runners	Female	162	FS	73	53:45	645
691	4989	56:17	Vince Parkinson		Male	529	MS	218	54:16	667
692	5454	56:19	Abi Simmons		Female	163	FS	74	54:39	694
693	5502	56:19	Rebecca Burrell		Female	164	FS	75	55:43	743
694	4479	56:19	Lucy Koenigsberger		Female	165	FS	76	54:36	690
695	20050	56:26	Paul Taylor		Male	530	MV50	120	54:19	671
696	4708	56:28	Gavin Hawes		Male	531	MS	219	54:39	692
697	5734	56:28	Leon Carrara	City Of Norwich AC	Male	532	MV60	41	53:41	641
698	4605	56:32	Kasia Thomas		Female	166	FV40	56	55:12	715
699	5660	56:33	Alistair Steel		Male	533	MV40	151	55:48	747
700	5512	56:33	Anoop Surendran		Male	534	MV50	121	55:48	748
701	4311	56:33	Tansel Koroglu		Male	535	MS	220	54:46	701
702	4174	56:34	Jemima Rae		Female	167	FS	77	55:17	720
703	5750	56:36	Mark Eagle		Male	536	MS	221	55:31	731
704	5608	56:37	Kerry Taylor		Female	168	FS	78	55:32	734
705	4112	56:38	Carl Pickett		Male	537	MV50	122	54:39	693
706	4504	56:39	Alan Anthony		Male	538	MV50	123	54:30	683
707	4941	56:40	Paul Reeve		Male	539	MV50	124	54:26	677
708	5162	56:41	Wayne Ramsbottom		Male	540	MV50	125	54:31	685
709	5252	56:41	Philip Websdale		Male	541	MV40	152	54:31	686
710	5014	56:42	Laura Mower		Female	169	FS	79	54:27	678
711	5490	56:43	Sophie Gardner		Female	170	FS	80	54:37	691
712	5360	56:44	Adrian Scaites-Stokes		Male	542	MV60	42	54:56	708
713	4804	56:46	Craig Gage		Male	543	MS	222	54:48	704
714	5443	56:46	Heidi Smith	Fenland Running Club	Female	171	FS	81	55:05	711
715	5065	56:48	Trevor Richardson		Male	544	MV40	153	55:32	732
716	4413	56:49	Jane Lake		Female	172	FS	82	56:19	777
717	5036	56:49	Tim Drew		Male	545	MV40	154	55:05	712
718	4759	56:51	Connie Louro		Female	173	FV40	57	55:02	710
719	5617	56:53	Daniel Kirk		Male	546	MS	223	56:02	763
720	5641	56:53	Shaun McKenna		Male	547	MV50	126	55:07	713
721	4526	56:55	Jonathan Rose		Male	548	MV40	155	55:13	717
722	4680	56:55	David Mann	Lonely Goat Running Club	Male	549	MV40	156	55:33	735
723	5538	56:55	Abi Harrison		Female	174	FS	83	55:13	716
724	5492	56:55	Chris Harrison		Male	550	MV40	157	55:14	719
725	4330	56:58	Graham Anderson-fortnam		Male	551	MV50	127	55:34	736
726	4962	57:02	Marc Kimber		Male	552	MS	224	55:42	741
727	4358	57:04	Elisabeth Peck	Thetford AC	Female	175	FV40	58	54:50	705
728	5520	57:06	Georgia Key		Female	176	FS	84	55:38	740
729	5638	57:07	Sam Richardson		Male	553	MS	225	54:36	689
730	5611	57:08	Catherine Swann		Female	177	FV50	30	55:20	722
731	5326	57:10	Victoria May		Female	178	FV40	59	55:21	724
732	4690	57:10	Donna Johnson		Female	179	FV40	60	55:21	723
733	20006	57:12	Robert Mclean		Male	554	MV50	128	55:28	728
734	4474	57:12	Wendy Fisher	Ryston Runners	Female	180	FV50	31	56:10	773
735	4304	57:13	Duncan Rowland		Male	555	MV50	129	56:10	774
736	4798	57:13	Cheryl Lenton		Female	181	FV40	61	55:28	727
737	4540	57:14	Paul Johnson		Male	556	MV60	43	55:18	721
738	4251	57:14	James Richmond		Male	557	MS	226	54:16	669
739	4851	57:15	James Anderson		Male	558	MV40	158	56:01	762
740	4175	57:18	Adam Chadderton		Male	559	MS	227	56:07	770
741	20082	57:19	Matthew Wright		Male	560	MS	228	56:03	764
742	4231	57:21	Derek Stock		Male	561	MV60	44	56:04	767
743	4727	57:21	Sean Hozier		Male	562	MS	229	55:29	729
744	4906	57:23	carl nelson		Male	563	MV40	159	55:11	714
745	4880	57:25	Heather Pocklington		Female	182	FV60	3	55:23	725
746	4147	57:26	Zillah Smart		Female	183	FV40	62	55:46	745
747	5372	57:26	Debbie Rankin		Female	184	FV40	63	55:43	742
748	4616	57:26	Rachael Nichols	Fenland Running Club	Female	185	FV40	64	55:45	744
749	4135	57:26	James Macwhirter		Male	564	MV50	130	55:38	739
750	4157	57:28	Peter Holman		Male	565	MV50	131	56:05	768

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
751	5405	57:29	Alan Buckberry	Sleaford Striders AC	Male	566	MV70	3	55:56	754
752	5042	57:30	Hannah Mann		Female	186	FS	85	55:14	718
753	4430	57:30	Jacqueline Gilchrist		Female	187	FV50	32	56:01	761
754	4955	57:32	Adam Carter		Male	567	MS	230	55:30	730
755	4092	57:37	Wendy mclean		Female	188	FV40	65	55:53	753
756	5001	57:38	Paul Terreros		Male	568	MV40	160	55:27	726
757	5074	57:39	Daniel wray		Male	569	MS	231	56:46	799
758	4734	57:39	hazel wray		Female	189	FV50	33	56:46	800
759	5479	57:44	Nick Osborn		Male	570	MV50	132	55:49	749
760	4686	57:44	guy morley		Male	571	MV60	45	55:52	752
761	4613	57:45	Kirsty Bathe		Female	190	FV50	34	56:46	798
762	4939	57:46	Peter Donger	Ryston Runners	Male	572	MV40	161	57:04	824
763	4170	57:46	ANDREW Lensen		Male	573	MV50	133	55:37	737
764	4241	57:48	Stephanie Payne		Female	191	FV50	35	56:06	769
765	5704	57:49	Laura Baxter-Wilson		Female	192	FS	86	56:44	797
766	4111	57:52	Doug Lant		Male	574	MV60	46	56:09	772
767	5747	57:53	Andrew Dewing		Male	575	MV40	162	56:10	775
768	4787	57:54	Laura Foster		Female	193	FS	87	56:13	776
769	4928	57:55	Ewan Grummett		Male	576	MS	232	56:00	758
770	5397	58:01	John Welbourn		Male	577	MV60	47	57:24	836
771	4956	58:03	Matthew French		Male	578	MS	233	55:51	750
772	4595	58:04	Casey Veal		Male	579	MS	234	56:48	802
773	5186	58:04	Kirsty Dekeyzer		Female	194	FS	88	56:04	765
774	5327	58:04	Jocelyn Berry		Female	195	FS	89	56:04	766
775	5399	58:06	Claire Beckett		Female	196	FV40	66	56:22	778
776	5140	58:06	Steven Middleton		Male	580	MS	235	56:32	786
777	5222	58:06	Peter Waterfield		Male	581	MV50	134	55:38	738
778	4313	58:07	Erin Brindle		Female	197	FS	90	56:56	812
779	20035	58:07	lucy seamons		Female	198	FS	91	56:56	816
780	4924	58:09	Oliver Hicks		Male	582	MS	236	55:57	755
781	4205	58:09	Raechel Pooley		Female	199	FS	92	56:50	807
782	4845	58:10	Danny Pooley		Male	583	MS	237	56:50	808
783	4933	58:10	Simon Roberts		Male	584	MV60	48	55:52	751
784	5285	58:12	Matthew Crawley		Male	585	MS	238	56:57	817
785	4699	58:13	Sam Johnson		Male	586	MS	239	56:56	814
786	20044	58:13	Danielle Sparkes		Female	200	FS	93	56:34	791
787	4371	58:14	Tony Major		Male	587	MS	240	56:43	796
788	4346	58:15	Claire Myers		Female	201	FV50	36	57:01	821
789	5675	58:17	Carey Briggs		Female	202	FV40	67	55:58	756
790	4633	58:18	Elisabeth Herrmann		Female	203	FV50	37	56:25	780
791	5519	58:19	Jane Oliver		Male	588	MV40	163	56:00	757
792	4423	58:24	Claire Forkes		Female	204	FS	94	56:56	813
793	4421	58:25	Gemma Lawrence		Female	205	FS	95	56:56	815
794	5702	58:26	Kereen Joseph		Female	206	FS	96	56:33	790
795	4762	58:28	Louise Perry Vurley		Female	207	FV50	38	56:58	818
796	4672	58:28	Paul Watson		Male	589	MV40	164	56:31	785
797	4566	58:31	Katherine Kidd		Female	208	FS	97	56:25	781
798	4837	58:34	Nicholas Drake		Male	590	MV50	135	56:49	803
799	4176	58:34	Sarah Lensen		Female	209	FV50	39	56:23	779
800	5283	58:34	Karen Cave		Female	210	FV50	40	56:49	806
801	5078	58:34	Paul Verrando		Male	591	MV50	136	56:25	782
802	4099	58:35	Katherine Pratt		Female	211	FV40	68	56:49	804
803	5090	58:35	Daniel Pratt		Male	592	MV40	165	56:49	805
804	5741	58:35	John Crowley		Male	593	MV40	166	57:03	823
805	4426	58:35	Rachel Porter		Female	212	FV40	69	56:36	792
806	4923	58:36	Rachel Fox		Female	213	FV40	70	57:16	827
807	4642	58:37	Erik Ebelhack		Male	594	MV40	167	56:26	783
808	4622	58:37	Meriden Cabales		Female	214	FV40	71	56:55	811
809	5388	58:43	John Munday		Male	595	MV50	137	57:13	826
810	5605	58:44	Kian Fowler		Male	596	MS	241	56:00	759
811	4788	58:44	Sophie Goodacre		Female	215	FS	98	56:26	784
812	4334	58:44	Ryan Chappell		Male	597	MS	242	56:39	793
813	5648	58:44	Lewis Clayton		Male	598	MS	243	56:01	760
814	5194	58:47	Adele Burrell		Female	216	FS	99	57:02	822
815	20014	58:48	Joanna Neal	Halmer Harriers	Female	217	FV40	72	56:47	801
816	5191	58:53	Lisa Austin		Female	218	FS	100	57:52	866
817	4401	58:54	Sam Brumby		Male	599	MS	244	56:32	787
818	5216	58:55	Nigel Girling		Male	600	MV50	138	56:52	810
819	4809	58:56	Jemma Jones		Female	219	FV40	73	57:45	859
820	5331	58:58	Jo Chisam		Female	220	FV40	74	57:39	852
821	5666	58:58	John Jarvis		Male	601	MV50	139	56:59	820
822	4550	59:01	Paul Wilson		Male	602	MS	245	57:53	868
823	5539	59:03	Rosie Bradley		Female	221	FS	101	56:42	795
824	4725	59:04	Richard Pegg		Male	603	MV60	49	57:40	853
825	4104	59:05	Jack Napolitano		Male	604	MS	246	57:35	847

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
826	5114	59:07	Tomasz Kowalczyk		Male	605	MS	247	57:04	825
827	4585	59:07	Emma Cooper		Female	222	FV40	75	57:30	841
828	4580	59:08	Chris Nobes		Male	606	MS	248	56:39	794
829	5006	59:10	Danielle Lindley-Klassen		Female	223	FS	102	56:58	819
830	5199	59:16	Matthew Hunter	Three Counties Running Club	Male	607	MV40	168	57:21	833
831	4202	59:16	Zoe Gourley	Three Counties Running Club	Female	224	FV40	76	57:21	834
832	5715	59:20	Tina Armstrong		Female	225	FV40	77	58:25	891
833	5076	59:23	Chay Futter		Male	608	MS	249	56:08	771
834	4523	59:24	Tim Maslin		Male	609	MV50	140	57:17	829
835	5706	59:24	Chris Maslin		Male	610	MS	250	57:16	828
836	4706	59:26	Gary Hellard		Male	611	MV50	141	57:44	856
837	5658	59:29	David Pettit		Male	612	MV40	169	58:01	875
838	5115	59:31	Jack Blaxill		Male	613	MS	251	57:35	846
839	20052	59:34	Karl Thompson		Male	614	MV40	170	57:27	839
840	5778	59:34	Daniel Hornigold		Male	615	MS	252	57:20	832
841	4481	59:34	Jonny Piggott		Male	616	MS	253	55:47	746
842	5145	59:35	Ashley Ho		Non-Binary	1		0	57:51	864
843	5603	59:35	Lisa Amber		Female	226	FS	103	58:50	909
844	4303	59:35	Katharine Pike		Female	227	FV50	41	57:18	830
845	4369	59:37	Andrew Thwaites	Lonely Goat Running Club	Male	617	MS	254	58:23	889
846	4445	59:37	Jonathan Price	Ely Runners	Male	618	MV40	171	58:10	882
847	5226	59:39	William Groves		Male	619	MV50	142	56:51	809
848	4399	59:39	Emmajean Hearn	Skegness & District Running Club	Female	228	FV40	78	55:32	733
849	5470	59:39	Sharon Smalls		Female	229	FV50	42	58:44	905
850	20039	59:40	Wayne Sheppard	Ryston Runners	Male	620	MV40	172	56:33	788
851	20038	59:40	Rebecca Sheppard	Ryston Runners	Female	230	FS	104	56:33	789
852	5097	59:41	Harry Burt		Male	621	MS	255	57:38	851
853	5771	59:45	Bethany Harper		Female	231	FS	105	57:27	838
854	4810	59:46	Aalana Witt		Female	232	FS	106	57:22	835
855	5371	59:47	Andy Fleet		Male	622	MV50	143	58:36	897
856	5262	59:47	Sarah Fleet		Female	233	FS	107	58:36	898
857	5653	59:47	Sarah Morris	Isle Of Wight RR AC	Female	234	FS	108	57:28	840
858	5361	59:48	Michael Roberts-Anchor		Male	623	MV40	173	57:46	860
859	4473	59:50	Katherine Staines		Female	235	FV40	79	58:19	886
860	4953	59:50	Martin Edwards		Male	624	MV50	144	57:43	855
861	4179	59:52	Helen Karreman		Female	236	FV50	43	57:53	867
862	5407	59:52	Sarah Baldock		Female	237	FV40	80	57:51	865
863	4161	59:54	Ian King	Fenland Running Club	Male	625	MV50	145	58:19	887
864	4084	59:58	Victoria Norris		Female	238	FS	109	57:44	858
865	4319	59:58	Rajneesh Goyal		Male	626	MV40	174	59:23	929
866	4178	59:58	Dermot Keogh		Male	627	MV60	50	58:08	881
867	5585	1:00:01	Matt Kelk		Male	628	MS	256	57:47	861
868	4565	1:00:01	Dan crimmins		Male	629	MV50	146	57:19	831
869	4420	1:00:04	Fay Baker		Female	239	FV50	44	57:34	845
870	5215	1:00:06	Nicola Green		Female	240	FV40	81	57:44	857
871	5259	1:00:07	Jinhua Du		Female	241	FV40	82	57:36	848
872	5463	1:00:08	Jason Buet		Male	630	MV50	147	57:47	862
873	4557	1:00:09	Tony Mowles		Male	631	MV50	148	57:25	837
874	5767	1:00:09	Catherine Guy		Female	242	FS	110	57:42	854
875	5536	1:00:10	James Buhlemann		Male	632	MS	257	59:04	917
876	5118	1:00:10	Martin Kirk		Male	633	MV50	149	58:37	901
877	4511	1:00:15	Gina Chapman		Female	243	FS	111	57:37	850
878	5382	1:00:16	Terrance Norman		Male	634	MV60	51	58:03	876
879	4644	1:00:18	Foster Laws		Male	635	MV50	150	57:37	849
880	4010	1:00:19	Claire Steward		Female	244	FV40	83	58:25	890
881	20043	1:00:20	Ian Smith		Male	636	MV40	175	58:07	880
882	4414	1:00:20	Gracey Rye		Female	245	FS	112	58:50	910
883	4983	1:00:20	Sally Saunders		Female	246	FV40	84	58:05	878
884	4260	1:00:20	Stuart Atling		Male	637	MV60	52	58:06	879
885	5433	1:00:22	Geoffrey owen	Human Energy AC	Male	638	MV60	53	57:59	871
886	4886	1:00:24	Lukoseviciene Lilija		Female	247	FV40	85	58:57	914
887	20053	1:00:28	Samantha Thwaites		Female	248	FV50	45	58:00	873
888	4747	1:00:30	Lynne Howlett		Female	249	FV60	4	57:33	843
889	5054	1:00:31	Lawrence Matthews		Male	639	MV50	151	58:27	893
890	5077	1:00:33	William Ralph		Male	640	MS	258	57:55	869
891	5073	1:00:35	Mark Ryan		Male	641	MV50	152	57:56	870
892	4118	1:00:35	Hayley Steeles		Female	250	FS	113	58:25	892
893	20027	1:00:38	Jason Ray		Male	642	MV40	176	57:31	842
894	4925	1:00:39	Keith Martin		Male	643	MV50	153	57:33	844
895	4436	1:00:40	Jess Boer		Female	251	FS	114	58:16	884
896	4832	1:00:41	Jonny Williamson		Male	644	MS	259	59:15	924
897	4754	1:00:42	Sally Porter	Bure Valley Harriers	Female	252	FV50	46	58:00	872
898	4240	1:00:42	David Briars		Male	645	MV50	154	58:12	883
899	20036	1:00:43	Kate Senter		Female	253	FV40	86	57:48	863
900	5341	1:00:49	Tristram Harwin		Male	646	MS	260	58:34	896

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
901	5477	1:00:50	Mick Yates		Male	647	MV50	155	58:43	902
902	5517	1:00:55	Chloe Jupp		Female	254	FS	115	58:37	900
903	4789	1:00:56	Paul Greenfield		Male	648	MV50	156	58:48	907
904	4201	1:00:57	sine garvie mcinally		Female	255	FV60	5	59:37	936
905	4013	1:00:58	Louise Hammond		Female	256	FV50	47	58:28	894
906	4609	1:00:58	Cathy Mumford		Female	257	FV60	6	58:29	895
907	5177	1:00:58	Fabia Pollard		Female	258	FV50	48	58:01	874
908	4795	1:00:58	Andy Kane		Male	649	MV50	157	58:57	913
909	5554	1:01:02	Donna Jolly		Female	259	FV40	87	58:36	899
910	5542	1:01:04	James Thompson	Ryston Runners	Male	650	MS	261	59:27	932
911	20024	1:01:08	Louise Pollard		Female	260	FV40	88	58:44	903
912	5269	1:01:08	Jennifer Chamberlain		Female	261	FV50	49	59:31	934
913	5717	1:01:08	Louise Barrett		Female	262	FV50	50	58:44	904
914	4709	1:01:12	lauren sutton		Female	263	FS	116	58:57	912
915	4587	1:01:13	Jordan Peacock		Female	264	FS	117	59:09	919
916	5711	1:01:16	Richard French		Male	651	MV50	158	59:01	916
917	4821	1:01:17	carl collins		Male	652	MV40	177	58:22	888
918	5606	1:01:19	Amba Willis		Female	265	FS	118	1:00:00	952
919	5007	1:01:23	Pete Lindley-Klassen		Male	653	MS	262	59:11	922
920	4270	1:01:25	Steven Paddy		Male	654	MV40	178	1:00:18	965
921	20066	1:01:26	Luke Wrycraft		Male	655	MS	263	59:22	928
922	4784	1:01:26	Claire Daniels-Tipton		Female	266	FV40	89	59:18	926
923	4162	1:01:28	Kimberley Fox		Female	267	FS	119	59:51	945
924	5576	1:01:28	Lucy Hardiment		Female	268	FS	120	58:51	911
925	4640	1:01:28	Molly Hopgood		Female	269	FS	121	59:58	950
926	4629	1:01:30	Stephen Devlin		Male	656	MV50	159	59:06	918
927	4072	1:01:32	Claire Goldstone	Brandon Fern Hoppers	Female	270	FV40	90	59:11	920
928	20056	1:01:32	Corrina Turner	Thetford AC	Female	271	FV50	51	59:11	921
929	5422	1:01:34	Amy Neal		Female	272	FV40	91	1:00:14	964
930	5346	1:01:35	Richard Lord		Male	657	MV50	160	58:04	877
931	5685	1:01:36	Jimmy Hearn	Skegness & District Running Club	Male	658	MV50	161	58:18	885
932	4456	1:01:37	Louis Thomas		Male	659	MS	264	59:45	942
933	5678	1:01:37	Sam Williams		Female	273	FV50	52	59:21	927
934	4739	1:01:38	James England		Male	660	MV60	54	59:41	937
935	4735	1:01:40	sarah gauvin	Fenland Running Club	Female	274	FV50	53	1:00:05	958
936	4236	1:01:41	Emma Miller		Female	275	FV40	92	58:46	906
937	5547	1:01:41	Eleanor Morrison		Female	276	FV40	93	59:25	930
938	4721	1:01:45	Jen Lewis		Female	277	FV40	94	1:00:09	961
939	4268	1:01:46	Wayne Merrison		Male	661	MS	265	1:00:03	955
940	20084	1:01:47	Samantha Appleyard-Smith		Female	278	FV40	95	59:12	923
941	5670	1:01:47	Rachel Beeby		Female	279	FS	122	58:58	915
942	4950	1:01:51	Natasha Heley		Non-Binary	2		0	59:46	943
943	5289	1:01:51	Matthew Dick		Male	662	MV40	179	59:57	949
944	4963	1:01:55	Colleen Moore		Female	280	FS	123	59:45	941
945	4491	1:01:57	Lee Pepper		Male	663	MS	266	59:30	933
946	5102	1:01:57	Dean Waring		Male	664	MV40	180	59:53	946
947	4502	1:01:59	Jason Western		Male	665	MV40	181	58:49	908
948	5235	1:02:01	Gary Norman		Male	666	MV60	55	1:00:03	954
949	4782	1:02:04	Natalie Bridgman		Female	281	FS	124	59:17	925
950	5167	1:02:06	Leanne Jackson		Female	282	FV40	96	59:58	951
951	5294	1:02:07	Sally Gooderson		Female	283	FV40	97	1:00:04	956
952	4561	1:02:07	Emma Drew		Female	284	FV40	98	1:00:04	957
953	20033	1:02:08	Larry Russen		Male	667	MV60	56	59:45	940
954	5082	1:02:11	Emma Peak		Female	285	FS	125	1:00:23	967
955	4460	1:02:11	Helen Peak		Female	286	FV40	99	1:00:23	968
956	20015	1:02:12	Hollie Nelson		Female	287	FS	126	59:27	931
957	20062	1:02:13	Keri Williamson		Female	288	FV40	100	1:00:02	953
958	5703	1:02:16	Tommy Davis		Male	668	MS	267	1:00:13	962
959	4593	1:02:22	Tony Hatton-Gore		Male	669	MV60	57	59:42	938
960	4831	1:02:22	Nathan Wood		Male	670	MV50	162	59:56	948
961	5342	1:02:26	Donna Jeary		Female	289	FV40	101	1:00:08	960
962	5320	1:02:29	Carol Keable		Female	290	FV50	54	1:01:36	1012
963	5561	1:02:30	Gary Mills		Male	671	MV40	182	1:00:32	971
964	5507	1:02:31	Nigel White		Male	672	MV60	58	1:00:14	963
965	5710	1:02:36	Sarah Partridge	Ryston Runners	Female	291	FV60	7	1:00:48	982
966	5334	1:02:40	Emma Davis		Female	292	FS	127	1:00:40	975
967	4916	1:02:41	Marie Duncan		Female	293	FS	128	59:36	935
968	4298	1:02:46	Alison Wood		Female	294	FS	129	1:00:35	972
969	4454	1:02:50	Claire Jackson		Female	295	FS	130	1:00:06	959
970	20067	1:02:52	Antony Fox		Male	673	MV50	163	1:01:29	1002
971	4632	1:02:53	Alice Ingman	Three Counties Running Club	Female	296	FV50	55	1:00:22	966
972	5268	1:03:03	JOHN CROWLEY		Male	674	MV60	59	1:01:32	1006
973	4657	1:03:06	Steve Barnfield		Male	675	MV50	164	59:44	939
974	5798	1:03:07	Daniel Mallet		Male	676	MS	268	1:01:11	994
975	4891	1:03:07	Robert Moore		Male	677	MV40	183	1:00:28	969

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
976	4063	1:03:08	Tony Bartlett		Male	678	MV60	60	59:53	947
977	4487	1:03:08	Clare Bickerstaff	Fenland Running Club	Female	297	FV50	56	1:00:43	979
978	5572	1:03:10	David Shew		Male	679	MV40	184	1:00:30	970
979	5537	1:03:13	Anne-Marie Mattless	Three Counties Running Club	Female	298	FV40	102	1:00:42	978
980	4269	1:03:14	Millie Kramarchuk Dempsey		Female	299	FS	131	1:01:18	995
981	5468	1:03:17	Lorraine Parker		Female	300	FV50	57	1:00:55	985
982	4287	1:03:17	Samantha Pritchard		Female	301	FV40	103	1:00:56	987
983	4412	1:03:17	Shelley Coleman		Female	302	FV40	104	1:00:55	986
984	4643	1:03:17	James Barford		Male	680	MV40	185	1:00:37	973
985	4748	1:03:25	Philip Mills		Male	681	MV60	61	1:01:23	999
986	5705	1:03:26	ILGA CHAKRABARTI		Female	303	FV50	58	1:01:21	997
987	5390	1:03:31	Lucy Paterson		Female	304	FV40	105	1:00:42	976
988	5207	1:03:31	Bob Paterson		Male	682	MV50	165	1:00:42	977
989	4028	1:03:31	Harvey Holden		Male	683	MV60	62	1:00:50	984
990	5304	1:03:31	David Lane		Male	684	MV50	166	59:48	944
991	4904	1:03:32	Darina Stoda		Female	305	FS	132	1:01:06	990
992	5261	1:03:33	Matthew Gibb		Male	685	MS	269	1:00:44	980
993	5374	1:03:34	Lucy Roberts-Anchor		Female	306	FV40	106	1:01:33	1007
994	20054	1:03:44	Ivonne Torres		Female	307	FV40	107	1:01:20	996
995	5242	1:03:46	Stephanie Eagling		Female	308	FV60	8	1:00:49	983
996	5328	1:03:48	Roy Boykew		Male	686	MV50	167	1:02:01	1025
997	5427	1:03:51	Charlotte Trenowath		Female	309	FV50	59	1:01:02	988
998	20017	1:03:53	Jordan Osborne		Male	687	MS	270	1:01:44	1015
999	5029	1:03:54	Kimberley Gray		Female	310	FS	133	1:01:10	993
1000	5035	1:03:54	John Stewart		Male	688	MV40	186	1:01:30	1005
1001	5305	1:03:56	Samantha Blayney		Female	311	FS	134	1:01:29	1004
1002	4581	1:03:57	Jon Blayney		Male	689	MS	271	1:01:29	1003
1003	4719	1:03:58	Nicola Worboys		Female	312	FV50	60	1:01:21	998
1004	5752	1:03:59	Grant Elliott		Male	690	MS	272	1:02:24	1031
1005	5800	1:04:00	colin McElhinney		Male	691	MV40	187	1:01:25	1000
1006	4761	1:04:01	Janet Nash		Female	313	FV50	61	1:01:09	991
1007	4453	1:04:01	Stephen Whitelam	Three Counties Running Club	Male	692	MV50	168	1:01:25	1001
1008	5352	1:04:04	Caroline Parlett		Female	314	FV60	9	1:01:48	1017
1009	4856	1:04:04	Jo White		Female	315	FV60	10	1:01:06	989
1010	5435	1:04:06	Louise Sisley		Female	316	FV50	62	1:01:09	992
1011	5795	1:04:12	Zoe Leeming-Watts		Female	317	FV40	108	1:02:58	1044
1012	5713	1:04:12	Tanya Allen		Female	318	FS	135	1:02:59	1045
1013	5558	1:04:14	Daniel Moore		Male	693	MS	273	1:01:33	1008
1014	5066	1:04:17	Kelly Codling		Female	319	FV40	109	1:02:34	1035
1015	4981	1:04:18	Lucy Rudd		Female	320	FV40	110	1:01:57	1020
1016	4704	1:04:19	SALLY HOLLICK	Sleaford Striders AC	Female	321	FV50	63	1:01:41	1014
1017	5516	1:04:21	Shawn Marsters		Male	694	MV40	188	1:00:45	981
1018	4538	1:04:21	Emma Bowler		Female	322	FS	136	1:01:35	1009
1019	5333	1:04:22	Andrew Davies		Male	695	MV50	169	1:00:37	974
1020	5413	1:04:22	Charlie Wilson		Male	696	MV40	189	1:01:39	1013
1021	4758	1:04:24	Rebecca Keeley		Female	323	FS	137	1:01:59	1022
1022	20057	1:04:25	Diane Tyler		Female	324	FV40	111	1:01:54	1018
1023	5784	1:04:26	Sarah Johnson	Three Counties Running Club	Female	325	FS	138	1:01:55	1019
1024	4018	1:04:30	Rebecca Chapple		Female	326	FS	139	1:02:53	1043
1025	4290	1:04:30	Poppy Lee		Female	327	FS	140	1:02:52	1042
1026	4611	1:04:31	Philip Kenyon		Male	697	MV60	63	1:03:04	1047
1027	4025	1:04:32	Dawn Pammenter		Female	328	FV50	64	1:02:14	1029
1028	4128	1:04:33	Claire James		Female	329	FV40	112	1:03:07	1049
1029	4285	1:04:35	karianne jordan		Female	330	FV40	113	1:02:01	1024
1030	4288	1:04:35	Steven Yates		Male	698	MS	274	1:02:00	1023
1031	4451	1:04:42	Sarah Melton-Whitelam	Three Counties Running Club	Female	331	FV40	114	1:02:06	1028
1032	4770	1:04:49	Tracy Woodhouse		Female	332	FV50	65	1:02:02	1026
1033	4393	1:04:50	Natasha Farr		Female	333	FS	141	1:02:03	1027
1034	4778	1:04:51	Bob Hibberd		Male	699	MV60	64	1:02:29	1033
1035	4696	1:04:53	Dulcie Hovell		Female	334	FS	142	1:04:12	1088
1036	5152	1:04:54	Shorne Wallis		Male	700	MS	275	1:01:57	1021
1037	5080	1:04:55	Catherine McAndrew		Female	335	FS	143	1:01:35	1010
1038	5169	1:04:57	Samantha Whitby		Female	336	FS	144	1:03:12	1053
1039	4032	1:04:57	Simon Dean		Male	701	MV60	65	1:02:34	1034
1040	4830	1:04:57	Oliver Whitby		Male	702	MS	276	1:03:13	1055
1041	5534	1:05:00	PETER DREW		Male	703	MV60	66	1:02:47	1040
1042	4878	1:05:09	helen lewis		Female	337	FV40	115	1:03:22	1061
1043	5749	1:05:10	Michael Doherty		Male	704	MV50	170	1:03:46	1076
1044	5596	1:05:10	Emma Walpole		Female	338	FS	145	1:02:34	1036
1045	4172	1:05:13	Beryl Barber		Female	339	FV60	11	1:02:17	1030
1046	20076	1:05:14	Stephen Wingrove		Male	705	MV40	190	1:02:46	1039
1047	4820	1:05:15	Laura Coley		Female	340	FS	146	1:03:03	1046
1048	4714	1:05:17	Beth Brown		Female	341	FS	147	1:03:13	1054
1049	4683	1:05:17	Claire ives		Female	342	FV40	116	1:01:45	1016
1050	5263	1:05:24	Sarah Byatt		Female	343	FV50	66	1:02:27	1032

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1051	4244	1:05:27	Linda Pepper		Female	344	FV50	67	1:02:36	1037
1052	4534	1:05:28	James Histon		Male	706	MS	277	1:03:12	1052
1053	5363	1:05:33	Karen Garrod		Female	345	FS	148	1:01:36	1011
1054	4317	1:05:36	Zoe Colley		Female	346	FS	149	1:03:32	1070
1055	4495	1:05:37	Jemma Maynard		Female	347	FS	150	1:02:41	1038
1056	5290	1:05:39	Gregory Hill		Male	707	MV40	191	1:03:08	1050
1057	4896	1:05:39	Wayne Hopkin		Male	708	MS	278	1:04:16	1103
1058	5650	1:05:41	Sue Naylor	Cambridge & Coleridge AC	Female	348	FV40	117	1:03:22	1063
1059	5595	1:05:47	Mateusz Kazmierczak		Male	709	MS	279	1:03:53	1081
1060	5597	1:05:47	Ilja Rahimzjanovs		Male	710	MS	280	1:03:53	1080
1061	4339	1:05:48	Jade Cooper		Female	349	FS	151	1:03:06	1048
1062	20013	1:05:49	Bec Nally		Female	350	FS	152	1:03:18	1057
1063	4095	1:05:53	David Wootler		Male	711	MV50	171	1:03:25	1066
1064	5370	1:05:54	lynne eborall		Female	351	FV50	68	1:04:32	1115
1065	5053	1:05:55	Alan Colby		Male	712	MV40	192	1:03:36	1072
1066	5260	1:05:55	Samantha Blazer-Paarup Madsen		Female	352	FV40	118	1:03:36	1071
1067	4356	1:05:56	Clive Woolnough		Male	713	MV50	172	1:03:19	1058
1068	4107	1:05:58	Matthew Gray		Male	714	MV40	193	1:04:11	1086
1069	5763	1:05:58	Anamaria Gray		Female	353	FV40	119	1:04:11	1087
1070	5524	1:05:59	Daz Hind	Halmer Harriers	Male	715	MV50	173	1:03:57	1084
1071	4971	1:06:02	Marie Brown		Female	354	FV40	120	1:03:22	1062
1072	4398	1:06:06	Sophie-Jane Hearn	Skegness & District Running Club	Female	355	FS	153	1:02:48	1041
1073	4895	1:06:07	Elizabeth Thomson		Female	356	FV60	12	1:03:11	1051
1074	4417	1:06:07	Lou Mayer	Three Counties Running Club	Female	357	FV50	69	1:03:21	1060
1075	4539	1:06:11	Jessica Batt		Female	358	FS	154	1:03:24	1065
1076	4802	1:06:15	Leslie Carter		Male	716	MV60	67	1:03:52	1079
1077	4549	1:06:18	Holly Campbell		Female	359	FS	155	1:03:37	1074
1078	5256	1:06:19	Jill Graver		Female	360	FV50	70	1:04:51	1121
1079	20061	1:06:24	JAMES WILKINSON		Male	717	MS	281	1:03:27	1068
1080	4043	1:06:25	Maxine Kinghorn		Female	361	FV50	71	1:03:47	1077
1081	4042	1:06:25	Sophie Brearley		Female	362	FV50	72	1:03:47	1078
1082	5607	1:06:26	Rebecca Russell		Female	363	FS	156	1:03:42	1075
1083	5439	1:06:26	Lyn Studman		Female	364	FV40	121	1:03:15	1056
1084	5112	1:06:26	Annalie Sol		Female	365	FS	157	1:04:28	1110
1085	5541	1:06:28	Toby Reddington		Male	718	MS	282	1:03:28	1069
1086	20069	1:06:28	Simon Whitmore		Male	719	MV40	194	1:04:04	1085
1087	5753	1:06:29	Jen Emery		Female	366	FV50	73	1:03:25	1067
1088	4243	1:06:33	Jane Green		Female	367	FV40	122	1:03:54	1082
1089	5106	1:06:34	Aaron Pearson		Male	720	MS	283	1:04:13	1089
1090	5667	1:06:36	Gary Whitby		Male	721	MV50	174	1:03:55	1083
1091	5248	1:06:38	Kellie Stevens		Female	368	FS	158	1:04:13	1090
1092	5406	1:06:38	Chloe Regester		Female	369	FS	159	1:03:36	1073
1093	4324	1:06:39	Mark Simpson		Male	722	MV50	175	1:04:29	1111
1094	4861	1:06:43	daniel ess		Male	723	MV40	195	1:04:38	1119
1095	4312	1:06:46	Claire Emery		Female	370	FV40	123	1:04:14	1094
1096	4617	1:06:48	Mark Robinson		Male	724	MV40	196	1:04:14	1097
1097	5674	1:06:48	Andrew Rovinson		Male	725	MV40	197	1:04:13	1091
1098	4608	1:06:48	Wesley Lake		Male	726	MS	284	1:04:14	1096
1099	4645	1:06:48	Matthew Robinson		Male	727	MV40	198	1:04:14	1095
1100	4305	1:06:48	Bradley Lake		Male	728	MS	285	1:04:14	1101
1101	5633	1:06:48	Lewis Robinson		Male	729	MS	286	1:04:14	1100
1102	4646	1:06:49	David Robinson		Male	730	MV40	199	1:04:15	1102
1103	4359	1:06:50	Lorraine Hawes		Female	371	FV60	13	1:04:37	1118
1104	4597	1:06:52	Hilary Povey		Female	372	FV60	14	1:04:14	1093
1105	5634	1:06:54	Andrew Hooker	Halmer Harriers	Male	731	MV50	176	1:04:31	1113
1106	5700	1:06:54	Tim Baxter	Halmer Harriers	Male	732	MV50	177	1:04:31	1114
1107	5598	1:06:59	Rachel Tonkin		Female	373	FS	160	1:03:23	1064
1108	4816	1:06:59	Vanessa Winters	Stamford Striders	Female	374	FV50	74	1:03:20	1059
1109	4378	1:07:01	Eva Zakalicka		Female	375	FV40	124	1:04:14	1098
1110	4386	1:07:07	Rachel McCabe		Female	376	FV60	15	1:04:13	1092
1111	4429	1:07:07	Sarah Huxtable		Female	377	FV50	75	1:04:14	1099
1112	5146	1:07:11	Paul Lincoln		Male	733	MV40	200	1:04:41	1120
1113	5030	1:07:12	Antony King		Male	734	MS	287	1:04:58	1128
1114	4496	1:07:13	Kerry Craik		Female	378	FV60	16	1:04:16	1104
1115	5636	1:07:14	Juleen Carrara		Female	379	FV50	76	1:04:26	1109
1116	5689	1:07:14	James Randall		Male	735	MS	288	1:05:52	1153
1117	5478	1:07:14	Rosie Battson		Female	380	FS	161	1:05:52	1155
1118	4160	1:07:26	Kathy Cullen		Female	381	FV60	17	1:04:22	1107
1119	4907	1:07:28	Steven Farquhar		Male	736	MV40	201	1:04:52	1123
1120	4187	1:07:30	Charlene Elliott	Bushfield Joggers	Female	382	FV40	125	1:04:22	1108
1121	5769	1:07:37	Kirsty Hamilton-Emery		Female	383	FS	162	1:04:33	1116
1122	5530	1:07:38	Matthew Thatcher		Male	737	MV50	178	1:04:59	1129
1123	4618	1:07:39	Jenny Cartwright		Female	384	FV40	126	1:05:09	1133
1124	4993	1:07:40	Rachel Townshend		Female	385	FS	163	1:04:19	1106
1125	5344	1:07:40	Jane King		Female	386	FV60	18	1:04:18	1105

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1126	5471	1:07:43	Sabrina Nimmo		Female	387	FV50	77	1:04:51	1122
1127	5230	1:07:45	Sam Proctor		Female	388	FS	164	1:05:26	1140
1128	5336	1:07:46	Gabrielle Atling		Female	389	FV50	78	1:04:37	1117
1129	4521	1:07:52	Claudia Gyton		Female	390	FV50	79	1:05:07	1132
1130	4368	1:07:55	Sarah Cartin		Female	391	FV40	127	1:05:35	1143
1131	5398	1:07:56	Beck Wolf		Female	392	FV40	128	1:04:31	1112
1132	5205	1:07:57	Caroline Moore		Female	393	FV50	80	1:05:39	1145
1133	4515	1:07:59	Christian Brown		Male	738	MV40	202	1:05:07	1131
1134	4464	1:08:00	Lauren Kirby		Female	394	FS	165	1:06:38	1175
1135	4716	1:08:01	Linda Birdseye		Female	395	FV60	19	1:04:57	1126
1136	4120	1:08:01	Sarah Barford		Female	396	FV50	81	1:04:57	1127
1137	4728	1:08:08	Elaine Knight		Female	397	FV50	82	1:05:39	1144
1138	4604	1:08:09	Joanna Cain		Female	398	FV40	129	1:04:54	1124
1139	5501	1:08:09	sam stratton		Male	739	MS	289	1:05:06	1130
1140	5624	1:08:12	Agnieszka Munns		Female	399	FV40	130	1:04:57	1125
1141	4222	1:08:14	Emily Greenwood		Female	400	FV40	131	1:05:13	1137
1142	4408	1:08:15	Anna Sheppard		Female	401	FV40	132	1:06:23	1164
1143	4958	1:08:18	Trevor Boughen		Male	740	MV60	68	1:05:23	1139
1144	20083	1:08:22	Bridget Wood		Female	402	FS	166	1:05:48	1152
1145	5187	1:08:25	Eleanor Payne		Female	403	FS	167	1:05:59	1158
1146	4685	1:08:26	Carole Rake		Female	404	FV40	133	1:05:11	1135
1147	5729	1:08:26	Tamara Bond		Female	405	FV50	83	1:05:11	1136
1148	5695	1:08:30	Natalja Maslakova		Female	406	FS	168	1:06:54	1189
1149	5719	1:08:33	Lynn Bateman		Female	407	FV60	20	1:05:56	1157
1150	5759	1:08:36	Sonia Garner		Female	408	FS	169	1:07:23	1204
1151	4882	1:08:37	Margaret Hardy		Female	409	FV60	21	1:05:18	1138
1152	4825	1:08:39	James Trim		Male	741	MS	290	1:06:31	1171
1153	4995	1:08:44	Elaine Williams		Female	410	FV50	84	1:05:42	1149
1154	4996	1:08:44	Selwyn Williams		Male	742	MV50	179	1:05:42	1150
1155	4701	1:08:48	Suzanne Moore	Wymondham AC	Female	411	FV50	85	1:05:53	1156
1156	4705	1:08:52	Rose Hellard		Female	412	FV50	86	1:05:39	1146
1157	4890	1:08:57	David Tickle		Male	743	MV40	203	1:06:59	1191
1158	4144	1:08:59	Ash Brown		Male	744	MV50	180	1:07:38	1210
1159	4171	1:09:02	Jack Starling		Male	745	MS	291	1:05:39	1147
1160	4498	1:09:02	Alex Trense		Male	746	MV40	204	1:05:43	1151
1161	4875	1:09:02	Susan Harper		Female	413	FV60	22	1:05:31	1141
1162	5249	1:09:02	Imogen Viner		Female	414	FV50	87	1:06:20	1162
1163	4946	1:09:03	jackie hallett		Female	415	FV60	23	1:05:10	1134
1164	5743	1:09:06	Emily Curtis		Female	416	FV40	134	1:06:32	1174
1165	4068	1:09:09	Anita Goddard		Female	417	FV60	24	1:05:42	1148
1166	4133	1:09:10	Aimee Evans		Female	418	FS	170	1:06:54	1188
1167	5782	1:09:14	Stewart Ingram	Norwich Road Runners	Male	747	MV70	4	1:06:26	1166
1168	4628	1:09:15	Craig Symonds		Male	748	MS	292	1:05:32	1142
1169	4992	1:09:17	Rosie Tasker-Brown		Female	419	FS	171	1:06:29	1170
1170	4309	1:09:18	Chloe Flatt		Female	420	FS	172	1:06:29	1169
1171	5416	1:09:18	Heidi Wright		Female	421	FV40	135	1:07:50	1221
1172	4452	1:09:18	Gregg Baker		Male	749	MV50	181	1:06:43	1176
1173	4990	1:09:19	Anna Squires		Female	422	FS	173	1:07:51	1224
1174	4212	1:09:19	Natasha Mold		Female	423	FV50	88	1:06:32	1173
1175	4915	1:09:23	Niki Green		Female	424	FV50	89	1:06:48	1182
1176	4991	1:09:24	Nicholas Stephens		Male	750	MS	293	1:07:50	1220
1177	5008	1:09:25	Joanne Mason		Female	425	FV50	90	1:06:22	1163
1178	5528	1:09:27	Julie Thorold		Female	426	FV40	136	1:06:47	1180
1179	4636	1:09:27	Jodie Clark	Three Counties Running Club	Female	427	FV40	137	1:06:17	1160
1180	4273	1:09:27	Sarah Lamb	Three Counties Running Club	Female	428	FV50	91	1:06:17	1161
1181	4207	1:09:28	carolyn Garner		Female	429	FV50	92	1:06:02	1159
1182	5025	1:09:29	Dave Price		Male	751	MV50	182	1:05:52	1154
1183	4883	1:09:29	Helen Driver		Female	430	FV50	93	1:06:47	1181
1184	4862	1:09:35	Barbara Welbourn		Female	431	FV50	94	1:07:09	1196
1185	4817	1:09:36	Richard Barnes		Male	752	MV50	183	1:07:40	1212
1186	4308	1:09:36	Linda Thompson-Wild		Female	432	FV50	95	1:06:27	1167
1187	4607	1:09:37	SALLYANN STEADMAN		Female	433	FV40	138	1:06:27	1168
1188	5026	1:09:43	Migle Drazdauskaite		Female	434	FS	174	1:06:44	1177
1189	4619	1:09:44	Agne Jakimaviciene		Female	435	FS	175	1:06:45	1178
1190	4998	1:09:55	Mark Wright		Male	753	MV50	184	1:06:53	1187
1191	5071	1:09:55	nigel banyard		Male	754	MV40	205	1:06:46	1179
1192	4088	1:09:56	Jo Ruat		Female	436	FV50	96	1:06:52	1185
1193	4296	1:10:01	Hilary Roberts		Female	437	FV60	25	1:07:07	1195
1194	4968	1:10:01	Alan Anglin		Male	755	MV40	206	1:06:52	1186
1195	4823	1:10:02	Sophie Defew		Female	438	FS	176	1:06:26	1165
1196	4988	1:10:02	Nicola Smith		Female	439	FV50	97	1:07:02	1193
1197	5013	1:10:02	Melissa Morgan		Female	440	FS	177	1:07:02	1194
1198	5635	1:10:04	Lauretta Wilson		Female	441	FV40	139	1:06:50	1184
1199	4530	1:10:08	Sophie England		Female	442	FS	178	1:07:02	1192
1200	4945	1:10:10	Laura Gabriel		Female	443	FS	179	1:07:26	1205

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1201	5440	1:10:12	Laura Brown	Ryston Runners	Female	444	FV40	140	1:07:15	1199
1202	4858	1:10:12	Michael Carter		Male	756	MV60	69	1:06:58	1190
1203	4246	1:10:15	Victoria Prescott		Female	445	FS	180	1:08:46	1256
1204	5773	1:10:19	Heidi Hemeter		Female	446	FV60	26	1:07:18	1201
1205	20019	1:10:19	Cathryn Osborn-Vergerson		Female	447	FS	181	1:06:31	1172
1206	5110	1:10:23	ELAINE NEILL		Female	448	FV40	141	1:08:29	1251
1207	4115	1:10:23	Rebecca Baker	Bad Boy Running Club	Female	449	FV40	142	1:07:51	1223
1208	4150	1:10:25	Teagan Baker		Female	450	FS	182	1:07:53	1225
1209	4292	1:10:25	Margaret Daly		Female	451	FV60	27	1:07:19	1202
1210	4024	1:10:25	Tammy Mounsey		Female	452	FV40	143	1:07:11	1197
1211	5772	1:10:26	Hesther Hayward		Female	453	FV40	144	1:06:50	1183
1212	4188	1:10:31	Michelle Foreman		Female	454	FV40	145	1:07:30	1208
1213	4756	1:10:31	Rebekah Potter		Female	455	FV40	146	1:07:30	1209
1214	4427	1:10:31	Christine Mooney		Female	456	FV40	147	1:07:21	1203
1215	5176	1:10:32	Brydie Warden		Female	457	FS	183	1:08:22	1246
1216	20068	1:10:32	Rachel Hughes		Female	458	FV40	148	1:08:07	1234
1217	4086	1:10:36	Samantha Elwes		Female	459	FS	184	1:07:44	1214
1218	4985	1:10:38	Joanna Shinn		Female	460	FV50	98	1:07:42	1213
1219	4564	1:10:39	Hayley Smith		Female	461	FS	185	1:07:40	1211
1220	4969	1:10:40	Karen Annison		Female	462	FS	186	1:07:15	1200
1221	4833	1:10:43	Catherine Goult	Vegan Runners	Female	463	FV40	149	1:07:50	1222
1222	5105	1:10:43	Harriet Smith		Female	464	FS	187	1:07:26	1206
1223	5680	1:10:43	Val Braybrooks	Halmer Harriers	Female	465	FV60	28	1:07:48	1216
1224	5103	1:10:43	Cara Sinden		Female	466	FV40	150	1:07:26	1207
1225	5522	1:10:44	Amelia Siddall	Halmer Harriers	Female	467	FS	188	1:07:49	1219
1226	4697	1:10:47	Laura Vincent	Three Counties Running Club	Female	468	FV40	151	1:08:01	1230
1227	4035	1:10:47	Ewa styczgielska	Three Counties Running Club	Female	469	FS	189	1:08:01	1231
1228	5647	1:10:50	Catherine Tipling		Female	470	FV40	152	1:08:15	1238
1229	20008	1:10:54	Lilly Milsome		Female	471	FS	190	1:08:01	1229
1230	4447	1:10:58	Luke Alexander		Male	757	MS	294	1:07:13	1198
1231	5673	1:11:01	Phyllis Onwuka		Female	472	FS	191	1:08:32	1253
1232	4223	1:11:01	Len PARNELL		Male	758	MV60	70	1:08:11	1236
1233	5779	1:11:02	Ceridwen Howell	Runners-Next-the-Sea	Female	473	FV60	29	1:08:17	1241
1234	5475	1:11:03	Ivan Nunn		Male	759	MV60	71	1:07:48	1218
1235	5419	1:11:04	Melanie O'Hara		Female	474	FS	192	1:07:56	1226
1236	5279	1:11:04	Estelle King		Female	475	FV40	153	1:07:57	1227
1237	5592	1:11:05	Laura Malthouse	Lincoln Wellington Athletic Club	Female	476	FS	193	1:08:01	1228
1238	5322	1:11:06	Tony Miles		Male	760	MV40	207	1:08:59	1264
1239	4839	1:11:07	Carole Page		Female	477	FV60	30	1:07:48	1217
1240	4056	1:11:07	Lynn Lambley		Female	478	FV60	31	1:07:48	1215
1241	4301	1:11:09	Jamie-Leigh Dearsley		Female	479	FS	194	1:08:06	1233
1242	4164	1:11:10	Gary Pammenter		Male	761	MV50	185	1:08:19	1242
1243	4433	1:11:11	Cally Witt		Female	480	FS	195	1:08:05	1232
1244	5521	1:11:13	Sky Harrison		Female	481	FS	196	1:08:21	1245
1245	20064	1:11:14	Lucy Wilson		Female	482	FV50	99	1:08:09	1235
1246	4575	1:11:19	Jon Benstead		Male	762	MV50	186	1:08:16	1239
1247	5379	1:11:22	Manoela Smith		Female	483	FV50	100	1:08:30	1252
1248	5093	1:11:22	Sue Tuff		Female	484	FV50	101	1:08:20	1243
1249	4984	1:11:30	Deborah Sheils		Female	485	FV60	32	1:08:23	1248
1250	5761	1:11:34	Laura Gilbey		Female	486	FS	197	1:08:26	1249
1251	4768	1:11:34	Steven Bird		Male	763	MS	295	1:09:40	1278
1252	4027	1:11:37	Callum Majer		Male	764	MS	296	1:08:38	1254
1253	5645	1:11:39	Jack Parr		Male	765	MS	297	1:08:16	1240
1254	4602	1:11:45	Sal Moden		Female	487	FV50	102	1:08:52	1260
1255	4061	1:11:45	Zoe Fiander		Female	488	FS	198	1:08:52	1261
1256	4592	1:11:45	Sue Morris		Female	489	FV60	33	1:08:51	1259
1257	5117	1:11:50	Helen West		Female	490	FV50	103	1:08:27	1250
1258	5671	1:11:55	Lewis Mccabe		Female	491	FS	199	1:08:23	1247
1259	5590	1:11:56	Paul Saunders	Sleaford Striders AC	Male	766	MV40	208	1:08:55	1263
1260	20032	1:11:57	Sarah Rogers		Female	492	FV50	104	1:08:48	1258
1261	4348	1:11:57	samantha Charlesworth		Female	493	FV50	105	1:08:47	1257
1262	4733	1:12:02	Graham Stacey	Sleaford Striders AC	Male	767	MV70	5	1:09:19	1266
1263	4957	1:12:03	Dave Edgeworth		Male	768	MV40	209	1:08:20	1244
1264	4693	1:12:05	Mark Slater		Male	769	MV50	187	1:09:22	1268
1265	20063	1:12:06	Rachel Williamson		Female	494	FV50	106	1:08:45	1255
1266	4942	1:12:07	Michael Ennis	Ryston Runners	Male	770	MV80	1	1:09:46	1280
1267	5766	1:12:09	Mark Gregory		Male	771	MV50	188	1:10:39	1300
1268	4471	1:12:10	Peter Greenwood		Male	772	MV40	210	1:08:13	1237
1269	5210	1:12:13	Carol McKean		Female	495	FV50	107	1:09:23	1269
1270	4852	1:12:14	Liam Bray		Male	773	MS	298	1:10:19	1291
1271	4441	1:12:16	Chloe Savory		Female	496	FS	200	1:09:52	1283
1272	5677	1:12:18	Sarah Jane Evans	Fylde Coast Runners	Female	497	FV60	34	1:09:57	1284
1273	4954	1:12:21	robert benstead		Male	774	MV80	2	1:09:36	1273
1274	5721	1:12:23	Jenny Beake		Female	498	FV40	154	1:10:50	1306
1275	4127	1:12:23	Michael Rose		Male	775	MS	299	1:09:35	1271

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1276	5200	1:12:24	Anne Kirk		Female	499	FV50	108	1:08:55	1262
1277	5173	1:12:27	Joanna Taylor		Female	500	FV50	109	1:09:36	1272
1278	5163	1:12:32	Paul Timson		Male	776	MV50	189	1:09:37	1276
1279	5058	1:12:33	Allen Kissock		Male	777	MV60	72	1:10:01	1285
1280	5179	1:12:34	Gill Munday		Female	501	FV60	35	1:09:24	1270
1281	4528	1:12:36	Hannah Bradley		Female	502	FS	201	1:10:40	1301
1282	4710	1:12:37	Carolyn Archibold	Lonely Goat Running Club	Female	503	FV50	110	1:09:22	1267
1283	4249	1:12:40	annabel Putterill		Female	504	FV40	155	1:10:31	1294
1284	5482	1:12:40	John Sayer		Male	778	MV40	211	1:10:31	1295
1285	4975	1:12:49	James Quilter		Male	779	MS	300	1:09:51	1282
1286	5233	1:12:54	Daniel Else		Male	780	MS	301	1:09:37	1275
1287	4096	1:12:54	Rachael Brittain		Female	505	FV50	111	1:09:36	1274
1288	4712	1:12:58	Eddie Balls		Male	781	MV80	3	1:10:52	1307
1289	5473	1:13:01	Cindy Nunn		Female	506	FV50	112	1:09:45	1279
1290	5098	1:13:10	Claudia Smith		Female	507	FS	202	1:10:11	1287
1291	4849	1:13:17	Louise Adams		Male	782	MS	302	1:10:32	1296
1292	4476	1:13:17	Jane Edwards		Female	508	FV50	113	1:10:16	1288
1293	5425	1:13:17	Martin Price		Male	783	MV70	6	1:10:16	1289
1294	5332	1:13:21	Hayley Cranstoun		Female	509	FS	203	1:10:53	1308
1295	5016	1:13:22	Barry Norton		Male	784	MV70	7	1:09:14	1265
1296	5622	1:13:24	Liam Leverett		Male	785	MS	303	1:10:55	1311
1297	5444	1:13:26	claire campbell		Female	510	FV50	114	1:10:46	1304
1298	4493	1:13:33	Matthew Hayden		Male	786	MS	304	1:09:38	1277
1299	5298	1:13:37	Philip Neave		Male	787	MV70	8	1:10:47	1305
1300	20086	1:13:38	Georgie Leech		Female	511	FS	204	1:10:18	1290
1301	4499	1:13:40	JOHN GAISFORD		Male	788	MV70	9	1:09:50	1281
1302	20049	1:13:42	Carl Taylor		Male	789	MS	305	1:11:35	1319
1303	4142	1:13:43	Jack Reed		Male	790	MS	306	1:10:35	1297
1304	4182	1:13:44	Georgie Brown		Female	512	FS	205	1:10:36	1298
1305	4624	1:13:44	Jason Fuller		Male	791	MS	307	1:10:36	1299
1306	4085	1:13:46	Lesley Raby		Female	513	FV60	36	1:10:43	1303
1307	4978	1:13:50	ted preston	Sleaford Striders AC	Male	792	MV70	10	1:11:54	1326
1308	4275	1:13:53	Darren Adamson		Male	793	MV50	190	1:10:28	1292
1309	4234	1:13:53	Vickkie Adamson		Female	514	FV40	156	1:10:30	1293
1310	5483	1:13:53	Hayley Pearson	Lonely Goat Running Club	Female	515	FV40	157	1:10:41	1302
1311	5125	1:13:57	Caroline Williamson		Female	516	FV40	158	1:10:10	1286
1312	4819	1:14:11	Karen Bullock		Female	517	FV40	159	1:11:14	1313
1313	5619	1:14:23	Arran Whiley		Male	794	MS	308	1:10:54	1309
1314	20071	1:14:26	Claire Calton		Female	518	FS	206	1:11:55	1327
1315	4791	1:14:29	Kenneth Drummond	Sawtry Walk to Run	Male	795	MV50	191	1:10:54	1310
1316	5278	1:14:37	Trevor Campbell		Male	796	MV50	192	1:11:56	1330
1317	5790	1:14:39	Luke Kittridge		Male	797	MS	309	1:11:20	1315
1318	4050	1:14:39	Amy Howes	Runners-Next-the-Sea	Female	519	FS	207	1:11:20	1314
1319	20073	1:14:43	Dexter Neil Baltar		Male	798	MV40	212	1:13:41	1361
1320	4637	1:14:45	Lewis Watson		Male	799	MS	310	1:11:39	1321
1321	5409	1:14:47	Diane Turner		Female	520	FV50	115	1:11:10	1312
1322	20018	1:14:49	Stephen Osborne		Male	800	MS	311	1:12:28	1344
1323	4965	1:14:56	Serena Barnes		Female	521	FV50	116	1:11:43	1323
1324	5015	1:15:01	Sarah Mower		Non-Binary	3		0	1:11:48	1324
1325	4299	1:15:04	B.S. Bradshaw		Male	801	MV70	11	1:11:36	1320
1326	5659	1:15:05	Mark Cosham		Male	802	MV60	73	1:11:33	1317
1327	4216	1:15:05	Lorraine Powell		Female	522	FV40	160	1:11:25	1316
1328	20060	1:15:05	Julie Whiskens		Female	523	FV50	117	1:11:35	1318
1329	4316	1:15:06	Mark Bobbins		Male	803	MV50	193	1:12:07	1336
1330	4662	1:15:13	James Moriarty		Male	804	MV60	74	1:11:51	1325
1331	4600	1:15:24	Stephanie King		Female	524	FV50	118	1:11:56	1328
1332	4601	1:15:24	Natalie King		Female	525	FS	208	1:11:56	1329
1333	4518	1:15:26	Laura Salter		Female	526	FV40	161	1:12:02	1332
1334	4026	1:15:27	Hayley Pollard		Female	527	FS	209	1:12:15	1339
1335	4745	1:15:29	Kathy Littler		Female	528	FV50	119	1:12:23	1343
1336	5696	1:15:31	Abigail Nunnerley		Female	529	FV40	162	1:12:06	1335
1337	4073	1:15:39	Janette Eyles		Female	530	FV60	37	1:11:59	1331
1338	5251	1:15:40	Andrew Stratton		Male	805	MV60	75	1:12:03	1334
1339	4673	1:15:42	Shauna Bonnar-ford		Female	531	FV40	163	1:12:11	1338
1340	4838	1:15:43	Eric Allright		Male	806	MV60	76	1:11:42	1322
1341	4283	1:15:46	David Thomas		Male	807	MV70	12	1:12:33	1345
1342	4329	1:15:47	Megan Ireland		Female	532	FS	210	1:12:18	1340
1343	4751	1:15:48	Charlie Larkin		Male	808	MS	312	1:12:20	1341
1344	4948	1:15:50	Raymond Hardy		Non-Binary	4		0	1:12:03	1333
1345	4638	1:15:54	Alec Marshall		Male	809	MS	313	1:12:09	1337
1346	4381	1:16:02	Sara Meekins		Female	533	FV50	120	1:12:22	1342
1347	5358	1:16:12	David Farr		Male	810	MV60	77	1:13:15	1354
1348	4767	1:16:13	Melanie Lincoln		Female	534	FV40	164	1:12:59	1349
1349	5325	1:16:14	Sally Fawkes		Female	535	FV60	38	1:12:34	1346
1350	5311	1:16:21	Andy Davis		Male	811	MS	314	1:13:00	1350

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1351	5632	1:16:27	Phoebe Bunker		Female	536	FS	211	1:13:22	1356
1352	5381	1:16:33	Karen Stubberfield		Female	537	FV50	121	1:13:05	1352
1353	4848	1:16:36	Claire Jeary		Female	538	FV40	165	1:13:27	1358
1354	5190	1:16:36	Tasha Woodhouse		Female	539	FS	212	1:13:01	1351
1355	4843	1:16:39	Jacqueline Paterson		Female	540	FV50	122	1:13:19	1355
1356	4295	1:16:46	Danielle Rowledge		Female	541	FS	213	1:12:52	1347
1357	4294	1:16:46	Emma Whitmore		Female	542	FS	214	1:12:52	1348
1358	4765	1:16:50	Lisa rogers		Female	543	FV50	123	1:13:13	1353
1359	5310	1:16:53	Michelle Convoy		Female	544	FV50	124	1:13:47	1362
1360	4490	1:17:02	Tracy Eves		Female	545	FV40	166	1:13:39	1360
1361	5150	1:17:03	Glynn Powell		Male	812	MV40	213	1:13:22	1357
1362	5487	1:17:07	Gaetan Vawser		Male	813	MV50	194	1:14:18	1369
1363	4274	1:17:09	Sally Panks		Female	546	FV40	167	1:14:42	1377
1364	5627	1:17:09	Dawn Coote		Female	547	FV60	39	1:14:24	1370
1365	5128	1:17:09	Hollie Panks		Female	548	FS	215	1:14:41	1376
1366	5134	1:17:15	Susie Wilkinson		Female	549	FS	216	1:14:36	1375
1367	4615	1:17:17	Samantha Jane Skelding		Female	550	FS	217	1:13:34	1359
1368	4972	1:17:29	nick Caistor		Male	814	MV70	13	1:14:07	1366
1369	4432	1:17:35	Eve Naughton		Female	551	FV60	40	1:14:01	1364
1370	4533	1:17:39	Carol Evans		Female	552	FV80	1	1:15:27	1385
1371	5535	1:17:43	gillian batten		Female	553	FV50	125	1:14:00	1363
1372	4732	1:17:47	Lynsey Hare		Female	554	FS	218	1:14:17	1368
1373	5273	1:17:47	Sally Henry		Female	555	FV40	168	1:14:33	1372
1374	4185	1:17:48	Mara Baltrunke		Female	556	FV40	169	1:14:10	1367
1375	5548	1:17:56	Mariya Murfitt		Female	557	FS	219	1:14:43	1378
1376	5195	1:17:56	Thomas Harper		Male	815	MV40	214	1:14:43	1379
1377	20081	1:17:59	Katherine Baxter		Female	558	FV40	170	1:14:33	1373
1378	5546	1:17:59	Mathew Anderson		Male	816	MV40	215	1:14:02	1365
1379	5762	1:17:59	LISA GILL	Halmer Harriers	Female	559	FV50	126	1:14:34	1374
1380	4004	1:18:10	Alex Leszek		Female	560	FS	220	1:16:19	1391
1381	4009	1:18:22	Anna Makowska		Non-Binary	5		0	1:16:31	1395
1382	5166	1:18:23	jax sesstein		Male	817	MV50	195	1:14:31	1371
1383	4082	1:18:32	Karen Akers		Female	561	FV50	127	1:14:49	1380
1384	4232	1:18:46	Emma Rose		Female	562	FV40	171	1:16:28	1394
1385	5445	1:18:47	Valerie Owen	Human Energy AC	Female	563	FV50	128	1:15:20	1382
1386	4665	1:18:47	Katie Bays		Female	564	FS	221	1:15:07	1381
1387	5420	1:18:53	Lauren Webster		Female	565	FS	222	1:15:55	1390
1388	5722	1:18:57	Andrew Bell		Male	818	MV50	196	1:15:29	1386
1389	4345	1:18:59	Jane Dunkling		Female	566	FV50	129	1:15:21	1383
1390	5355	1:19:00	David Dunkling		Male	819	MV50	197	1:15:21	1384
1391	4047	1:19:08	Hollie Little		Female	567	FS	223	1:15:35	1387
1392	4514	1:19:08	Alan Bartrum		Male	820	MV40	216	1:15:35	1388
1393	4799	1:19:29	Darren Cooper	Sawtry Walk to Run	Male	821	MV40	217	1:15:54	1389
1394	4905	1:19:50	jennifer norris		Female	568	FS	224	1:16:24	1393
1395	4477	1:19:52	Pauline Stevens-Smith		Female	569	FV60	41	1:16:35	1397
1396	5781	1:19:53	Madeline Hunt		Female	570	FS	225	1:17:33	1409
1397	4899	1:19:59	Chrissie White		Female	571	FS	226	1:16:32	1396
1398	4999	1:20:02	Beccy Smith		Female	572	FV40	172	1:16:43	1399
1399	4836	1:20:03	Lindsay Smith		Female	573	FV50	130	1:16:46	1401
1400	4076	1:20:05	Laura Harrod		Female	574	FS	227	1:17:35	1410
1401	4373	1:20:19	Caroline West		Female	575	FV40	173	1:16:38	1398
1402	20058	1:20:20	Shelley Waite		Female	576	FV50	131	1:16:22	1392
1403	5141	1:20:37	Matthew Dominic Green		Male	822	MS	315	1:18:48	1417
1404	4384	1:20:48	Gail Robinson		Female	577	FV40	174	1:17:14	1403
1405	5017	1:20:53	Janet Norton		Female	578	FV70	4	1:16:46	1400
1406	5735	1:21:00	Caroline Carter		Female	579	FV40	175	1:17:30	1406
1407	20030	1:21:00	MATTHEW ROBINSON		Male	823	MV40	218	1:17:30	1407
1408	4478	1:21:07	Melanie Draper		Female	580	FV50	132	1:17:08	1402
1409	4016	1:21:16	Sonia Silva		Female	581	FV40	176	1:17:27	1404
1410	4020	1:21:16	Kayla Mason		Female	582	FV50	133	1:17:27	1405
1411	4865	1:21:19	Kathryn Wright		Female	583	FV40	177	1:17:33	1408
1412	5610	1:21:23	Owen Davies		Male	824	MV50	198	1:17:47	1411
1413	5742	1:21:25	Brett Cruickshank		Male	825	MV40	219	1:19:45	1423
1414	5775	1:21:25	Emma Henry		Female	584	FV40	178	1:19:45	1424
1415	4106	1:21:39	Jude Yarsley		Female	585	FS	228	1:17:59	1412
1416	5461	1:21:42	Helen Roycroft		Female	586	FV50	134	1:19:04	1418
1417	5220	1:21:43	Sandra Wingrove		Female	587	FV40	179	1:19:14	1419
1418	4546	1:22:11	Stephen Pentland		Male	826	MV50	199	1:18:14	1413
1419	5345	1:22:11	Angie Barker		Female	588	FV50	135	1:18:35	1416
1420	5293	1:22:11	Sarah Kennedy		Female	589	FV40	180	1:18:14	1414
1421	4108	1:22:11	Helen Dalgliesh		Female	590	FV40	181	1:18:22	1415
1422	5724	1:22:49	Callum Bentley		Male	827	MS	316	1:19:27	1420
1423	4713	1:22:58	Glenis Balls		Female	591	FV70	5	1:20:52	1442
1424	5175	1:23:03	Kieran Fowler		Male	828	MS	317	1:20:18	1434
1425	4213	1:23:08	Sarah Parr		Female	592	FV50	136	1:19:50	1426

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1426	5672	1:23:11	Luke Futter		Male	829	MS	318	1:19:40	1421
1427	4959	1:23:16	Helen Sewell	Ryston Runners	Female	593	FV70	6	1:20:43	1439
1428	5618	1:23:18	paige sweetland		Female	594	FS	229	1:19:49	1425
1429	4354	1:23:31	Sharon Concannon	Human Energy AC	Female	595	FV60	42	1:20:04	1428
1430	4280	1:23:31	Costas Eleftheriades		Male	830	MV70	14	1:19:42	1422
1431	4153	1:23:42	Jenny van Gemeren		Female	596	FV40	182	1:20:16	1432
1432	4793	1:23:42	Sarah Haynes		Female	597	FV50	137	1:20:16	1433
1433	4468	1:23:51	Martyn George		Male	831	MV40	220	1:20:12	1430
1434	4055	1:23:51	Elaine Knight		Female	598	FS	230	1:20:13	1431
1435	4506	1:23:55	Glen Botting		Male	832	MS	319	1:20:04	1427
1436	5348	1:23:56	Emma Garrard		Female	599	FV40	183	1:21:59	1444
1437	5037	1:24:04	Joshua Barrett		Male	833	MS	320	1:20:06	1429
1438	5591	1:24:06	Judy Saunders	Sleaford Striders AC	Female	600	FV50	138	1:20:21	1436
1439	5740	1:24:06	Debbie Crowley		Female	601	FV50	139	1:20:46	1440
1440	5027	1:24:21	Nerissa Peacock		Female	602	FS	231	1:20:18	1435
1441	5788	1:24:31	John Kirby		Male	834	MV60	78	1:20:56	1443
1442	4947	1:24:36	David Hardy		Male	835	MV50	200	1:20:48	1441
1443	4927	1:24:42	Peter Ives		Male	836	MV50	201	1:20:36	1437
1444	5241	1:24:42	JANE FERGUSON		Female	603	FV50	140	1:20:36	1438
1445	4786	1:25:48	Helen Foster		Female	604	FV40	184	1:22:35	1447
1446	5133	1:25:55	Jo Sedgley		Female	605	FV40	185	1:23:11	1453
1447	5692	1:26:14	Wim Seffelaar		Male	837	MV40	221	1:23:57	1456
1448	4449	1:26:16	Georgina Bartmeier		Female	606	FS	232	1:22:21	1445
1449	5127	1:26:24	Geoff Porter	Bure Valley Harriers	Male	838	MV60	79	1:22:25	1446
1450	4548	1:26:32	Antonia Moussakou		Female	607	FV40	186	1:22:36	1448
1451	5485	1:26:33	Caroline Spaxman		Female	608	FS	233	1:23:06	1450
1452	4434	1:26:41	Kerry Buttriss		Female	609	FV40	187	1:22:57	1449
1453	5212	1:26:44	Katie Frost		Female	610	FS	234	1:23:10	1452
1454	4046	1:27:04	Jeanette Stapleton		Female	611	FV70	7	1:23:18	1455
1455	5621	1:27:06	Charlie Pyatt		Male	839	MV70	15	1:23:09	1451
1456	4871	1:27:10	Stephanie Knight	Three Counties Running Club	Female	612	FS	235	1:23:16	1454
1457	5144	1:27:46	Alison Thorne		Female	613	FV50	141	1:25:08	1458
1458	4428	1:28:26	Natalie Fry		Female	614	FV40	188	1:24:44	1457
1459	4952	1:28:49	Auden Herbertson-Davies		Non-Binary	6		0	1:25:15	1459
1460	4922	1:28:49	Kirsty Herbertson		Female	615	FV40	189	1:25:16	1460
1461	4661	1:29:03	Erica Dyer		Female	616	FS	236	1:25:21	1461
1462	4660	1:29:03	Deidre Dyer		Female	617	FV40	190	1:25:21	1462
1463	4267	1:29:31	Daniel barber		Male	840	MS	321	1:26:05	1463
1464	4194	1:30:38	Darren Barratt	Stamford Striders	Male	841	MV40	222	1:26:59	1464
1465	4091	1:31:00	Glenda Barber		Female	618	FV40	191	1:27:34	1465
1466	4552	1:31:47	Alison Pentland		Female	619	FV50	142	1:27:53	1466
1467	5726	1:31:54	Donald Birdseye		Male	842	MV70	16	1:27:55	1467
1468	4931	1:32:10	Amberley Fitzalan-Cram		Female	620	FV40	192	1:28:17	1468
1469	4755	1:32:12	Gill Hart	Ryston Runners	Female	621	FV60	43	1:28:27	1470
1470	4888	1:32:13	Mark Thorpe		Male	843	MV50	202	1:28:20	1469
1471	4019	1:32:50	Dean bax		Male	844	MV40	223	1:28:55	1471
1472	5031	1:33:02	Paul White		Male	845	MV40	224	1:29:04	1472
1473	4318	1:33:23	Cindy Babbington		Female	622	FV50	143	1:29:22	1473
1474	4406	1:33:30	Samantha Allard		Female	623	FS	237	1:29:59	1476
1475	4903	1:33:40	Laura Roles		Female	624	FS	238	1:30:09	1478
1476	4659	1:33:40	Mark Breeze		Male	846	MV40	225	1:30:08	1477
1477	4379	1:33:46	Michelle McNiffe		Female	625	FV50	144	1:29:58	1475
1478	4503	1:33:56	Victoria Ely		Female	626	FS	239	1:29:55	1474
1479	5497	1:34:25	Michael Laren		Male	847	MV40	226	1:30:36	1479
1480	4469	1:34:46	Andrew Goldie		Male	848	MV50	203	1:30:52	1480
1481	4214	1:35:14	Alan Passingham		Male	849	MV40	227	1:31:16	1481
1482	4300	1:35:28	Pam Kirk	Barnsley Harriers	Female	627	FV40	193	1:31:49	1483
1483	5568	1:35:54	jason hall		Male	850	MV40	228	1:31:49	1482
1484	4519	1:36:07	Rachael Barnes		Female	628	FS	240	1:32:20	1485
1485	5757	1:36:17	Stuart Fisher		Male	851	MV50	204	1:32:12	1484
1486	4200	1:36:48	Lesley Fray		Female	629	FV40	194	1:34:21	1490
1487	4509	1:36:48	Mary Cook		Female	630	FV70	8	1:34:12	1487
1488	5246	1:36:48	Luke Fray		Male	852	MS	322	1:34:21	1489
1489	5274	1:36:49	Christine Last		Female	631	FV70	9	1:34:13	1488
1490	4376	1:37:09	Paula Sugars		Female	632	FV50	145	1:33:21	1486
1491	4466	1:41:29	Donna Semmens		Female	633	FV50	146	1:37:37	1491
1492	4651	1:43:53	Samantha Simper		Female	634	FS	241	1:39:54	1492
1493	4598	1:43:54	Charlie Simper		Male	853	MV60	80	1:39:55	1493
1494	5567	1:45:55	Chanelle Naughton		Female	635	FS	242	1:41:51	1495
1495	5564	1:45:55	jimmy Leonard		Male	854	MV50	205	1:41:51	1494
1496	4064	1:45:57	Julie Peacock		Female	636	FV50	147	1:41:53	1496
1497	5232	1:48:21	Alicia Mccourt		Female	637	FS	243	1:45:16	1497
1498	5378	1:49:52	Helen Seims		Female	638	FV60	44	1:46:12	1500
1499	5736	1:49:53	Kathryn Chapman	Halmer Harriers	Female	639	FV50	148	1:45:43	1499
1500	5129	1:49:53	Jayne Pell		Female	640	FV50	149	1:45:42	1498

Recipharm GEAR 10k

1st May 2022

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1501	4033	2:06:48	Bob Holden		Male	855	MV60	81	2:02:48	1501