

Date **17 March 2013**

Venue **Thetford Forest**

Posn	Name	Bib	Time	Cat	Cat. Posn
1	Robin Webb	399	38:33	Men Open	1
2	Liam Kirk	440	38:59	Men Open	2
3	Dean Cloherty	431	41:22	Men Open	3
4	Luke Whitwell	404	41:29	Men Open	4
5	Dan Cole	239	41:39	Men Open	5
6	Adam Richardson	356	41:51	Men Open	6
7	Iain Milligan	332	41:55	40+ Men	1
8	Daniel Whitmarsh	403	42:03	Men Open	7
9	Shaun Kavaney	306	42:06	Men Open	8
10	Paul Arnold	433	42:12	40+ Men	2
11	Nick Smith	373	42:13	Men Open	9
12	Jonathon Muffett	334	42:13	40+ Men	3
13	Adam Kins	442	42:58	Men Open	10
14	Robert Warwicker	397	43:28	40+ Men	4
15	Michael Garwood	274	44:11	Men Open	11
16	Matt Vincent	394	44:12	Men Open	12
17	Ursula Ranson	438	44:16	WomenOpe	1
18	Adrian Kudela	422	45:02	Men Open	13
19	Frank Hudson	421	45:40	40+ Men	5
20	Cara Oliver	420	45:40	WomenOpe	2
21	Patrick Humphries	295	46:00	Men Open	14
22	Lee Glacken	275	46:55	Men Open	15
23	Chris Harlock	284	47:00	Men Open	16
24	Vincent Corden	244	47:03	Men Open	17
25	Martin Culpeck	248	47:18	Men Open	18
26	Nick Jones	263	47:31	Men Open	19
27	Melissa Burrell	228	47:42	WomenOpe	3
28	Matthew Perry	423	47:46	Men Open	20
29	Clive Purbrook	350	47:58	50+ Men	1
30	Kate Shackleton	368	48:56	WomenOpe	4
31	Terry Harvey	285	49:09	Men Open	21
32	Max Booth	221	49:24	40+ Men	6

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Posn	Name	Bib	Time	Cat	Cat. Posn
33	Matthew Mason	321	49:35	40+ Men	7
34	Ian Cunnington	250	49:42	40+ Men	8
35	John Holman	293	49:42	Men Open	22
36	Philip Linturn	316	50:05	60+ Men	1
37	Stacey Owen	428	50:08	WomenOpe	5
38	Sean Mcternan	328	50:17	50+ Men	2
39	Martin Measham	329	50:53	Men Open	23
40	Matt Askins	208	51:08	Men Open	24
41	Robert Pyke	417	51:14	Men Open	25
42	Louise White	402	51:19	WomenOpe	6
43	Dereck Fiddes	265	51:41	40+ Men	9
44	Abigail Paton	347	51:55	WomenOpe	7
45	Lisa Osborne	340	52:01	WomenOpe	8
46	Peter Chapman	235	52:17	50+ Men	3
47	James Toombs	388	52:17	Men Open	26
48	James Spreull	376	52:26	50+ Men	4
49	Brett Bayliss	213	52:36	Men Open	27
50	Jeremy Fuller	271	52:40	Men Open	28
51	Robert Robertson	424	52:55	Men Open	29
52	Calum Ison - Jacques	298	52:59	Men Open	30
53	Nicholas Webb	398	52:59	Men Open	30
54	Toby Thomas	383	53:01	Men Open	32
55	Carl Carver	233	53:01	Men Open	32
56	Zoe Strong	378	53:09	WomenOpe	9
57	Belinda Schofield	365	53:09	50+ Wome	1
58	Tomas Valnek	391	53:10	40+ Men	10
59	Owen Smith	374	53:10	40+ Men	10
60	Frances Cowling	246	53:15	60+ Wome	1
61	Randy Simon	369	53:21	40+ Men	12
62	Chris Wright	413	53:27	Men Open	34
63	Samantha Wing	419	53:30	WomenOpe	10
64	Karl Redgrave	352	53:42	40+ Men	13

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Posn	Name	Bib	Time	Cat	Cat. Posn
65	Judith Baker	211	53:45	40+ Men	14
66	Val Naylor	335	53:47	60+ Wome	2
67	Andrew Frost	270	54:00	Men Open	35
68	John Gooch	277	54:19	40+ Men	15
69	Spencer Mcgraw	326	54:31	Men Open	36
70	Alison Wilson	408	54:46	40+ Wome	1
71	James Chapman	234	54:47	Men Open	37
72	Nick Vickery	393	54:49	50+ Men	5
73	Clare Van Gulp	392	55:07	40+ Wome	2
74	Lindsay Limb	315	55:10	50+ Wome	2
75	Fiona Cunnington	249	55:15	50+ Wome	3
76	Julia Yelloly	416	55:22	40+ Wome	3
77	Carly Irwine	297	55:26	WomenOpe	11
78	Laura Brown	223	55:26	WomenOpe	11
79	John Kent	309	55:55	Men Open	38
80	Philip Mackie	318	55:58	Men Open	39
81	Kerry Alderson	201	56:17	WomenOpe	13
82	Lucy Richards	354	56:20	WomenOpe	14
83	Anita Hinton	290	56:25	40+ Wome	4
84	Samantha Cadman	231	56:29	40+ Wome	5
85	Adam Ambrose	203	56:40	40+ Men	16
86	Lorraine Kirk	439	56:50	WomenOpe	15
87	Lucy Johnson	304	56:57	WomenOpe	16
88	Jason Green	430	57:09	Men Open	40
89	Malcolm Palmer	342	57:12	Men Open	41
90	Dawn Hooper	418	57:26	WomenOpe	17
91	Maxine Stevens	377	57:31	40+ Wome	6
92	Tony Smith	371	57:34	50+ Men	6
93	Tristan Berger	217	57:43	Men Open	42
94	Jo Parden	344	57:50	40+ Wome	7
95	Danielle Hislop	291	57:58	WomenOpe	18
96	Lauren Thornton	386	58:05	WomenOpe	19

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<b>Posn</b>	<b>Name</b>	<b>Bib</b>	<b>Time</b>	<b>Cat</b>	<b>Cat. Posn</b>
97	Sam Edwards	261	58:08	Men Open	43
98	Philip Carter	232	58:17	Men Open	44
99	Josh Williams	406	58:17	Men Open	44
100	Melanie Chilvers	236	58:18	WomenOpe	20
101	Reggie Grant	282	58:20	40+ Men	17
102	Robin Mallett	320	58:26	Men Open	46
103	George Sayer	364	58:28	Men Open	47
104	Stacey Amies	204	58:30	WomenOpe	21
105	Merv Ashe	441	58:33	50+ Men	7
106	Mike Hankinson	283	58:39	50+ Men	8
107	Natasha Amps	205	58:47	WomenOpe	22
108	Claire Forrester	267	58:55	WomenOpe	23
109	Victoria Robinson	359	59:04	WomenOpe	24
110	Yvonne Freiherr	269	59:07	WomenOpe	25
111	Deborah Thomas	382	59:26	WomenOpe	26
112	Corrina Smith	375	59:33	40+ Wome	8
113	Joseph Redstall	353	59:37	Men Open	48
114	Lisa Coston	245	59:37	WomenOpe	27
115	Chloe Connell	241	59:41	WomenOpe	28
116	Petra Jewey	302	1:00:00	40+ Wome	9
117	Paula Cutmore	251	1:00:00	40+ Wome	9
118	Steph Wallingham	395	1:00:04	WomenOpe	29
119	Mary Fay	264	1:00:04	WomenOpe	29
120	Neil Woods	410	1:00:07	50+ Men	9
121	Nigel Cooke	243	1:00:48	Men Open	49
122	Sarah Hines	289	1:00:48	WomenOpe	31
123	Becky Woods	412	1:01:00	Men Open	50
124	Nina Cliffe	237	1:01:02	WomenOpe	32
125	Shirley Cole	238	1:01:05	WomenOpe	33
126	Claire Goldstone	276	1:01:07	WomenOpe	34
127	Michael Palmer	343	1:01:07	Men Open	51
128	Thomas Raupach	427	1:01:28	40+ Men	18

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<b>Posn</b>	<b>Name</b>	<b>Bib</b>	<b>Time</b>	<b>Cat</b>	<b>Cat. Posn</b>
129	Naomi Matthews	322	1:01:35	WomenOpe	35
130	Michelle Bonfield	220	1:01:35	WomenOpe	35
131	Paige Gooch	280	1:01:42	WomenOpe	37
132	Helen Ashe	207	1:01:46	40+ Wome	11
133	Paula Thompson	384	1:01:57	WomenOpe	38
134	James Yardy	415	1:01:58	Men Open	52
135	Amanda Jordan	305	1:02:24	WomenOpe	39
136	Scott Meechan	330	1:02:29	Men Open	53
137	Becky Willcox	405	1:02:29	WomenOpe	40
138	Kate Richardson	355	1:02:45	WomenOpe	41
139	Karen Gooch	278	1:03:02	40+ Wome	12
140	Lisa Durham	256	1:03:05	WomenOpe	42
141	Andy Beeston	215	1:03:10	60+ Men	2
142	Jodie Bruce	224	1:03:43	WomenOpe	43
143	Jessica Smith	372	1:04:04	WomenOpe	44
144	Jennifer O'callaghan	339	1:04:17	40+ Wome	13
145	Linda Maurice	324	1:05:30	50+ Wome	4
146	Jenny Ratcliff	351	1:05:31	50+ Wome	5
147	Robert Duffy	254	1:05:52	Men Open	54
148	Lucy Woods	411	1:06:01	WomenOpe	45
149	Paul Whitby	401	1:06:08	50+ Men	10
150	Stephanie Leedham	425	1:06:12	WomenOpe	46
151	Roxanne Timmins	426	1:06:15	WomenOpe	47
152	Paul Trenholm	389	1:06:27	40+ Men	19
153	Sue Burton	229	1:06:35	40+ Wome	14
154	Emma Hibbert	287	1:06:49	40+ Wome	15
155	Charlotte Archer	206	1:07:03	WomenOpe	48
156	Sara Clark	301	1:07:18	40+ Wome	16
157	Tracey Little	317	1:07:37	WomenOpe	49
158	Zoe Newman	337	1:07:37	WomenOpe	49
159	Kathryn Ayrdon	210	1:07:37	WomenOpe	49
160	Carolyn Haworth	286	1:07:39	50+ Wome	6

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Posn	Name	Bib	Time	Cat	Cat. Posn
161	Kelly Scott	366	1:07:50	WomenOpe	52
162	Caitlin Mcgraw	327	1:08:06	WomenOpe	53
163	Usoa Iparragirre	296	1:08:10	WomenOpe	54
164	Paul Forshaw	268	1:08:27	60+ Men	3
165	Jeff Jones	429	1:08:43	Men Open	55
166	Richard Bishop	218	1:09:21	40+ Men	20
167	Trudy Kent	308	1:09:21	WomenOpe	55
168	Sarah Connell	240	1:09:30	50+ Wome	7
169	Simon Cordwell	435	1:09:31	Men Open	56
170	Raymond Keevil	307	1:09:32	60+ Men	4
171	Ann-Maria Parkinson	345	1:09:33	WomenOpe	56
172	Lucy Womack	409	1:09:43	WomenOpe	57
173	Amy Burton	230	1:09:43	WomenOpe	57
174	George Roome	360	1:10:27	Men Open	57
175	Katie Severn	367	1:10:28	WomenOpe	59
176	Katie Lake	314	1:10:30	WomenOpe	60
177	Jacquie Rodwell	434	1:11:31	40+ Wome	17
178	Gill Cobbald	436	1:11:35	40+ Wome	18
179	Nicola Cooke	242	1:11:50	40+ Wome	19
180	Arnold Benson	216	1:12:42	60+ Men	5
181	Eleanor Edge	259	1:14:24	WomenOpe	61
182	Sacha Parry	346	1:15:15	WomenOpe	62
183	Mark Williams	407	1:16:59	Men Open	58
184	Louise Averde	209	1:17:48	WomenOpe	63
185	Leticia Ison-Jacques	299	1:18:05	WomenOpe	64
186	Ellie Arnold	432	1:18:45	60+ Wome	3
187	Ross Thompson	385	1:20:41	Men Open	59
188	Miledi Azzalin	437	1:23:50	40+ Wome	20
189	Adam Newson	338	1:24:52	Men Open	60
190	Claire Royal	361	1:26:39	WomenOpe	65
191	Chris Royal	362	1:26:39	Men Open	61