

Position	Time	Name	Club	Category
1	30.15	Finlay Swanson	North Norfolk Harriers AC	U20 Men
2	35.32	Jake Stearman	Dereham Runners AC	U20 Men
3	37.18	Ash Harrell	City of Norwich AC	Senior Men
4	37.59	James Senior	City of Norwich AC	Senior Men
5	38.10	Simon Millett	Norwich Road Runners	Senior Men
6	38.22	George Gay	City of Norwich AC	Senior Men
7	39.03	Dominic Blake	Reepham Runners	Senior Men
8	39.08	Ben Spratling	City of Norwich AC	Senior Men
9	39.28	Gary Crush	City of Norwich AC	Male Masters 40 to 44
10	39.30	James O'Neill	Ryston Runners AC	Senior Men
11	39.49	Daniel Middleton	Norwich Road Runners	Senior Men
12	39.52	Callum Stanforth	Ryston Runners AC	Senior Men
13	40.12	Sam Todd	City of Norwich AC	Senior Men
14	40.12	Jack Gillick	Wymondham AC	Senior Men
15	40.39	Spencer Goodall	City of Norwich AC	Male Masters 45 to 49
16	40.45	Samuel Coyne	Bure Valley Harriers	Senior Men
17	40.46	Michael Eccles	Norfolk Gazelles RC	Senior Men
18	41.09	Mark Chaney Baxter	City of Norwich AC	Senior Men
19	41.23	Ryan Davidson	Non score BVH	Senior Men
20	41.3	Matthew Allen	Ryston Runners AC	Male Masters 40 to 44
21	41.43	Chris Merrylees	North Norfolk Beach Runners	Male Masters 40 to 44
22	41.45	Chris Mickleburgh	Norwich Road Runners	Senior Men
23	41.48	Tim Topper	Wymondham AC	Male Masters 45 to 49
24	42.13	Jan Kaiser Kaiser	City of Norwich AC	Male Masters 40 to 44
25	42.21	Jack Adcock	City of Norwich AC	Senior Men
26	42.22	Nicholas Bensley	Ryston Runners AC	Male Masters 45 to 49
27	42.27	Joe Hawes	Norfolk Gazelles RC	Senior Men
28	42.29	Sean Jermy	Great Yarmouth Road Runners	Senior Men
29	42.30	Richard Johnson	Wymondham AC	Male Masters 40 to 44
30	42.50	Richard Ebbs	Ryston Runners AC	Male Masters 45 to 49
31	42.53	Alan Hume	Norfolk Gazelles RC	Male Masters 40 to 44
32	43.01	Alfie Bentley	City of Norwich AC	Senior Men
33	43.04	Mark Grubb	Norfolk Gazelles RC	Senior Men
34	43.33	Kevin Vaughan	Thetford AC	Male Masters 50 to 54
35	43.57	Tony Witmond	North Norfolk Beach Runners	Male Masters 50 to 54
36	44.02	Lawrence Wade	City of Norwich AC	Male Masters 40 to 44
37	44.08	Mark Banfield	Wymondham AC	Male Masters 40 to 44
38	44.09	John Moore	Norfolk Gazelles RC	Male Masters 55 to 59
39	44.10	Ben Churchman	Diss & District AC	Senior Men
40	44.13	John Hudson	Norwich Road Runners	Senior Men
41	44.14	Simon Partridge	Bure Valley Harriers	Senior Men
42	44.31	Darren Neale	North Norfolk Beach Runners	Senior Men
43	44.48	John Scoggins	City of Norwich AC	Senior Men
44	45.01	Sam O'Shea	Not affiliated	Senior Men
45	45.06	Jack Judd	None	Senior Men
46	45.07	Martin Sheldrick	Ryston Runners AC	Male Masters 45 to 49
47	45.08	Lynton Battrick	North Norfolk Beach Runners	Male Masters 40 to 44
48	45.18	Mark Garrett	Norwich Road Runners	Male Masters 50 to 54
49	45.26	Adam Smart	North Norfolk Beach Runners	Senior Men
50	45.39	Paul Smith	Norwich Road Runners	Male Masters 40 to 44
51	45.55	Phil Whiting	Norfolk Gazelles RC	Male Masters 40 to 44
52	45.57	Matthew Stone	Bure Valley Harriers	Male Masters 45 to 49
53	46.02	Ian Jermu	Bure Valley Harriers	Male Masters 40 to 44

54	46.19	David Houghton	Norwich Road Runners	Male Masters 45 to 49
55	46.22	Martin Stringfellow	Wymondham AC	Male Masters 40 to 44
56	46.24	Jonathan Cordle	Norwich Road Runners	Male Masters 50 to 54
57	46.33	Stephen Rolfe	Norfolk Gazelles RC	Male Masters 60 to 64
58	46.35	Marc Coles	Norwich Road Runners	Male Masters 40 to 44
59	46.43	Benjamin Collison	West Norfolk AC	Senior Men
60	46.51	Thomas Harvey	Norwich Road Runners	Senior Men
61	46.54	Adrian Hall	Wymondham AC	Male Masters 50 to 54
62	47.03	Leigh Nobes	Reepham Runners	Male Masters 40 to 44
63	47.07	Chris Bullock	Norwich Road Runners	Male Masters 40 to 44
64	47.14	Sze-Ming Cheung	Norwich Road Runners	Male Masters 40 to 44
65	47.16	Michael Howlett	Ryston Runners AC	Senior Men
66	47.25	James Fowler	Norfolk Gazelles RC	Male Masters 40 to 44
67	47.30	Haydn Lyon	City of Norwich AC	Senior Men
68	47.33	Kevin Frazer	Wymondham AC	Male Masters 50 to 54
69	47.40	Mark Solway	City of Norwich AC	Male Masters 45 to 49
70	47.47	Richard White	Wymondham AC	Male Masters 55 to 59
71	47.53	Karl Chapman	Wymondham AC	Male Masters 45 to 49
72	47.54	Bernard Mukuya	Great Yarmouth & District AC	Male Masters 40 to 44
73	47.59	Philip Wright	None	Male Masters 40 to 44
74	48.09	Matthew Collier	Norfolk Gazelles RC	Male Masters 45 to 49
75	48.18	Jody Warner	Norwich Road Runners	Senior Men
76	48.41	Paul Maclean	None	Male Masters 50 to 54
77	48.56	Neil Button	Coltishall Jaguars	Male Masters 45 to 49
78	49.09	Jason Corner	Coltishall Jaguars	Male Masters 40 to 44
79	49.15	Aston Martin	Norwich Road Runners	Senior Men
80	49.18	Mat Porter	Norwich Road Runners	Male Masters 40 to 44
81	49.19	Dave Thomas	North Norfolk Beach Runners	Senior Men
82	49.20	Neil Watson	West Norfolk AC	Male Masters 45 to 49
83	49.21	Mark Tufts	Wymondham AC	Male Masters 45 to 49
84	49.43	Matthew Crane	Bure Valley Harriers	Male Masters 40 to 44
85	49.44	Martin Gooderham	Harling AC	Senior Men
86	49.47	Tom Hutchings	Norfolk Gazelles RC	Male Masters 45 to 49
87	49.48	Adrian Woods	North Norfolk Beach Runners	Male Masters 45 to 49
88	49.49	Glen Nelson	Bure Valley Harriers	Male Masters 60 to 64
89	49.52	Gary Grand	Norwich Road Runners	Male Masters 55 to 59
90	50.04	Thomas Lincoln-Kemp	Coltishall Jaguars	Male Masters 50 to 54
91	50.05	Sean Thompson	Wymondham AC	Male Masters 45 to 49
92	50.07	Simon Bekker	Great Yarmouth Road Runners	Male Masters 40 to 44
93	50.18	Andrew Callen	Diss & District AC	Senior Men
94	50.31	Nigel Horney	Keswick AC	Male Masters 55 to 59
95	50.47	Neil Bunnage	Norwich Road Runners	Male Masters 50 to 54
96	50.54	Mark Tufts	Wymondham AC	Male Masters 45 to 49
97	50.57	Sam Bellotti	Thetford AC	Senior Men
98	51.06	James Frary	Norfolk Gazelles RC	Male Masters 40 to 44
99	51.08	Michael Armes	Norwich Road Runners	Male Masters 50 to 54
100	51.14	Tony Savage	Ryston Runners AC	Male Masters 55 to 59
101	51.22	John Baxter	Bure Valley Harriers	Male Masters 60 to 64
102	51.56	Ben Dean	Diss & District AC	Senior Men
103	52.13	Stephen Dady	Wymondham AC	Male Masters 65 to 69
104	52.18	Dudley Garner	Norfolk Gazelles RC	Senior Men
105	52.22	Mark Mardell	Norwich Road Runners	Senior Men
106	52.25	Stephen Sadd	Norfolk Gazelles RC	Male Masters 55 to 59
107	52.32	Eddie Carman	North Norfolk Beach Runners	Male Masters 50 to 54

108	52.37	John Greenhalgh	West Norfolk AC	Male Masters 50 to 54
109	52.38	Matt Harris	Norwich Road Runners	Senior Men
110	52.40	Andrew Lane	Wymondham AC	Male Masters 60 to 64
111	52.43	Ashley Yellop	Norwich Road Runners	Male Masters 40 to 44
112	52.48	Philip Nicholson	Norwich Road Runners	Male Masters 40 to 44
113	52.57	Adrian Jay	Bure Valley Harriers	Male Masters 45 to 49
114	53.00	Ian Coxhead	Norfolk Gazelles RC	Male Masters 50 to 54
115	53.05	Peter Thompson	Norfolk Gazelles RC	Male Masters 60 to 64
116	53.23	Kevin Howlett	Ryston Runners AC	Male Masters 60 to 64
117	53.44	Guy Shearwood	Norwich Road Runners	Male Masters 55 to 59
118	54.18	Garry Whiting	Wymondham AC	Male Masters 50 to 54
119	54.19	Richard Crewe	Thetford AC	Male Masters 45 to 49
120	54.27	Andy Palmer	Norwich Road Runners	Male Masters 50 to 54
121	54.29	Kevin Raisborough	None	Male Masters 50 to 54
122	54.34	Simon Howard	None	Male Masters 40 to 44
123	54.59	Liam Hackett	Norwich Road Runners	Senior Men
124	55.14	Lee Oxbury	Norfolk Gazelles RC	Male Masters 50 to 54
125	55.19	Chris Chorley	None	Male Masters 50 to 54
126	55.57	Glyn Manton	Norwich Road Runners	Male Masters 45 to 49
127	56.00	Tony Beales	Wymondham AC	Male Masters 50 to 54
128	56.10	Sam Weller	North Norfolk Beach Runners	Male Masters 65 to 69
129	56.16	Lee Tunmore	West Norfolk AC	Male Masters 40 to 44
130	56.28	Gary Cooper	Norwich Road Runners	Male Masters 50 to 54
131	56.50	Andrew Hammond	Norfolk Gazelles RC	Male Masters 60 to 64
132	56.56	Alan Butterworth	Norfolk Gazelles RC	Male Masters 40 to 44
133	58.04	Jim Hayes	North Norfolk Beach Runners	Male Masters 70+
134	58.11	Gregory Quinn	Reepham Runners	Male Masters 55 to 59
135	59.06	Keith Hood	Wymondham AC	Male Masters 55 to 59
136	59.51	James Mockford	Thetford AC	Senior Men
137	1.00.19	Nathan Bailey	Norwich Road Runners	Male Masters 40 to 44
138	1.01.34	Keith Morris	Ryston Runners AC	Male Masters 55 to 59
139	1.03.02	Martin Blackburn	Ryston Runners AC	Male Masters 60 to 64
140	1.13.42	Jeffrey Reed	Ryston Runners AC	Male Masters 70+
141	1.16.28	Brian Moore	Norwich Road Runners	Male Masters 65 to 69
142	1.19.38	Richard Morris	Wymondham AC	Senior Men