



Richard	Wilkinson	45-49				22:20	22:20	63.66														63.66	Silver					
Alan	Thornhill	70-74	28:03	28:14	28:12		28:03	61.62	46:50(43)	60.82	58:16(86)	62.04										62.04	Silver					
Mike	Sales	50-54		24:41	25:43	26:14	24:41	60.23			50:00(110)	61.10			1:51:59(7)	58.68					4:07:05(37)	56.01		61.10	Silver			
Anthony	Garth	45-49	23:50	23:41			23:41	60.87			51:24(55)	57.00												60.87	Silver			
Ian	Woodroffe	70-74	29:36					60.53			63:24(109)	58.44			2:15:30(101)	58.83									60.53	Silver		
Eliot	Bentley	45-49													1:46:27(95)	59.65									59.65	Bronze		
Nik	Chapman	40-44		23:44		28:19	23:44	59.41						1:21:53(71)	57.20										59.41	Bronze		
Dominic	Doe	55-59	25:42	25:41			25:41	59.25													0:38:29(62)	7.20K	57.69		59.25	Bronze		
Richard	Groom	40-44	23:19	23:20	24:41		23:19	59.19			48:27(110)	58.10			1:47:55(89)	56.02									59.19	Bronze		
Craig	Ladley	35-39	22:38				22:38	58.91																	58.91	Bronze		
Jeremy	Reader	45-49		24:13			24:13	58.22			49:42(86)	57.55	1:20:16(107)	58.82	1:48:54(7)	56.87					6:40:37(29)	32.55	1:52:50(77)	11.14m	46.43	58.82	Bronze	
Scott	Maciel	30-34	25:10				25:10	58.68																		58.68	Bronze	
Baz	Colley	50-54	25:14	25:49	24:58	26:48	24:58	58.61			56:29(110)	53.20														58.61	Bronze	
Iain	Perry	50-54	25:39		26:44	28:32	25:39	57.96							2:05:23(7)	52.41											57.96	Bronze
Kevin	Pearson	40-44	23:59	24:55			23:59	57.54													0:26:53(61)	5.40K	55.18			57.54	Bronze	
Daryl	Moran	25-29	22:42	23:18			22:42	57.20			48:52(80)	54.67	1:35:27(107)	46.10												57.20	Bronze	
Guy	Watts	25-29			22:45		22:45	57.07																		57.07	Bronze	
Dave	Crowley	45-49	25:20				25:20	56.91			52:44(86)	55.56															56.91	Bronze
David	Blackstock	30-34	23:29	25:12			23:29	55.93			51:32(30)	52.01			2:03:28(7)	47.34											55.93	Bronze
Dan	Williams	40-44			24:44		24:44	55.80																			55.80	Bronze
Adam	Orriss	25-29	25:53	24:54			24:54	52.14													0:28::00(61)	5.40K	50.24			52.14	Tungsten	
Dave	Price	45-49			27:44		27:44	51.98			57:42(86)	50.78			2:12:30(7)	47.92	3:40:06(17)	45.43	5:01:11(25)	44.40						51.98	Tungsten	
Robert	Wise	55-59																			4:39:08(47)	51.85				51.85	Tungsten	
John	Milne	50-54	27:55				27:55	51.83							2:25:36(68)	44.75					6:09:41(29)	37.11				51.83	Tungsten	
Andrew	Rice	45-49	35:01			30:13	30:13	47.38																		47.38	Copper	
Ross	Tuite	25-29	29:09				29:09	44.54																		44.54	Iron	
Christopher	Bellwood	45-49									72:36(54)	40.70														40.70	Iron	

a. Active Fakenham 5K Apr 1

- King's Forest 10K Jan 7
- Freethorpe 10 Jan 28
- Gt Bentley HM Feb 4
- Love Welwyn GC 10K Feb 11
- Tarpley 10 Feb 25
- Tarpley 20 Feb 25
- Seville Marathon Feb 25
- Cambridge HM Mar 4
- HaverHalf HM Mar 11
- Haver10K Mar 11
- Thetford Forest 10K Hooahaah Mar 11
- Hampton Court Palace HM Mar 18
- Thetford Mud & Mayhem 10K Mar 18
- Runfest Lee Valley HM Mar 25
- Wyndham 20 Mar 25
- Sudbury Fun Run Mar 30
- GBC Spring Quad HM Mar 30
- Bedford 20 Mar 25
- MK Festival HM Mar 11
- Bungay HM Apr 8
- Bungay 10K Apr 8
- Greater Manchester Marathon Apr 8
- Little Bromley 10K Apr 8
- Cambourne 10K Apr 15
- Brighton Marathon Apr 15
- Thames Towpath 10 Apr 8
- Lowestoft Promenade Dash Apr 15
- Salisbury 10 Apr 8
- Virgin London Marathon Apr 22
- Brighton 10K Apr 15

b. GBC 5K Oct 6

- Fen Drayton 10K May 6
- MK Marathon May 7
- Breckland 10K May 7
- Bury to Clare 18 (18.3m) May 13
- Dereham 10 May 13
- Sudbury Friday 5 May 25
- Edinburgh Marathon May 27
- Edinburgh HM May 27
- Fen Ditton 5 May 20
- Wimpole Hooahaah 10K May 20
- Kirton Friday 5 Jun 1
- Flaming June HM Jun 3
- Framlingham Friday 5 Jun 8
- Sutton Beast 10K Jun 10
- Bury Friday 5 Jun 23
- Steeple Bumpstead 10K Jun 24
- Rock'n'Roll Liverpool Marathon May 20
- Marcus Gynn Newmarket 10K Jul 1
- GBC Clover Marathon Jun 30
- Holkham 10K Jun 30 (Time adjusted)
- Gt Bentley Friday 5 Jul 5
- Fen Gallop 10K Jul 8
- Wibly Wobbly Log Jog 5 Jul 13
- British 10K Jul 15
- Ekiden 10K Jul 15
- Royal Parks 10K: Regent's Park Jul 22
- Edenderry 10 Mile, Ireland Jul 22
- Littleport 10K Jul 29
- Ipswich Twilight 10K Aug 3
- Run Norwich 10K Aug 5

c. Ipswich Morun 5K Nov 24

- Heath Race (5.4K) Apr 3
- Ekiden Relay (7.2K) Jul 15
- SVP 100K (~102K) Aug 11
- St Albans 10K Aug 12
- Downham Market 10K Aug 27
- Bedford HM Sep 2
- St Ives 10K Jul 15
- Great North Run HM Sep 9
- Greater Cambridge 10K Sep 9
- Lowesoft Scores Race (4.75m) Sep 9
- Harlow 10 Sep 9
- Berlin Marathon Sep 16
- Fleet HM Apr 29
- Great East Run HM Sep 16
- Harvest Trail HM Sep 16
- Fionnuala Kilomathon (26.2K) Sep 15
- Round Norfolk Relay Sep 15/16
- Leighton 10 Sep 23
- Jolly Jaguars Coltishall 10K Sep 23
- Grantchester 10K Sep 30
- Bure Valley 10 Sep 30
- Stowmarket HM Sep 30
- GBC HM Oct 6
- Standalone 10K Oct 7
- Bournemouth HM Oct 7
- Abington 10K Oct 7
- Chicago Marathon Oct 7
- Chester Marathon Oct 7
- Perkins Great Eastern HM Oct 14
- Yorkshire Marathon Oct 14

\* No official time or altered due to error.

- Royal Parks Hyde Pk HM Oct 14
- Godolphin 5 mile Challenge Oct 14
- Leicester Marathon Oct 14
- Cambridge Town & Gown 10K Oct 21
- King's Forest HM Oct 20
- Thurlow 10 Oct 21
- Holt 10K Oct 21
- St Eds' 10K Oct 28
- St Eds' HM Oct 28
- Dublin Marathon Oct 28
- Lode HM Nov 4
- Bonfire Burn 10K Nov 4
- Stowmarket Scenic 7 Nov 11
- St Neots Riverside HM Nov 18
- Hertfordshire HM Nov 18
- Hatfield 5 Nov 25
- Bass Belle 10 Nov 25
- Beccles Turkey Trot 10 Dec 9
- Thetford Trail 10K Dec 16
- Ely NYE 10K Dec 31
- Peterborough NYE 10K Dec 31