

# Wroxham 5Km: 2006 Open Categories:

## Thursday 24 August 2006. 7:00 pm

### Individual Prize List

#### **MEN OVERALL RACE WINNER: Rick WARD : City of Norwich A.C. : 15:43**

##### **Open: Men Under 17**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:10	ROBINSON, James	West Norfolk A.C.	Men U/17	212	11

##### **Open : Senior Men**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:15:43	WARD, Rick ( <b>RACE WINNER</b> )	City of Norwich A.C.	Men 17-39	475	1
2	0:15:49	LEWIS, Adam	City of Norwich A.C.	Men 17-39	54	2
3	0:15:54	HUNTINGTON, Stuart	City of Norwich A.C.	Men 17-39	75	3
4	0:16:03	GOOSE, Carl	City of Norwich A.C.	Men 17-39	465	4
5	0:16:03	SANFORD, Paul	Norfolk Gazelles	Men 17-39	46	5

##### **Open: Men 40-44**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:29	DUNHAM, Glen	City of Norwich A.C.	Men 40-44	414	16

##### **Open: Men 45-49**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:25	YAXLEY, Mick	Norfolk Gazelles	Men 45-49	138	14

##### **Open: Men 50-54**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:18	REED, David	Norfolk Gazelles	Men 50-54	474	13

##### **Open: Men 55-59**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:18:26	BLAKE, Richard	Gt. Yarmouth RRC	Men 55-59	174	39

##### **Open: Men 60+**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:19:34	HAYES, Jim	North Norfolk Beach Runners	Men 60+	187	64

#### **LADIES OVERALL RACE WINNER: Jane CLARKE : Norfolk Gazelles : 17:34**

##### **Open: Ladies Under 17**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:25:23	SOMMERFIELD, Bethan		Ladies U/17	260	145

##### **Open: Senior Ladies**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:18:13	BROOKS, Sue	Norfolk Gazelles	Ladies 17-39	389	33
2	0:18:15	PHIPPS, Elaine	Reading Road Runners	Ladies 17-39	418	36
3	0:18:36	GAPP, Joanna	City of Norwich A.C.	Ladies 17-39	246	42
4	0:18:41	DUNGAR, Amy	City of Norwich A.C.	Ladies 17-39	469	46
5	0:19:14	JAMES, Molly	West Norfolk A.C.	Ladies 17-39	390	59

##### **Open: Ladies 40-44**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:22:18	MOORE, Debbie	Norfolk Gazelles	Ladies 40-44	428	104

##### **Open: Ladies 45-49**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:34	CLARKE, Jane ( <b>RACE WINNER</b> )	Norfolk Gazelles	Ladies 45-49	302	18

##### **Open: Ladies 50-54**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:20:28	EDWARDS, Penny	Norwich Road Runners	Ladies 50-54	519	80

##### **Open: Ladies 55-59**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:22:33	MARTIN, Gill	North Norfolk Beach Runners	Ladies 55-59	283	105

##### **Open: Ladies 60+**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:23:54	SPONG, Carole	Gt. Yarmouth RRC	Ladies 60+	271	121

# Wroxham 5Km: 2006: Norfolk County Championships:

Thursday 24 August 2006. 7:00 pm

## Individual Prize List

**MEN OVERALL RACE WINNER: Rick WARD : City of Norwich A.C. : 15:43**

### **Norfolk County Championship: Senior Men (13-39)**

<i>Award</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
Gold	0:15:43	WARD, Rick <b>(RACE WINNER)</b>	City of Norwich A.C.	Men 17-39	475	1
Silver	0:15:49	LEWIS, Adam	City of Norwich A.C.	Men 17-39	54	2
Bronze	0:15:54	HUNTINGTON, Stuart	City of Norwich A.C.	Men 17-39	75	3

### **Norfolk County Championship: Men 40-49**

<i>Award</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
Gold	0:17:25	YAXLEY, Mick	Norfolk Gazelles	Men 45-49	138	14
Silver	0:17:29	DUNHAM, Glen	City of Norwich A.C.	Men 40-44	414	16
Bronze	0:17:31	HURREN, Dale	City of Norwich A.C.	Men 45-49	139	17

### **Norfolk County Championship: Men 50-59**

<i>Award</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
Gold	0:17:18	REED, David	Norfolk Gazelles	Men 50-54	474	13
Silver	0:17:56	JOHNSON, Peter	Norfolk Gazelles	Men 50-54	154	24
Bronze	0:18:26	BLAKE, Richard	Gt. Yarmouth RRC	Men 55-59	174	39

### **Norfolk County Championship: Men 60+**

<i>Award</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
Gold	0:19:34	HAYES, Jim	North Norfolk Beach Runners	Men 60+	187	64
Silver	0:22:43	HUTCHEON, David	Coltishall Jaguars	Men 60+	193	111
Bronze	0:23:31	THEOBALD, Anthony		Men 60+	195	118

**LADIES OVERALL RACE WINNER: Jane CLARKE : Norfolk Gazelles : 17:34**

### **Norfolk County Championship: Senior Ladies (13-39)**

<i>Award</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
Gold	0:18:13	BROOKS, Sue	Norfolk Gazelles	Ladies 17-39	389	33
Silver	0:18:36	GAPP, Joanna	City of Norwich A.C.	Ladies 17-39	246	42
Bronze	0:18:41	DUNGAR, Amy	City of Norwich A.C.	Ladies 17-39	469	46

### **Norfolk County Championship: Ladies 40-49**

<i>Award</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
Gold	0:17:34	CLARKE, Jane <b>(RACE WINNER)</b>	Norfolk Gazelles	Ladies 45-49	302	18
Silver	0:20:36	DENNISON, Tricia	St Edmunds Pacers	Ladies 45-49	442	83
Bronze	0:22:18	MOORE, Debbie	Norfolk Gazelles	Ladies 40-44	428	104

### **Norfolk County Championship: Ladies 50-59**

<i>Award</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
Gold	0:20:28	EDWARDS, Penny	Norwich Road Runners	Ladies 50-54	519	80
Silver	0:22:33	MARTIN, Gill	North Norfolk Beach Runners	Ladies 55-59	283	105
Bronze	0:23:26	HUTCHEON, Brenda	Coltishall Jaguars	Ladies 55-59	288	116

### **Norfolk County Championship: Ladies 60+**

<i>Award</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
Gold	0:23:56	POTTER, Judy	Bungay Black Dog A.C.	Ladies 60+	273	122
Silver	0:25:41	MARTIN, Anne	Wymondham A.C.	Ladies 60+	525	150
Bronze	0:25:42	HATHAWAY, Daphne	Coltishall Jaguars	Ladies 60+	270	151

# Wroxham 5Km : Team Results

## Open Category

Thursday 24 August 2006. 7:00 pm

### Winners of the Senior Men team (13-39) competition.

(4 competitors per team. Based on cumulative position.)

#### **1 : City of Norwich A.C.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:15:43	WARD, Rick	Men 17-39	475	1
2	0:15:49	LEWIS, Adam	Men 17-39	54	2
3	0:15:54	HUNTINGTON, Stuart	Men 17-39	75	3
4	0:16:03	GOOSE, Carl	Men 17-39	465	4

### Winners of the Vet Men team (40+) competition.

(4 competitors per team. Based on cumulative position.)

#### **1 : Norfolk Gazelles**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:18	REED, David	Men 50-54	474	13
2	0:17:25	YAXLEY, Mick	Men 45-49	138	14
6	0:17:56	JOHNSON, Peter	Men 50-54	154	24
26	0:19:56	HILL, Les	Men 40-44	99	71

### Winners of the Senior Ladies team (13-39) competition.

(3 competitors per team. Based on cumulative position.)

#### **1: City of Norwich A.C.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
3	0:18:36	GAPP, Joanna	Ladies 17-39	246	42
4	0:18:41	DUNGAR, Amy	Ladies 17-39	469	46
6	0:19:23	EMMETT, Lynn	Ladies 17-39	356	62

### Winners of the Vet Ladies team (40+) competition.

(3 competitors per team. Based on cumulative position.)

#### **1 : Norfolk Gazelles**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:34	CLARKE, Jane	Ladies 45-49	302	18
4	0:22:18	MOORE, Debbie	Ladies 40-44	428	104
9	0:24:20	JORDAN, Catherine	Ladies 50-54	293	126

# Wroxham 5Km : Team Results

## Norfolk County Championships:

Thursday 24 August 2006. 7:00 pm

### Team Prize List : Men

#### Norfolk County Championship Senior Men (13-39) Team

(4 competitors per team. Based on cumulative position.)

##### **Gold : City of Norwich A.C.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:15:43	WARD, Rick	Men 17-39	475	1
2	0:15:49	LEWIS, Adam	Men 17-39	54	2
3	0:15:54	HUNTINGTON, Stuart	Men 17-39	75	3
4	0:16:03	GOOSE, Carl	Men 17-39	465	4
<b>10</b>	<b>1:03:29</b>	<b>Totals</b>			

##### **Silver : City of Norwich A.C.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
8	0:17:03	COLLINSON, Mark	Men 17-39	19	10
11	0:17:28	SENIOR, James	Men U/17	467	15
12	0:17:38	BUNN, Andrew	Men 17-39	84	19
15	0:17:55	HODGE, Nigel	Men 17-39	41	22
<b>46</b>	<b>1:10:04</b>	<b>Totals</b>			

##### **Bronze : City of Norwich A.C.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
16	0:17:57	CRAWSHAW, Thomas	Men U/17	473	25
17	0:18:01	HENDREY, Neil	Men 17-39	231	27
22	0:18:30	MACCALLUM-STEWART, Joshua	Men 17-39	464	40
24	0:18:39	MELVILLE, George	Men U/17	466	44
<b>79</b>	<b>1:13:07</b>	<b>Totals</b>			

#### Norfolk County Championship Veteran Men (40+) Team

(4 competitors per team. Based on cumulative position.)

##### **Gold : Norfolk Gazelles**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:18	REED, David	Men 50-54	474	13
2	0:17:25	YAXLEY, Mick	Men 45-49	138	14
6	0:17:56	JOHNSON, Peter	Men 50-54	154	24
25	0:19:56	HILL, Les	Men 40-44	99	71
<b>34</b>	<b>1:12:35</b>	<b>Totals</b>			

##### **Silver : City of Norwich A.C.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
3	0:17:29	DUNHAM, Glen	Men 40-44	414	16
4	0:17:31	HURREN, Dale	Men 45-49	139	17
18	0:19:05	HOWARD, David	Men 50-54	164	56
19	0:19:07	POLLEY, Richard	Men 45-49	131	57
<b>44</b>	<b>1:13:12</b>	<b>Totals</b>			

##### **Bronze : Gt. Yarmouth RRC**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
5	0:17:55	MANNING, Andrew	Men 40-44	101	23
13	0:18:26	BLAKE, Richard	Men 55-59	174	39
16	0:18:44	SIBLEY, Neil	Men 40-44	107	48
17	0:18:57	HELMORE, Jeffrey	Men 45-49	137	52
<b>51</b>	<b>1:14:02</b>	<b>Totals</b>			

# Wroxham 5Km : Team Results

## Norfolk County Championships:

Thursday 24 August 2006. 7:00 pm

### Team Prize List : Ladies

#### Norfolk County Championship Senior Ladies (13-39) Team

(3 competitors per team. Based on cumulative position.)

##### **Gold : City of Norwich A.C.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
2	0:18:36	GAPP, Joanna	Ladies 17-39	246	42
3	0:18:41	DUNGAR, Amy	Ladies 17-39	469	46
5	0:19:23	EMMETT, Lynn	Ladies 17-39	356	62
<b>10</b>	<b>0:56:40</b>	<b>Totals</b>			

##### **Silver : City of Norwich A.C.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
9	0:21:17	BLAXELL, Alexandra	Ladies 17-39	357	93
12	0:21:52	JOHNSTONE, Jade	Ladies 17-39	407	101
18	0:24:32	MONEY, Maria	Ladies 17-39	333	131
<b>39</b>	<b>1:07:41</b>	<b>Totals</b>			

##### **Bronze : Norwich Road Runners**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
7	0:20:06	FLANAGAN, Ann	Ladies 17-39	339	77
11	0:21:31	HICKS, Tasmin	Ladies 17-39	364	97
23	0:25:57	ROBINSON, Charlotte	Ladies 17-39	444	156
<b>41</b>	<b>1:07:34</b>	<b>Totals</b>			

#### Norfolk County Championship Veteran Ladies (40+) Team

(3 competitors per team. Based on cumulative position.)

##### **Gold : Norfolk Gazelles**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:34	CLARKE, Jane	Ladies 45-49	302	18
4	0:22:18	MOORE, Debbie	Ladies 40-44	428	104
8	0:24:20	JORDAN, Catherine	Ladies 50-54	293	126
<b>13</b>	<b>1:04:12</b>	<b>Totals</b>			

##### **Silver : Coltishall Jaguars**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
6	0:23:26	HUTCHEON, Brenda	Ladies 55-59	288	116
16	0:25:42	HATHAWAY, Daphne	Ladies 60+	270	151
18	0:26:00	SHARPE, Margeret	Ladies 50-54	471	158
<b>40</b>	<b>1:15:08</b>	<b>Totals</b>			

##### **Bronze : Norfolk Gazelles**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
11	0:24:54	POLAND, Fiona	Ladies 50-54	452	135
14	0:25:38	BARTON, Frances	Ladies 45-49	227	149
19	0:26:31	FARROW, Linda	Ladies 55-59	280	164
<b>44</b>	<b>1:17:03</b>	<b>Totals</b>			

# Wroxham 5km Series: 2006

## Third in Series

Thursday 24 August 2006. 7:00 pm

### Results for All Competitors in finish order.

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Team</b>	<b>Race Age Category</b>	<b>Race No</b>	<b>Race Place</b>
1	0:15:43	WARD, Rick	City of Norwich A.C.	Men 17-39	475	1
2	0:15:49	LEWIS, Adam	City of Norwich A.C.	Men 17-39	54	2
3	0:15:54	HUNTINGTON, Stuart	City of Norwich A.C.	Men 17-39	75	3
4	0:16:03	GOOSE, Carl	City of Norwich A.C.	Men 17-39	465	4
5	0:16:03	SANFORD, Paul	Norfolk Gazelles	Men 17-39	46	5
6	0:16:42	WALPOLE, Andrew	Norwich Road Runners	Men 17-39	61	6
7	0:16:45	LAVER, Toby	Reading Road Runners	Men 17-39	417	7
8	0:16:51	HIGHAM, Paul	Norfolk Gazelles	Men 17-39	52	8
9	0:17:00	MULVANY, James	Wymondham A.C.	Men 17-39	439	9
10	0:17:03	COLLINSON, Mark	City of Norwich A.C.	Men 17-39	19	10
11	0:17:10	ROBINSON, James	West Norfolk A.C.	Men U/17	212	11
12	0:17:11	SMITH, Paul J	Norwich Road Runners	Men 17-39	423	12
13	0:17:18	REED, David	Norfolk Gazelles	Men 50-54	474	13
14	0:17:25	YAXLEY, Mick	Norfolk Gazelles	Men 45-49	138	14
15	0:17:28	SENIOR, James	City of Norwich A.C.	Men U/17	467	15
16	0:17:29	DUNHAM, Glen	City of Norwich A.C.	Men 40-44	414	16
17	0:17:31	HURREN, Dale	City of Norwich A.C.	Men 45-49	139	17
18	0:17:34	CLARKE, Jane	Norfolk Gazelles	Ladies 45-49	302	18
19	0:17:38	BUNN, Andrew	City of Norwich A.C.	Men 17-39	84	19
20	0:17:51	CHAPMAN, Karl	Wymondham A.C.	Men 17-39	71	20
21	0:17:55	MILK, Oliver	Tri-Anglia	Men 17-39	8	21
22	0:17:55	HODGE, Nigel	City of Norwich A.C.	Men 17-39	41	22
23	0:17:55	MANNING, Andrew	Gt. Yarmouth RRC	Men 40-44	101	23
24	0:17:56	JOHNSON, Peter	Norfolk Gazelles	Men 50-54	154	24
25	0:17:57	CRAWSHAW, Thomas	City of Norwich A.C.	Men U/17	473	25
26	0:17:58	GRAND, Adrian	Norwich Road Runners	Men 40-44	88	26
27	0:18:01	HENDREY, Neil	City of Norwich A.C.	Men 17-39	231	27
28	0:18:02	PRESTON, Andrew	Wymondham A.C.	Men 40-44	112	28
29	0:18:03	RICHARDSON, Glen	UEA Trojans	Men 17-39	446	29
30	0:18:04	GARRETT, Mark	Norwich Road Runners	Men 40-44	456	30
31	0:18:07	CROUCHER, Antony	Gt. Yarmouth RRC	Men 17-39	48	31
32	0:18:11	DUNGAR, Craig	Wymondham A.C.	Men 17-39	468	32
33	0:18:13	BROOKS, Sue	Norfolk Gazelles	Ladies 17-39	389	33
34	0:18:14	MUFFETT, Paul		Men 45-49	142	34
35	0:18:14	SADLER, Micheal	North Norfolk Beach Runners	Men 40-44	103	35
36	0:18:15	PHIPPS, Elaine	Reading Road Runners	Ladies 17-39	418	36
37	0:18:20	BOLAM, Jeremy	North Norfolk Beach Runners	Men 45-49	144	37
38	0:18:22	HAYNES, Mark	Coltishall Jaguars	Men 17-39	2	38
39	0:18:26	BLAKE, Richard	Gt. Yarmouth RRC	Men 55-59	174	39
40	0:18:30	MACCALLUM-STEWART,	City of Norwich A.C.	Men 17-39	464	40
41	0:18:34	LAYBOURNE, Jon	West Norfolk A.C.	Men U/17	211	41
42	0:18:36	GAPP, Joanna	City of Norwich A.C.	Ladies 17-39	246	42
43	0:18:37	EPPS, Terry	Wymondham A.C.	Men 50-54	159	43
44	0:18:39	MELVILLE, George	City of Norwich A.C.	Men U/17	466	44
45	0:18:40	CHAMBERLAIN, Michael	Norwich Road Runners	Men 40-44	91	45
46	0:18:41	DUNGAR, Amy	City of Norwich A.C.	Ladies 17-39	469	46
47	0:18:43	VARLEY, Matt		Men 17-39	85	47
48	0:18:44	SIBLEY, Neil	Gt. Yarmouth RRC	Men 40-44	107	48
49	0:18:47	LAMB, Oliver		Men U/17	205	49
50	0:18:51	QUERIPEL, Jon	Coltishall Jaguars	Men 17-39	256	50
51	0:18:52	YOUNGS, James		Men 17-39	223	51
52	0:18:57	HELMORE, Jeffrey	Gt. Yarmouth RRC	Men 45-49	137	52
53	0:18:58	DAVIS, Darryl	City of Norwich A.C.	Men 17-39	241	53
54	0:18:58	PECK, Andy	Gt. Yarmouth RRC	Men 17-39	13	54
55	0:19:01	ELDRIDGE, Darren	Coltishall Jaguars	Men 17-39	450	55
56	0:19:05	HOWARD, David	City of Norwich A.C.	Men 50-54	164	56
57	0:19:07	POLLEY, Richard	City of Norwich A.C.	Men 45-49	131	57
58	0:19:10	PURDY, Vincent	North Norfolk Beach Runners	Men 17-39	16	58
59	0:19:14	JAMES, Molly	West Norfolk A.C.	Ladies 17-39	390	59
60	0:19:20	WIGHTMAN, Paul	Wymondham A.C.	Men 40-44	118	60
61	0:19:21	EMERY, Trevor	North Norfolk Beach Runners	Men 50-54	162	61
62	0:19:23	EMMETT, Lynn	City of Norwich A.C.	Ladies 17-39	356	62
63	0:19:31	MASON, Shawn	Gt Yarmouth & D.A.C.	Men 17-39	15	63
64	0:19:34	HAYES, Jim	North Norfolk Beach Runners	Men 60+	187	64
65	0:19:35	SOMMERFIELD, Michael		Men U/17	204	65
66	0:19:37	GREENLAND, Edward	Wymondham A.C.	Men 40-44	117	66
67	0:19:42	HOLLAND, Alan	Wymondham A.C.	Men 55-59	185	67
68	0:19:45	CHORLEY, Chris	Bungay Black Dog A.C.	Men 40-44	87	68
69	0:19:52	MOORE, Ian		Men 17-39	429	69
70	0:19:54	BATES, Steve	Coltishall Jaguars	Men 17-39	449	70

Place	Time	Name	Team	Race Age Category	Race	
					No	Place
71	0:19:56	HILL, Les	Norfolk Gazelles	Men 40-44	99	71
72	0:19:57	BEE, Glenn		Men 40-44	89	72
73	0:20:00	READER, Jonathan		Men 17-39	82	73
74	0:20:00	REYNOLDS, Vicky	Wymondham A.C.	Ladies 17-39	373	74
75	0:20:04	QUIGLEY, Terry	North Norfolk Beach Runners	Men 55-59	180	75
76	0:20:04	JOUBERT, Gareth		Men 17-39	34	76
77	0:20:06	FLANAGAN, Ann	Norwich Road Runners	Ladies 17-39	339	77
78	0:20:16	BETTS, Gary	Wymondham A.C.	Men 17-39	26	78
79	0:20:27	DADY, Stephen		Men 50-54	165	79
80	0:20:28	EDWARDS, Penny	Norwich Road Runners	Ladies 50-54	519	80
81	0:20:31	ROYSTON, John		Men 55-59	457	81
82	0:20:31	THOMPSON, Peter	Norfolk Gazelles	Men 50-54	155	82
83	0:20:36	DENNISON, Tricia	St Edmunds Pacers	Ladies 45-49	442	83
84	0:20:37	TENNER, Robert	Norwich Union A.C.	Men 17-39	251	84
85	0:20:37	HARDINGHAM, Graham	Norfolk Gazelles	Men 45-49	133	85
86	0:20:39	BRIGHTY, Joshua	Norwich Road Runners	Men U/17	203	86
87	0:20:46	POTTER-CAMPBELL, Emma	Dereham Runners A.C.	Ladies 17-39	369	87
88	0:20:47	PORTER, Mel	Coltishall Jaguars	Men 17-39	21	88
89	0:20:49	SADLER, Ian	Norwich Road Runners	Men 17-39	5	89
90	0:20:58	EDWARDS, Mark	Norwich Road Runners	Men 40-44	453	90
91	0:20:59	JONES, Howard		Men 40-44	232	91
92	0:21:06	JAMES, Robert	Bungay Black Dog A.C.	Men 17-39	29	92
93	0:21:17	BLAXELL, Alexandra	City of Norwich A.C.	Ladies 17-39	357	93
94	0:21:20	LINES, Rob	Norwich Canoe Club	Men 17-39	424	94
95	0:21:22	SPENCER, Eric		Men 55-59	173	95
96	0:21:28	STURGESS, Ruth	Wymondham A.C.	Ladies 17-39	377	96
97	0:21:31	HICKS, Tasmin	Norwich Road Runners	Ladies 17-39	364	97
98	0:21:35	WILSON, Robin	Bungay Black Dog A.C.	Men 50-54	151	98
99	0:21:45	LUBBOCK, David	City of Norwich A.C.	Men 40-44	93	99
100	0:21:50	GROVES, Paul	Coltishall Jaguars	Men 40-44	100	100
101	0:21:52	JOHNSTONE, Jade	City of Norwich A.C.	Ladies 17-39	407	101
102	0:21:54	BRIGHTY, Keith		Men 40-44	92	102
103	0:22:15	MANNING, Karen	Gt. Yarmouth RRC	Ladies 17-39	353	103
104	0:22:18	MOORE, Debbie	Norfolk Gazelles	Ladies 40-44	428	104
105	0:22:33	MARTIN, Gill	North Norfolk Beach Runners	Ladies 55-59	283	105
106	0:22:40	MUTCH, Kerry		Men 40-44	102	106
107	0:22:41	BAILEY, Ross	Norwich Road Runners	Men 17-39	30	107
108	0:22:41	DURRANT, Judith		Ladies 17-39	330	108
109	0:22:42	ELLIS, Lucy		Ladies 17-39	427	109
110	0:22:42	ELLIS, Vince	City of Norwich A.C.	Men 50-54	160	110
111	0:22:43	HUTCHEON, David	Coltishall Jaguars	Men 60+	193	111
112	0:22:49	HAMMOND, Andrew		Men 50-54	153	112
113	0:22:57	MILLER, Brian		Men 55-59	184	113
114	0:22:59	HORNER, Alison	Coltishall Jaguars	Ladies 17-39	334	114
115	0:23:23	McKINNA, Simon		Men 17-39	43	115
116	0:23:26	HUTCHEON, Brenda	Coltishall Jaguars	Ladies 55-59	288	116
117	0:23:29	DACK, Robert		Men 17-39	42	117
118	0:23:31	THEOBALD, Anthony		Men 60+	195	118
119	0:23:36	BROSTER, Linsey	Dereham Runners A.C.	Ladies 17-39	362	119
120	0:23:40	ENGLAND, John	Gt Yarmouth & D.A.C.	Men 55-59	176	120
121	0:23:54	SPONG, Carole	Gt. Yarmouth RRC	Ladies 60+	271	121
122	0:23:56	POTTER, Judy	Bungay Black Dog A.C.	Ladies 60+	273	122
123	0:24:00	KELLY, Paul	City of Norwich A.C.	Men 17-39	422	123
124	0:24:04	THOMPSON, Eirrin		Men 17-39	32	124
125	0:24:09	KELLY, Mick	Reepham Runners	Men 55-59	175	125
126	0:24:20	JORDAN, Catherine	Norfolk Gazelles	Ladies 50-54	293	126
127	0:24:21	WALSH, Tim		Men 17-39	462	127
128	0:24:22	WARD, Beres		Ladies 50-54	294	128
129	0:24:27	BUNNAGE, Neil		Men 17-39	6	129
130	0:24:29	BRITT, Tony		Men 50-54	161	130
131	0:24:32	MONEY, Maria	City of Norwich A.C.	Ladies 17-39	333	131
132	0:24:38	SWITZER, Trudi		Ladies 17-39	455	132
133	0:24:51	WITHEY, Sally	City of Norwich A.C.	Ladies 17-39	365	133
134	0:24:53	SAUERZAPF, Bobbie	Bungay Black Dog A.C.	Ladies 45-49	300	134
135	0:24:54	POLAND, Fiona	Norfolk Gazelles	Ladies 50-54	452	135
136	0:25:00	LAURIER, Phillip	Lowestoft Road Runners	Men 55-59	448	136
137	0:25:01	FRASER, Susan	Gt Yarmouth & D.A.C.	Ladies 45-49	313	137
138	0:25:03	ASHTON, Robert	Wymondham A.C.	Men 50-54	459	138
139	0:25:05	MARSHALL, Timothy		Men 17-39	68	139
140	0:25:06	FOLKARD, Jonathan	North Norfolk Beach Runners	Men 40-44	119	140

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
141	0:25:13	DEVLIN, Paul		Men 40-44	461	141
142	0:25:18	SHARPE, John		Men 55-59	470	142
143	0:25:20	SIMMONDS, Adam		Men 17-39	36	143
144	0:25:21	THEOBALD, Corrina		Ladies 17-39	376	144
145	0:25:23	SOMMERFIELD, Bethan		Ladies U/17	260	145
146	0:25:25	WEBSTER, Tony		Men 55-59	476	146
147	0:25:26	OSBOURNE, Andrea	North Norfolk Beach Runners	Ladies 50-54	290	147
148	0:25:34	CROUCHER, Matthew	Gt. Yarmouth RRC	Men 17-39	50	148
149	0:25:38	BARTON, Frances	Norfolk Gazelles	Ladies 45-49	227	149
150	0:25:41	MARTIN, Anne	Wymondham A.C.	Ladies 60+	525	150
151	0:25:42	HATHAWAY, Daphne	Coltishall Jaguars	Ladies 60+	270	151
152	0:25:44	MILLER, Jonathan		Men 17-39	463	152
153	0:25:47	BURDETT, John		Men 45-49	410	153
154	0:25:51	COPELAND, Jill		Ladies 45-49	454	154
155	0:25:53	HARRISON, Peter	Gt. Yarmouth RRC	Men 60+	192	155
156	0:25:57	ROBINSON, Charlotte	Norwich Road Runners	Ladies 17-39	444	156
157	0:25:59	WILCOCK, Emma	Coltishall Jaguars	Ladies U/17	263	157
158	0:26:00	SHARPE, Margeret	Coltishall Jaguars	Ladies 50-54	471	158
159	0:26:07	NEAVE, Phillip	Bungay Black Dog A.C.	Men 55-59	167	159
160	0:26:09	DADY, Sylvia		Ladies 17-39	384	160
161	0:26:13	HEFFER, Joshua		Men U/17	214	161
162	0:26:15	BURTON, Michelle	North Norfolk Beach Runners	Ladies 17-39	507	162
163	0:26:22	HOWARD, Lisa	Norwich Road Runners	Ladies 17-39	432	163
164	0:26:31	FARROW, Linda	Norfolk Gazelles	Ladies 55-59	280	164
165	0:26:33	DILREW, Julie		Ladies 45-49	307	165
166	0:26:37	ROBINSON, Neil		Men 17-39	33	166
167	0:27:06	BOWEN, Rachel		Ladies 45-49	434	167
168	0:27:22	BOWEN, Ian		Men 40-44	108	168
169	0:27:22	BAINES, Dawn	Reepham Runners	Ladies 40-44	323	169
170	0:27:35	APPLETON, Katy	City of Norwich A.C.	Ladies 17-39	363	170
171	0:27:44	JERMYN, Suzy		Ladies 17-39	379	171
172	0:27:45	SEAL, Jessica		Ladies 45-49	375	172
173	0:27:52	JERMYN, Lorna		Ladies 17-39	378	173
174	0:27:55	KNIGHTS, Julia	Norfolk Gazelles	Ladies 17-39	458	174
175	0:28:07	GIRDLESTONE, Jane	Tri-Anglia	Ladies 17-39	338	175
176	0:28:09	SULLIVAN, Erika	Norwich Road Runners	Ladies U/17	261	176
177	0:28:11	KESSELRING, Mervyn	Bungay Black Dog A.C.	Men 55-59	433	177
178	0:28:16	LAM, Yet Wha		Ladies 40-44	531	178
179	0:28:26	GERRARD, Hayley	Norfolk Gazelles	Ladies 17-39	350	179
180	0:28:27	HARBORD, Chris	Gt. Yarmouth RRC	Men 60+	190	180
181	0:28:29	ENGLAND, Maureen	Gt Yarmouth & D.A.C.	Ladies 60+	276	181
182	0:28:36	NICHOLAS, Natalie		Ladies 17-39	335	182
183	0:28:38	BARLOW, George		Men 17-39	18	183
184	0:28:43	MANSON, Debbie		Ladies 45-49	305	184
185	0:28:47	TUVEY, Victoria		Ladies 45-49	441	185
186	0:28:50	WILCOCK, Shirley	Coltishall Jaguars	Ladies 45-49	308	186
187	0:28:56	LENNOX, Lesley	Norfolk Gazelles	Ladies 50-54	310	187
188	0:29:04	POLLEY, Jeanette	City of Norwich A.C.	Ladies 45-49	419	188
189	0:29:06	KEMP, William		Men 17-39	236	189
190	0:29:11	SPONG, Albert	Gt. Yarmouth RRC	Men 60+	189	190
191	0:29:17	MOORE, Jane	Norfolk Gazelles	Ladies 40-44	317	191
192	0:29:25	FLATT, Linda June	City of Norwich A.C.	Ladies 50-54	443	192
193	0:29:26	HARVEY, Susan	City of Norwich A.C.	Ladies 45-49	408	193
194	0:29:31	TURK, Trevor		Men 50-54	436	194
195	0:29:37	BELTON, Maggie	Fakenham Sports Centre	Ladies 45-49	425	195
196	0:29:38	JONES, Freddie		Men 60+	188	196
197	0:29:39	EVELEIGH, Steve	White Horse Harriers Chedgrave	Men 55-59	182	197
198	0:29:39	PROTHEROE, Sayy Ann	Lowestoft Road Runners	Ladies 45-49	314	198
199	0:29:40	HARMAN, Robert		Men 40-44	105	199
200	0:29:49	THOMPSON, Steph		Ladies 40-44	351	200
201	0:29:52	BUIST, Karen	White Horse Harriers Chedgrave	Ladies 17-39	524	201
202	0:30:06	HARDY, Valarie		Ladies 40-44	319	202
203	0:30:37	MILLER, Lou		Men 60+	191	203
204	0:30:43	CURRAN, Monica	Norfolk Gazelles	Ladies 60+	451	204
205	0:31:05	FULLER, Sarah	Coltishall Jaguars	Ladies 17-39	371	205
206	0:31:08	HEFFER, Graham		Men 40-44	438	206
207	0:31:12	GOLDING, Jan	City of Norwich A.C.	Ladies 45-49	409	207
208	0:31:22	LEE, Anne		Ladies 50-54	292	208
209	0:31:23	LEE, John		Men 50-54	152	209
210	0:31:47	COLE, Ann Lucy	Coltishall Jaguars	Ladies 17-39	472	210

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
211	0:31:51	DAVISON, Imogen		Ladies 17-39	420	211
212	0:32:30	SCOTTER, Robert	City of Norwich A.C.	Men 17-39	24	212
213	0:32:30	MEADE, Siobhan		Ladies 17-39	368	213
214	0:33:13	ELDRIDGE, Cecilia	White Horse Harriers Chedgrave	Ladies 17-39	385	214
215	0:34:17	KEELEY, Nina		Ladies 17-39	391	215
216	0:34:18	WRIGHT, Peter		Men 55-59	183	216
217	0:34:57	FINDLAY, Kathy		Ladies 17-39	435	217
218	0:34:59	READER, Frank	Norwich Road Runners	Men 60+	199	218
219	0:36:15	SPARROW, Miranda		Ladies 17-39	447	219
220	0:36:16	GILES, Sharon		Ladies 17-39	406	220
221	0:36:26	BRIGHTMAN, Pat	Gt Yarmouth & D.A.C.	Ladies 50-54	297	221
222	0:39:14	ISON, Margaret	North Norfolk Beach Runners	Ladies 60+	279	222

There were 222 finishers in the All Competitors category.