

# Wroxham 5km Series : 2008

## Third in Series

Wednesday 20 August 2008. 7:15 pm

### Individual Prize List

#### Open 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            | 0:15:10     | HOPKINS, Craig (Race Winner) | Swansea Harriers A.C. | Senior Men               | 311            | 1                 |

#### 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            | 0:15:10     | HOPKINS, Craig  | Swansea Harriers A.C. | Senior Men               | 311            | 1                 |
| 2            | 0:15:12     | HARRELL, Ashley | City of Norwich A.C.  | Senior Men               | 489            | 2                 |
| 3            | 0:15:17     | JOY, Rob        | Notts A.C.            | Senior Men               | 182            | 3                 |
| 4            | 0:15:46     | WARD, Rick      | City of Norwich A.C.  | Senior Men               | 189            | 4                 |
| 5            | 0:15:53     | ROBINSON, James | West Norfolk A.C.     | Senior Men               | 372            | 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            | 0:16:19     | HOLLISHEAD, Christopher | Stafford Harriers | Men 40-44                | 542            | 9                 |

#### 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            | 0:16:48     | YAXLEY, Mick | Norfolk Gazelles | Men 45-49                | 338            | 16                |

#### 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            | 0:17:53     | JOHNSON, Peter | Norfolk Gazelles | Men 50-54                | 363            | 34                |

#### 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            | 0:18:13     | BLAKE, Richard | Gt. Yarmouth RRC | Men 55-59                | 358            | 45                |

#### 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            | 0:19:55     | BOWMAN, Ken | Coltishall Jaguars | Men 60+                  | 175            | 96                |

#### Open Junior 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            | 0:17:16     | STRATTON, Ben   | Wymondham A.C.       | Junior Men               | 176            | 22                |
| 2            | 0:17:38     | ATTERWILL, Sean | Dereham Runners A.C. | Junior Men               | 347            | 27                |
| 3            | 0:18:25     | HOOK, Tom       | City of Norwich A.C. | Junior Men               | 303            | 47                |

#### Open 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            | 0:17:05     | SENIOR, Ruth (Race Winner) | City of Norwich A.C. | Senior Ladies            | 661            | 20                |

#### 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            | 0:17:05     | SENIOR, Ruth   | City of Norwich A.C. | Senior Ladies            | 661            | 20                |
| 2            | 0:17:14     | DECKER, Helen  | Ipswich JAFFA        | Senior Ladies            | 674            | 21                |
| 3            | 0:17:24     | WALWYN, Olivia | City of Norwich A.C. | Senior Ladies            | 670            | 23                |
| 4            | 0:18:04     | RUSHTON, Kelly | City of Norwich A.C. | Senior Ladies            | 638            | 39                |
| 5            | 0:19:07     | JAMES, Molly   | West Norfolk A.C.    | Senior Ladies            | 667            | 70                |

#### 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            | 0:22:51     | LOUGHLIN, Gillian | West Norfolk A.C. | Ladies 40-44             | 630            | 167               |

#### 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            | 0:17:55     | CLARKE, Jane | City of Norwich A.C. | Ladies 45-49             | 640            | 36                |

#### 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            | 0:20:08     | EDWARDS, Penny | Norwich Road Runners | Ladies 50-54             | 554            | 109               |

#### Open Ladies 54-59

| <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            | 0:26:23     | DURANT, Becky | Coltishall Jaguars | Ladies 54-59             | 652            | 241               |

#### 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            | 0:23:47     | KINCH, Brenda | North Norfolk Beach Runners | Ladies 60+               | 619            | 200               |

#### Open Junior 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            | 0:19:26     | DAINES, Rebecca | West Norfolk A.C.    | Junior Ladies            | 549            | 81                |
| 2            | 0:19:27     | LAKE, Iona      | City of Norwich A.C. | Junior Ladies            | 682            | 82                |
| 3            | 0:21:17     | SALMON, Esme    | City of Norwich A.C. | Junior Ladies            | 531            | 135               |

# Norfolk County Championship 5Km : 2008

Wednesday 20<sup>th</sup> August 2008. 7:15 pm

## Individual Prize List

Norfolk 5 Km County Champion 2008 : Male – Craig HOPKINS, Swansea Harriers A.C.

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

|        | <i>Time</i> | <i>Name</i>     | <i>Team</i>           | <i>Race Age Category</i> | <i>Race No</i> | <i>Race Place</i> |
|--------|-------------|-----------------|-----------------------|--------------------------|----------------|-------------------|
| GOLD   | 0:15:10     | HOPKINS, Craig  | Swansea Harriers A.C. | Senior Men               | 311            | 1                 |
| SILVER | 0:15:12     | HARRELL, Ashley | City of Norwich A.C.  | Senior Men               | 489            | 2                 |
| BRONZE | 0:15:17     | JOY, Rob        | Notts A.C.            | Senior Men               | 182            | 3                 |

### Norfolk County Championship : Men 40-49

|        | <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> |
|--------|--------------|----------------|----------------------|-------------|--------------------------|----------------|-------------------|
| GOLD   | 0:16:48      | YAXLEY, Mick   | Norfolk Gazelles     |             | Men 45-49                | 338            | 16                |
| SILVER | 0:17:34      | THOMSON, David |                      |             | Men 40-44                | 335            | 26                |
| BRONZE | 0:17:48      | GARRETT, Mark  | Norwich Road Runners |             | Men 45-49                | 170            | 31                |

### Norfolk County Championship : Men 50-59

|        | <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> |
|--------|--------------|----------------|----------------------|-------------|--------------------------|----------------|-------------------|
| GOLD   | 0:17:53      | JOHNSON, Peter | Norfolk Gazelles     |             | Men 50-54                | 363            | 34                |
| SILVER | 0:18:13      | BLAKE, Richard | Gt. Yarmouth RRC     |             | Men 55-59                | 358            | 45                |
| BRONZE | 0:18:31      | KNOWLES, Harry | City of Norwich A.C. |             | Men 50-54                | 492            | 51                |

### Norfolk County Championship : 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> |
|--------|--------------|----------------|-----------------------------|-------------|--------------------------|----------------|-------------------|
| GOLD   | 0:19:55      | BOWMAN, Ken    | Coltishall Jaguars          |             | Men 60+                  | 175            | 96                |
| SILVER | 0:20:05      | HAYES, Jim     | North Norfolk Beach Runners |             | Men 60+                  | 162            | 102               |
| BRONZE | 0:20:55      | BRANNAN, Terry | Wymondham A.C.              |             | Men 60+                  | 493            | 129               |

Norfolk 5 Km County Champion 2008 : Female – Ruth SENIOR, City of Norwich A.C.

### Norfolk County Championship : Ladies u/40

|        | <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> |
|--------|--------------|----------------|----------------------|-------------|--------------------------|----------------|-------------------|
| GOLD   | 0:17:05      | SENIOR, Ruth   | City of Norwich A.C. |             | Senior Ladies            | 661            | 20                |
| SILVER | 0:17:14      | DECKER, Helen  | Ipswich JAFFA        |             | Senior Ladies            | 674            | 21                |
| BRONZE | 0:17:24      | WALWYN, Olivia | City of Norwich A.C. |             | Senior Ladies            | 670            | 23                |

### Norfolk County Championship : Ladies 40-49

|        | <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> |
|--------|--------------|-------------------|-----------------------|-------------|--------------------------|----------------|-------------------|
| GOLD   | 0:17:55      | CLARKE, Jane      | City of Norwich A.C.  |             | Ladies 45-49             | 640            | 36                |
| SILVER | 0:22:51      | LOUGHLIN, Gillian | West Norfolk A.C.     |             | Ladies 40-44             | 630            | 167               |
| BRONZE | 0:23:16      | SAUERZAPF, Bobbie | Bungay Black Dog A.C. |             | Ladies 45-49             | 605            | 180               |

### Norfolk County Championship : Ladies 50-59

|        | <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> |
|--------|--------------|----------------|----------------------|-------------|--------------------------|----------------|-------------------|
| GOLD   | 0:20:08      | EDWARDS, Penny | Norwich Road Runners |             | Ladies 50-54             | 554            | 109               |
| SILVER | 0:21:59      | MILLETT, Anne  | Norwich Road Runners |             | Ladies 50-54             | 647            | 147               |
| BRONZE | 0:25:29      | HIGGINS, Janet | City of Norwich A.C. |             | Ladies 50-54             | 611            | 226               |

### Norfolk County Championship : 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> |
|--------|--------------|------------------|-----------------------------|-------------|--------------------------|----------------|-------------------|
| GOLD   | 0:23:47      | KINCH, Brenda    | North Norfolk Beach Runners |             | Ladies 60+               | 619            | 200               |
| SILVER | 0:25:56      | PACEY, Angela    | Gt. Yarmouth RRC            |             | Ladies 60+               | 631            | 233               |
| BRONZE | 0:26:04      | HATHAWAY, Daphne | Coltishall Jaguars          |             | Ladies 60+               | 643            | 238               |

# Wroxham 5Km Series : 2008

## Team Results

### Open Category

Wednesday 20<sup>th</sup> August 2008. 7:15 pm

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

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

| 1 : City of Norwich A.C. |             |                 |                          | <i>Race</i> | <i>Race</i>  |
|--------------------------|-------------|-----------------|--------------------------|-------------|--------------|
| <i>Place</i>             | <i>Time</i> | <i>Name</i>     | <i>Race Age Category</i> | <i>No</i>   | <i>Place</i> |
| 2                        | 0:15:12     | HARRELL, Ashley | Senior Men               | 489         | 2            |
| 4                        | 0:15:46     | WARD, Rick      | Senior Men               | 189         | 4            |
| 6                        | 0:16:09     | ALLEN, Luke     | Senior Men               | 525         | 6            |
| 8                        | 0:16:18     | PRESTON, James  | Senior Men               | 345         | 8            |

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

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

| 1 : Norwich Road Runners |             |                |                          | <i>Race</i> | <i>Race</i>  |
|--------------------------|-------------|----------------|--------------------------|-------------|--------------|
| <i>Place</i>             | <i>Time</i> | <i>Name</i>    | <i>Race Age Category</i> | <i>No</i>   | <i>Place</i> |
| 5                        | 0:17:48     | GARRETT, Mark  | Men 45-49                | 170         | 31           |
| 6                        | 0:17:50     | LEMMON, Kevin  | Men 45-49                | 526         | 32           |
| 12                       | 0:18:14     | SULLIVAN, Paul | Men 40-44                | 518         | 46           |
| 19                       | 0:19:01     | EDWARDS, Mark  | Men 40-44                | 310         | 63           |

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

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

| 1 : City of Norwich A.C. |             |                |                          | <i>Race</i> | <i>Race</i>  |
|--------------------------|-------------|----------------|--------------------------|-------------|--------------|
| <i>Place</i>             | <i>Time</i> | <i>Name</i>    | <i>Race Age Category</i> | <i>No</i>   | <i>Place</i> |
| 1                        | 0:17:05     | SENIOR, Ruth   | Senior Ladies            | 661         | 20           |
| 3                        | 0:17:24     | WALWYN, Olivia | Senior Ladies            | 670         | 23           |
| 4                        | 0:18:04     | RUSHTON, Kelly | Senior Ladies            | 638         | 39           |

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

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

| 1 : Norwich Road Runners |             |                |                          | <i>Race</i> | <i>Race</i>  |
|--------------------------|-------------|----------------|--------------------------|-------------|--------------|
| <i>Place</i>             | <i>Time</i> | <i>Name</i>    | <i>Race Age Category</i> | <i>No</i>   | <i>Place</i> |
| 2                        | 0:20:08     | EDWARDS, Penny | Ladies 50-54             | 554         | 109          |
| 3                        | 0:21:59     | MILLETT, Anne  | Ladies 50-54             | 647         | 147          |
| 9                        | 0:23:27     | BRADLEY, Sarah | Ladies 45-49             | 618         | 188          |

# Norfolk County Championship 5 Km: 2008

## Team Results

Wednesday 20<sup>th</sup> August 2008. 7:15 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> |
|--------------|-------------|-----------------|--------------------------|----------------|-------------------|
| 2            | 0:15:12     | HARRELL, Ashley | Senior Men               | 489            | 2                 |
| 4            | 0:15:46     | WARD, Rick      | Senior Men               | 189            | 4                 |
| 6            | 0:16:09     | ALLEN, Luke     | Senior Men               | 525            | 6                 |
| 8            | 0:16:18     | PRESTON, James  | Senior Men               | 345            | 8                 |
| 20           | 1:03:25     | Totals          |                          |                |                   |

##### SILVER: 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            | 0:16:13     | BUNN, Andrew    | Senior Men               | 160            | 7                 |
| 9            | 0:16:25     | UTTING, Wayne   | Senior Men               | 319            | 11                |
| 14           | 0:16:58     | MILLETT, Simon  | Senior Men               | 386            | 19                |
| 17           | 0:17:42     | HORLOCK, Martin | Senior Men               | 364            | 28                |
| 47           | 1:07:18     | Totals          |                          |                |                   |

##### BRONZE: West Norfolk A.C.

| <i>Place</i> | <i>Time</i> | <i>Name</i>     | <i>Race Age Category</i> | <i>Race No</i> | <i>Race Place</i> |
|--------------|-------------|-----------------|--------------------------|----------------|-------------------|
| 5            | 0:15:53     | ROBINSON, James | Senior Men               | 372            | 5                 |
| 10           | 0:16:39     | LAYBOURNE, Jon  | Senior Men               | 354            | 13                |
| 19           | 0:17:51     | COLLISON, Ben   | Senior Men               | 379            | 33                |
| 20           | 0:18:01     | HOWARD, James   | Senior Men               | 376            | 37                |
| 54           | 1:08:24     | Totals          |                          |                |                   |

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

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

##### GOLD : 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> |
|--------------|-------------|----------------|--------------------------|----------------|-------------------|
| 3            | 0:17:48     | GARRETT, Mark  | Men 45-49                | 170            | 31                |
| 4            | 0:17:50     | LEMMON, Kevin  | Men 45-49                | 526            | 32                |
| 10           | 0:18:14     | SULLIVAN, Paul | Men 40-44                | 518            | 46                |
| 17           | 0:19:01     | EDWARDS, Mark  | Men 40-44                | 310            | 63                |
| 34           | 1:12:53     | Totals         |                          |                |                   |

##### 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> |
|--------------|-------------|-----------------|--------------------------|----------------|-------------------|
| 6            | 0:17:54     | HODGE, Nigel    | Men 40-44                | 172            | 35                |
| 11           | 0:18:26     | WOODYATT, Paul  | Men 45-49                | 393            | 48                |
| 12           | 0:18:29     | HOOGKAMER, Rini | Men 45-49                | 395            | 50                |
| 13           | 0:18:31     | KNOWLES, Harry  | Men 50-54                | 492            | 51                |
| 42           | 1:13:20     | Totals          |                          |                |                   |

##### BRONZE: Wymondham A.C.

| <i>Place</i> | <i>Time</i> | <i>Name</i>       | <i>Race Age Category</i> | <i>Race No</i> | <i>Race Place</i> |
|--------------|-------------|-------------------|--------------------------|----------------|-------------------|
| 7            | 0:18:04     | BIRCH, James      | Men 40-44                | 192            | 38                |
| 8            | 0:18:06     | WHITE, Richard    | Men 45-49                | 362            | 40                |
| 16           | 0:18:56     | GREENLAND, Edward | Men 40-44                | 337            | 60                |
| 29           | 0:19:35     | STURGESS, Ian     | Men 50-54                | 514            | 90                |
| 60           | 1:14:41     | Totals            |                          |                |                   |

# Norfolk County Championship 5 Km: 2008

## Team Results

Wednesday 20<sup>th</sup> August 2008. 7:15 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> |
|--------------|-------------|----------------|--------------------------|----------------|-------------------|
| 1            | 0:17:05     | SENIOR, Ruth   | Senior Ladies            | 661            | 20                |
| 3            | 0:17:24     | WALWYN, Olivia | Senior Ladies            | 670            | 23                |
| 4            | 0:18:04     | RUSHTON, Kelly | Senior Ladies            | 638            | 39                |
| 8            | 0:52:33     | Totals         |                          |                |                   |

##### SILVER: 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> |
|--------------|-------------|--------------------|--------------------------|----------------|-------------------|
| 6            | 0:19:18     | LEATHWOOD, Racheal | Senior Ladies            | 642            | 75                |
| 9            | 0:19:33     | MANN, Elies        | Senior Ladies            | 684            | 86                |
| 11           | 0:20:25     | SMITH, Alexandra   | Senior Ladies            | 649            | 115               |
| 26           | 0:59:16     | Totals             |                          |                |                   |

##### 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> |
|--------------|-------------|----------------|--------------------------|----------------|-------------------|
| 8            | 0:19:27     | LAKE, Iona     | Junior Ladies            | 682            | 82                |
| 13           | 0:21:17     | SALMON, Esme   | Junior Ladies            | 531            | 135               |
| 14           | 0:21:35     | GILVEY, Louise | Senior Ladies            | 539            | 141               |
| 35           | 1:02:19     | Totals         |                          |                |                   |

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

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

##### GOLD : 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> |
|--------------|-------------|----------------|--------------------------|----------------|-------------------|
| 2            | 0:20:08     | EDWARDS, Penny | Ladies 50-54             | 554            | 109               |
| 3            | 0:21:59     | MILLETT, Anne  | Ladies 50-54             | 647            | 147               |
| 7            | 0:23:27     | BRADLEY, Sarah | Ladies 45-49             | 618            | 188               |
| 12           | 1:05:34     | Totals         |                          |                |                   |

##### SILVER: Norfolk Gazelles

| <i>Place</i> | <i>Time</i> | <i>Name</i>      | <i>Race Age Category</i> | <i>Race No</i> | <i>Race Place</i> |
|--------------|-------------|------------------|--------------------------|----------------|-------------------|
| 6            | 0:23:18     | MOORE, Debbie    | Ladies 40-44             | 604            | 181               |
| 8            | 0:23:29     | STEVENSON, Tracy | Ladies 40-44             | 668            | 190               |
| 12           | 0:25:45     | HARDY, Carol     | Ladies 45-49             | 665            | 231               |
| 26           | 1:12:32     | Totals           |                          |                |                   |

##### 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> |
|--------------|-------------|----------------|--------------------------|----------------|-------------------|
| 1            | 0:17:55     | CLARKE, Jane   | Ladies 45-49             | 640            | 36                |
| 11           | 0:25:29     | HIGGINS, Janet | Ladies 50-54             | 611            | 226               |
| 16           | 0:26:24     | FILER, Carole  | Ladies 50-54             | 666            | 242               |
| 28           | 1:09:48     | Totals         |                          |                |                   |

# Wroxham 5km Series: 2008

## Third in Series

Wednesday 20 August 2008. 7:15 pm

### Results for All Competitors in finish order.

| <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            | 0:15:10     | HOPKINS, Craig          | Swansea Harriers A.C.       | Senior Men               | 311            | 1                 |
| 2            | 0:15:12     | HARRELL, Ashley         | City of Norwich A.C.        | Senior Men               | 489            | 2                 |
| 3            | 0:15:17     | JOY, Rob                | Notts A.C.                  | Senior Men               | 182            | 3                 |
| 4            | 0:15:46     | WARD, Rick              | City of Norwich A.C.        | Senior Men               | 189            | 4                 |
| 5            | 0:15:53     | ROBINSON, James         | West Norfolk A.C.           | Senior Men               | 372            | 5                 |
| 6            | 0:16:09     | ALLEN, Luke             | City of Norwich A.C.        | Senior Men               | 525            | 6                 |
| 7            | 0:16:13     | BUNN, Andrew            | Norwich Road Runners        | Senior Men               | 160            | 7                 |
| 8            | 0:16:18     | PRESTON, James          | City of Norwich A.C.        | Senior Men               | 345            | 8                 |
| 9            | 0:16:19     | HOLLISHEAD, Christopher | Stafford Harriers           | Men 40-44                | 542            | 9                 |
| 10           | 0:16:20     | BUSH, Tom               | Altrincham & Dist A C       | Senior Men               | 541            | 10                |
| 11           | 0:16:25     | UTTING, Wayne           | Norwich Road Runners        | Senior Men               | 319            | 11                |
| 12           | 0:16:26     | ROBINSON, Steven        | St Edmunds Pacers           | Senior Men               | 333            | 12                |
| 13           | 0:16:39     | LAYBOURNE, Jon          | West Norfolk A.C.           | Senior Men               | 354            | 13                |
| 14           | 0:16:45     | HIGHAM, Paul            | Norfolk Gazelles            | Senior Men               | 488            | 14                |
| 15           | 0:16:46     | MANN, Daniel            | City of Norwich A.C.        | Senior Men               | 304            | 15                |
| 16           | 0:16:48     | YAXLEY, Mick            | Norfolk Gazelles            | Men 45-49                | 338            | 16                |
| 17           | 0:16:53     | LENTON, Tim             | Norfolk Gazelles            | Senior Men               | 552            | 17                |
| 18           | 0:16:55     | MOORE, Richard          | Waveney Valley A.C.         | Men 40-44                | 503            | 18                |
| 19           | 0:16:58     | MILLETT, Simon          | Norwich Road Runners        | Senior Men               | 386            | 19                |
| 20           | 0:17:05     | SENIOR, Ruth            | City of Norwich A.C.        | Senior Ladies            | 661            | 20                |
| 21           | 0:17:14     | DECKER, Helen           | Ipswich JAFFA               | Senior Ladies            | 674            | 21                |
| 22           | 0:17:16     | STRATTON, Ben           | Wymondham A.C.              | Junior Men               | 176            | 22                |
| 23           | 0:17:24     | WALWYN, Olivia          | City of Norwich A.C.        | Senior Ladies            | 670            | 23                |
| 24           | 0:17:27     | STIRK, Adam             | Guildford & Godalming A.C.  | Senior Men               | 519            | 24                |
| 25           | 0:17:33     | TOPPER, Tim             | Norfolk Gazelles            | Senior Men               | 332            | 25                |
| 26           | 0:17:34     | THOMSON, David          |                             | Men 40-44                | 335            | 26                |
| 27           | 0:17:38     | ATTERWILL, Sean         | Dereham Runners A.C.        | Junior Men               | 347            | 27                |
| 28           | 0:17:42     | HORLOCK, Martin         | Norwich Road Runners        | Senior Men               | 364            | 28                |
| 29           | 0:17:44     | KETT, Robert            | North Norfolk Beach Runners | Senior Men               | 523            | 29                |
| 30           | 0:17:46     | CHANT, Ian              | Long Eaton Running Club     | Senior Men               | 487            | 30                |
| 31           | 0:17:48     | GARRETT, Mark           | Norwich Road Runners        | Men 45-49                | 170            | 31                |
| 32           | 0:17:50     | LEMMON, Kevin           | Norwich Road Runners        | Men 45-49                | 526            | 32                |
| 33           | 0:17:51     | COLLISON, Ben           | West Norfolk A.C.           | Senior Men               | 379            | 33                |
| 34           | 0:17:53     | JOHNSON, Peter          | Norfolk Gazelles            | Men 50-54                | 363            | 34                |
| 35           | 0:17:54     | HODGE, Nigel            | City of Norwich A.C.        | Men 40-44                | 172            | 35                |
| 36           | 0:17:55     | CLARKE, Jane            | City of Norwich A.C.        | Ladies 45-49             | 640            | 36                |
| 37           | 0:18:01     | HOWARD, James           | West Norfolk A.C.           | Senior Men               | 376            | 37                |
| 38           | 0:18:04     | BIRCH, James            | Wymondham A.C.              | Men 40-44                | 192            | 38                |
| 39           | 0:18:04     | RUSHTON, Kelly          | City of Norwich A.C.        | Senior Ladies            | 638            | 39                |
| 40           | 0:18:06     | WHITE, Richard          | Wymondham A.C.              | Men 45-49                | 362            | 40                |
| 41           | 0:18:08     | BUNN, Andrew            | City of Norwich A.C.        | Senior Men               | 353            | 41                |
| 42           | 0:18:08     | QUANTRILL, Phil         | Gt. Yarmouth RRC            | Senior Men               | 336            | 42                |
| 43           | 0:18:09     | STURGESS, James         | Wymondham A.C.              | Senior Men               | 317            | 43                |
| 44           | 0:18:10     | WALSHAW, John           | City of Norwich A.C.        | Senior Men               | 178            | 44                |
| 45           | 0:18:13     | BLAKE, Richard          | Gt. Yarmouth RRC            | Men 55-59                | 358            | 45                |
| 46           | 0:18:14     | SULLIVAN, Paul          | Norwich Road Runners        | Men 40-44                | 518            | 46                |
| 47           | 0:18:25     | HOOK, Tom               | City of Norwich A.C.        | Junior Men               | 303            | 47                |
| 48           | 0:18:26     | WOODYATT, Paul          | City of Norwich A.C.        | Men 45-49                | 393            | 48                |
| 49           | 0:18:27     | METCALFE, Peter         | City of Norwich A.C.        | Senior Men               | 535            | 49                |
| 50           | 0:18:29     | HOOGKAMER, Rini         | City of Norwich A.C.        | Men 45-49                | 395            | 50                |
| 51           | 0:18:31     | KNOWLES, Harry          | City of Norwich A.C.        | Men 50-54                | 492            | 51                |
| 52           | 0:18:32     | BRIGHTY, Joshua         | Norwich Road Runners        | Senior Men               | 306            | 52                |
| 53           | 0:18:32     | HAYNES, Mark            | Coltishall Jaguars          | Senior Men               | 187            | 53                |
| 54           | 0:18:44     | HURREN, Thomas          |                             | Senior Men               | 308            | 54                |
| 55           | 0:18:44     | BRIDGES, Doug           | Norfolk Gazelles            | Senior Men               | 305            | 55                |
| 56           | 0:18:49     | CLUES, Mark             | Tri-Anglia                  | Men 40-44                | 329            | 56                |
| 57           | 0:18:53     | TANDY, David            | Norwich Road Runners        | Senior Men               | 331            | 57                |
| 58           | 0:18:54     | HURREN, Dale            |                             | Men 50-54                | 355            | 58                |
| 59           | 0:18:55     | GUY, Steven             | City of Norwich A.C.        | Senior Men               | 144            | 59                |
| 60           | 0:18:56     | GREENLAND, Edward       | Wymondham A.C.              | Men 40-44                | 337            | 60                |
| 61           | 0:18:57     | NELSON, Peter           |                             | Senior Men               | 342            | 61                |
| 62           | 0:18:59     | GREEN, Mathew           | Norfolk Gazelles            | Senior Men               | 346            | 62                |
| 63           | 0:19:01     | EDWARDS, Mark           | Norwich Road Runners        | Men 40-44                | 310            | 63                |
| 64           | 0:19:02     | MUFFETT, Paul           | North Norfolk Beach Runners | Men 50-54                | 373            | 64                |
| 65           | 0:19:02     | GRAND, Adrian           | Norwich Road Runners        | Men 40-44                | 352            | 65                |
| 66           | 0:19:03     | BATES, Steve            | Coltishall Jaguars          | Senior Men               | 183            | 66                |
| 67           | 0:19:03     | PLACKETT, Stephen       | Reepham Runners             | Men 45-49                | 320            | 67                |
| 68           | 0:19:03     | DAVIS, Darryl           | City of Norwich A.C.        | Men 40-44                | 350            | 68                |

## Results for All Competitors in finish order.

| <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> |
|--------------|-------------|----------------------|-----------------------------|--------------------------|----------------|-------------------|
| 69           | 0:19:04     | BOLAM, Jeremy        | North Norfolk Beach Runners | Men 50-54                | 313            | 69                |
| 70           | 0:19:07     | JAMES, Molly         | West Norfolk A.C.           | Senior Ladies            | 667            | 70                |
| 71           | 0:19:08     | HAUGHTON, Stephen    |                             | Senior Men               | 486            | 71                |
| 72           | 0:19:09     | STEWART, Clive       |                             | Men 45-49                | 164            | 72                |
| 73           | 0:19:17     | GOTTS, Mark          | City of Norwich A.C.        | Senior Men               | 399            | 73                |
| 74           | 0:19:17     | WAITY, Phil          | Thetford A.C.               | Junior Men               | 171            | 74                |
| 75           | 0:19:18     | LEATHWOOD, Racheal   | Norwich Road Runners        | Senior Ladies            | 642            | 75                |
| 76           | 0:19:18     | READER, Jonathan     | Coltishall Jaguars          | Senior Men               | 340            | 76                |
| 77           | 0:19:19     | KELF, Jason          | Norfolk Gazelles            | Men 40-44                | 315            | 77                |
| 78           | 0:19:22     | POND, Andrew         | Norwich Road Runners        | Men 40-44                | 513            | 78                |
| 79           | 0:19:23     | COOPER, Ian          | Brandon Fern Hoppers        | Men 45-49                | 328            | 79                |
| 80           | 0:19:25     | BROWN, Quintin       | North Norfolk Beach Runners | Senior Men               | 381            | 80                |
| 81           | 0:19:26     | DAINES, Rebecca      | West Norfolk A.C.           | Junior Ladies            | 549            | 81                |
| 82           | 0:19:27     | LAKE, Iona           | City of Norwich A.C.        | Junior Ladies            | 682            | 82                |
| 83           | 0:19:29     | BROOKSHAW, Paul      | Gt. Yarmouth RRC            | Men 45-49                | 163            | 83                |
| 84           | 0:19:32     | BROWNING, Colin      | Norwich Road Runners        | Men 40-44                | 530            | 84                |
| 85           | 0:19:33     | ALDIS, David         | City of Norwich A.C.        | Men 55-59                | 498            | 85                |
| 86           | 0:19:33     | MANN, Elies          | Norwich Road Runners        | Senior Ladies            | 684            | 86                |
| 87           | 0:19:34     | TYLER, Steven        | Coltishall Jaguars          | Senior Men               | 360            | 87                |
| 88           | 0:19:34     | QUERPEL, Jon         | Coltishall Jaguars          | Senior Men               | 378            | 88                |
| 89           | 0:19:35     | HARDINGHAM, Kevin    | Norfolk Gazelles            | Men 50-54                | 142            | 89                |
| 90           | 0:19:35     | STURGESS, Ian        | Wymondham A.C.              | Men 50-54                | 514            | 90                |
| 91           | 0:19:36     | LETZER, Benjamin     | Coltishall Jaguars          | Senior Men               | 185            | 91                |
| 92           | 0:19:37     | BUSHELL, Alan        | Coltishall Jaguars          | Senior Men               | 359            | 92                |
| 93           | 0:19:43     | HOLLAND, Neil        | Wymondham A.C.              | Men 45-49                | 312            | 93                |
| 94           | 0:19:46     | THOMPSON, Peter      | Norfolk Gazelles            | Men 50-54                | 387            | 94                |
| 95           | 0:19:52     | CATLEUGH, Hugh       | Coltishall Jaguars          | Senior Men               | 495            | 95                |
| 96           | 0:19:55     | BOWMAN, Ken          | Coltishall Jaguars          | Men 60+                  | 175            | 96                |
| 97           | 0:19:57     | FORD, Tim            |                             | Senior Men               | 501            | 97                |
| 98           | 0:19:59     | CHORLEY, Chris       | Bungay Black Dog A.C.       | Men 45-49                | 145            | 98                |
| 99           | 0:20:00     | LACEY, Dominic       |                             | Senior Men               | 199            | 99                |
| 100          | 0:20:01     | FIFIELD, Nicola      | Durham Univ.XCC             | Senior Ladies            | 698            | 100               |
| 101          | 0:20:03     | SALMON, Andy         | City of Norwich A.C.        | Men 40-44                | 533            | 101               |
| 102          | 0:20:05     | HAYES, Jim           | North Norfolk Beach Runners | Men 60+                  | 162            | 102               |
| 103          | 0:20:06     | WILSON, Robin        | Bungay Black Dog A.C.       | Men 50-54                | 366            | 103               |
| 104          | 0:20:06     | BOWDEN, Nicholas     | Reepham Runners             | Men 50-54                | 318            | 104               |
| 105          | 0:20:06     | CALLABY, Ryan        | North Norfolk Beach Runners | Senior Men               | 524            | 105               |
| 106          | 0:20:07     | ETHERINGTON, Stephen | Gt. Yarmouth RRC            | Men 50-54                | 504            | 106               |
| 107          | 0:20:07     | ELLIS, Vince         | City of Norwich A.C.        | Men 50-54                | 190            | 107               |
| 108          | 0:20:08     | BEAUCHAMP, Gary      |                             | Men 45-49                | 154            | 108               |
| 109          | 0:20:08     | EDWARDS, Penny       | Norwich Road Runners        | Ladies 50-54             | 554            | 109               |
| 110          | 0:20:16     | JENKINSON, Tony      |                             | Men 45-49                | 547            | 110               |
| 111          | 0:20:21     | BRADLEY, Alan        | Norwich Road Runners        | Men 45-49                | 161            | 111               |
| 112          | 0:20:23     | HOUCHEM, Ben         |                             | Senior Men               | 382            | 112               |
| 113          | 0:20:24     | MACHIN, Carl         | Wymondham A.C.              | Men 45-49                | 528            | 113               |
| 114          | 0:20:24     | LINES, Rob           | Tri-Anglia                  | Men 40-44                | 148            | 114               |
| 115          | 0:20:25     | SMITH, Alexandra     | Norwich Road Runners        | Senior Ladies            | 649            | 115               |
| 116          | 0:20:28     | LAMB, Simon          | City of Norwich A.C.        | Senior Men               | 545            | 116               |
| 117          | 0:20:29     | MOULTON, Christopher | Sudbury Joggers             | Senior Men               | 157            | 117               |
| 118          | 0:20:32     | JAMES, Robert        | Bungay Black Dog A.C.       | Senior Men               | 155            | 118               |
| 119          | 0:20:33     | DOBBIE, Stephen      |                             | Men 45-49                | 194            | 119               |
| 120          | 0:20:33     | LADDIMAN, Peter      | Norfolk Police A.C.         | Men 50-54                | 521            | 120               |
| 121          | 0:20:42     | HURN, Sara           | Norwich Road Runners        | Senior Ladies            | 536            | 121               |
| 122          | 0:20:43     | NELSON, Glen         | Tri-Anglia                  | Men 50-54                | 301            | 122               |
| 123          | 0:20:43     | SHULVER, Edward      | Gt. Yarmouth RRC            | Senior Men               | 517            | 123               |
| 124          | 0:20:45     | RAYNER, Bruce        | Bungay Black Dog A.C.       | Men 45-49                | 365            | 124               |
| 125          | 0:20:46     | GROVES, Paul         | Coltishall Jaguars          | Men 40-44                | 515            | 125               |
| 126          | 0:20:48     | KIRTON, Joseph       | Thetford A.C.               | Junior Men               | 396            | 126               |
| 127          | 0:20:48     | CHURCH, Stephen      |                             | Men 45-49                | 143            | 127               |
| 128          | 0:20:54     | CRUTCHLEY, Ian       | Wymondham A.C.              | Men 40-44                | 344            | 128               |
| 129          | 0:20:55     | BRANNAN, Terry       | Wymondham A.C.              | Men 60+                  | 493            | 129               |
| 130          | 0:20:58     | BLACKWELL, Kevin     | Norfolk Gazelles            | Men 50-54                | 483            | 130               |
| 131          | 0:20:59     | PASK, Matt           | Norwich Road Runners        | Men 40-44                | 538            | 131               |
| 132          | 0:21:01     | TAYLOR, Ed           |                             | Senior Men               | 179            | 132               |
| 133          | 0:21:05     | DADY, Stephen        |                             | Men 55-59                | 167            | 133               |
| 134          | 0:21:10     | BURTON, John         | City of Norwich A.C.        | Men 55-59                | 391            | 134               |
| 135          | 0:21:17     | SALMON, Esme         | City of Norwich A.C.        | Junior Ladies            | 531            | 135               |
| 136          | 0:21:23     | LAWLOR, David        | Gt. Yarmouth RRC            | Men 40-44                | 357            | 136               |
| 137          | 0:21:24     | QUERPEL, James       |                             | Junior Men               | 377            | 137               |
| 138          | 0:21:24     | BIRD, Steve          | City of Norwich A.C.        | Men 40-44                | 507            | 138               |
| 139          | 0:21:26     | HARMER, Mark         | City of Norwich A.C.        | Senior Men               | 522            | 139               |
| 140          | 0:21:30     | THOMPSON, Eirrin     |                             | Senior Men               | 389            | 140               |

## Results for All Competitors in finish order.

| <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          | 0:21:35     | GILVEY, Louise         | City of Norwich A.C.        | Senior Ladies            | 539            | 141               |
| 142          | 0:21:40     | BUCK, William          | Norwich Road Runners        | Men 45-49                | 512            | 142               |
| 143          | 0:21:44     | EDRIDGE, Darren        | Coltishall Jaguars          | Men 40-44                | 500            | 143               |
| 144          | 0:21:50     | BARNES, Graham         | Coltishall Jaguars          | Men 55-59                | 394            | 144               |
| 145          | 0:21:53     | NI BHUACHALLA, Diedrie |                             | Senior Men               | 556            | 145               |
| 146          | 0:21:58     | CLOUGHTON, Bob         | Norwich Road Runners        | Men 55-59                | 339            | 146               |
| 147          | 0:21:59     | MILLETT, Anne          | Norwich Road Runners        | Ladies 50-54             | 647            | 147               |
| 148          | 0:21:59     | NIBLETT, Stephen       |                             | Men 40-44                | 323            | 148               |
| 149          | 0:22:00     | WADE, Jamie            | North Norfolk Beach Runners | Senior Men               | 367            | 149               |
| 150          | 0:22:08     | DAVISON, Ian           | Bearbrook Joggers           | Men 40-44                | 371            | 150               |
| 151          | 0:22:09     | HORTH, Stuart          |                             | Men 40-44                | 325            | 151               |
| 152          | 0:22:12     | GEE, Kevin             | Norwich Road Runners        | Men 45-49                | 527            | 152               |
| 153          | 0:22:14     | BUSSEY, Peter          | Norwich Road Runners        | Men 45-49                | 546            | 153               |
| 154          | 0:22:14     | COX, Juliet            | Wymondham A.C.              | Senior Ladies            | 653            | 154               |
| 155          | 0:22:16     | HAZELL, Dominic        |                             | Junior Men               | 302            | 155               |
| 156          | 0:22:16     | BULL, Michelle         | Norwich Road Runners        | Senior Ladies            | 639            | 156               |
| 157          | 0:22:17     | WADE, Ian              | North Norfolk Beach Runners | Men 50-54                | 368            | 157               |
| 158          | 0:22:18     | MANNING, Karen         | Gt. Yarmouth RRC            | Senior Ladies            | 635            | 158               |
| 159          | 0:22:18     | MANNING, Andrew        | Gt. Yarmouth RRC            | Men 40-44                | 186            | 159               |
| 160          | 0:22:20     | COCKBURN, Ralph        | Fetch Everyone R.C.         | Men 40-44                | 511            | 160               |
| 161          | 0:22:24     | WILSON, Hazel          | City of Norwich A.C.        | Junior Ladies            | 645            | 161               |
| 162          | 0:22:25     | HOLLIS, Dave           | Norwich Road Runners        | Men 50-54                | 361            | 162               |
| 163          | 0:22:28     | GRAND, Jake            | Norwich Road Runners        | Junior Men               | 351            | 163               |
| 164          | 0:22:31     | JARVIS, Ian            | North Norfolk Beach Runners | Men 40-44                | 191            | 164               |
| 165          | 0:22:34     | TURNER, Frankie        | Gt Yarmouth & D.A.C.        | Junior Ladies            | 655            | 165               |
| 166          | 0:22:48     | STRATTON, Rose         |                             | Senior Ladies            | 690            | 166               |
| 167          | 0:22:51     | LOUGHLIN, Gillian      | West Norfolk A.C.           | Ladies 40-44             | 630            | 167               |
| 168          | 0:22:52     | MONAGHAN, Kate         | Fetch Everyone R.C.         | Senior Ladies            | 687            | 168               |
| 169          | 0:22:53     | HIGGINS, Andrew        |                             | Senior Men               | 151            | 169               |
| 170          | 0:23:00     | GILBERT, Steve         | Dereham Runners A.C.        | Men 50-54                | 532            | 170               |
| 171          | 0:23:01     | WITHEY, Sally          | City of Norwich A.C.        | Senior Ladies            | 609            | 171               |
| 172          | 0:23:02     | WILSON, Brendan        | City of Norwich A.C.        | Men 40-44                | 195            | 172               |
| 173          | 0:23:04     | DURRANT, Judith        |                             | Senior Ladies            | 651            | 173               |
| 174          | 0:23:05     | ALLMAN, Helen          |                             | Senior Ladies            | 551            | 174               |
| 175          | 0:23:06     | KEAN-COCKBURN, Peter   | Coltishall Jaguars          | Men 45-49                | 197            | 175               |
| 176          | 0:23:08     | ROBERTSON, Andrew      |                             | Men 50-54                | 520            | 176               |
| 177          | 0:23:12     | KIRTON, Dean           | Thetford A.C.               | Men 40-44                | 397            | 177               |
| 178          | 0:23:14     | ROBERTSON, Karen       | Bedford Harriers            | Ladies 45-49             | 694            | 178               |
| 179          | 0:23:15     | GODWIN, Lisa           |                             | Senior Ladies            | 663            | 179               |
| 180          | 0:23:16     | SAUERZAPF, Bobbie      | Bungay Black Dog A.C.       | Ladies 45-49             | 605            | 180               |
| 181          | 0:23:18     | MOORE, Debbie          | Norfolk Gazelles            | Ladies 40-44             | 604            | 181               |
| 182          | 0:23:20     | HANNANT, Emily         | Coltishall Jaguars          | Senior Ladies            | 624            | 182               |
| 183          | 0:23:20     | ADCOCK, Matthew        |                             | Senior Men               | 380            | 183               |
| 184          | 0:23:22     | ARMES, Michael         | Norwich Road Runners        | Men 40-44                | 509            | 184               |
| 185          | 0:23:23     | PIGRAM, Jesse          |                             | Junior Men               | 392            | 185               |
| 186          | 0:23:24     | HARDS, Amanda          |                             | Ladies 40-44             | 628            | 186               |
| 187          | 0:23:25     | HULL, Ronni            | Norwich Road Runners        | Senior Ladies            | 657            | 187               |
| 188          | 0:23:27     | BRADLEY, Sarah         | Norwich Road Runners        | Ladies 45-49             | 618            | 188               |
| 189          | 0:23:28     | HARDS, Nicholas        |                             | Men 45-49                | 169            | 189               |
| 190          | 0:23:29     | STEVENSON, Tracy       | Norfolk Gazelles            | Ladies 40-44             | 668            | 190               |
| 191          | 0:23:31     | HUTCHEON, David        | Coltishall Jaguars          | Men 60+                  | 349            | 191               |
| 192          | 0:23:33     | SHORTHOSE, Andrew      |                             | Senior Men               | 510            | 192               |
| 193          | 0:23:34     | PUNT, David            | Bungay Black Dog A.C.       | Men 50-54                | 553            | 193               |
| 194          | 0:23:40     | FUNNELL, Gary          |                             | Men 40-44                | 330            | 194               |
| 195          | 0:23:43     | STRATTON, Bethany      |                             | Junior Ladies            | 689            | 195               |
| 196          | 0:23:44     | ROBINSON, Neil         |                             | Men 40-44                | 390            | 196               |
| 197          | 0:23:45     | EAGLE, Jonathan        |                             | Senior Men               | 348            | 197               |
| 198          | 0:23:46     | WORRALL, Marie         | Gt. Yarmouth RRC            | Ladies 40-44             | 662            | 198               |
| 199          | 0:23:46     | BAKER, Hannah          | City of Norwich A.C.        | Senior Ladies            | 669            | 199               |
| 200          | 0:23:47     | KINCH, Brenda          | North Norfolk Beach Runners | Ladies 60+               | 619            | 200               |
| 201          | 0:23:50     | POLLEY, Richard        | City of Norwich A.C.        | Men 50-54                | 321            | 201               |
| 202          | 0:23:50     | WARD, Beres            | City of Norwich A.C.        | Ladies 50-54             | 637            | 202               |
| 203          | 0:23:52     | HAYWARD, Geoff         | North Norfolk Beach Runners | Men 60+                  | 324            | 203               |
| 204          | 0:23:53     | O'CONNOR, Michael      | North Norfolk Beach Runners | Men 55-59                | 375            | 204               |
| 205          | 0:23:53     | WHITMARSH, Lorraine    | City of Norwich A.C.        | Senior Ladies            | 673            | 205               |
| 206          | 0:23:56     | WREFORD, Anita         | City of Norwich A.C.        | Senior Ladies            | 636            | 206               |
| 207          | 0:23:56     | HORNER, Alison         | Coltishall Jaguars          | Senior Ladies            | 650            | 207               |
| 208          | 0:24:03     | KERRISON, John         |                             | Men 45-49                | 327            | 208               |
| 209          | 0:24:04     | HIGH, Richard          |                             | Senior Men               | 370            | 209               |
| 210          | 0:24:17     | BAMFORD, Julian        | Norwich Road Runners        | Senior Men               | 147            | 210               |

Results for All Competitors in finish order.

| <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          | 0:24:18     | WALTERS, Mark       | City of Norwich A.C.        | Senior Men               | 165            | 211               |
| 212          | 0:24:26     | MARSHALL, Tom       |                             | Junior Men               | 485            | 212               |
| 213          | 0:24:27     | BUERMEL, Robert     |                             | Senior Men               | 505            | 213               |
| 214          | 0:24:30     | RUMSBY, Karl        |                             | Senior Men               | 383            | 214               |
| 215          | 0:24:38     | BRITT, Tony         |                             | Men 50-54                | 150            | 215               |
| 216          | 0:24:50     | PRATT, Jenny        |                             | Senior Ladies            | 615            | 216               |
| 217          | 0:24:53     | LEE, Gavin          | Coltishall Jaguars          | Senior Men               | 491            | 217               |
| 218          | 0:24:57     | MACKAY, David       | City of Norwich A.C.        | Senior Men               | 316            | 218               |
| 219          | 0:25:04     | WALKER, Christina   | North Norfolk Beach Runners | Senior Ladies            | 621            | 219               |
| 220          | 0:25:06     | WALTERS, Katy       | City of Norwich A.C.        | Senior Ladies            | 620            | 220               |
| 221          | 0:25:11     | DAYNES, Kirsty      | Wymondham A.C.              | Senior Ladies            | 699            | 221               |
| 222          | 0:25:15     | SHULVER, Rod        | Gt. Yarmouth RRC            | Men 60+                  | 516            | 222               |
| 223          | 0:25:16     | WILLIAMS, Eric      | Norwich Road Runners        | Men 55-59                | 497            | 223               |
| 224          | 0:25:19     | FOLKARD, Jonathan   | North Norfolk Beach Runners | Men 45-49                | 374            | 224               |
| 225          | 0:25:23     | WALTON, Andrew      |                             | Senior Men               | 543            | 225               |
| 226          | 0:25:29     | HIGGINS, Janet      | City of Norwich A.C.        | Ladies 50-54             | 611            | 226               |
| 227          | 0:25:33     | HUDSON, Phil        | Ware Joggers                | Men 50-54                | 494            | 227               |
| 228          | 0:25:36     | BLOWERS, Holly      | Waveney Valley A.C.         | Junior Ladies            | 697            | 228               |
| 229          | 0:25:37     | DICKINSON, Nigel    |                             | Senior Men               | 158            | 229               |
| 230          | 0:25:37     | LATHAM, Richard     |                             | Senior Men               | 153            | 230               |
| 231          | 0:25:45     | HARDY, Carol        | Norfolk Gazelles            | Ladies 45-49             | 665            | 231               |
| 232          | 0:25:48     | WARNES, Tom         |                             | Senior Men               | 314            | 232               |
| 233          | 0:25:56     | PACEY, Angela       | Gt. Yarmouth RRC            | Ladies 60+               | 631            | 233               |
| 234          | 0:26:01     | SNELLING, Neville   | Norwich Road Runners        | Senior Men               | 508            | 234               |
| 235          | 0:26:02     | HUDSON, Bethan      |                             | Junior Ladies            | 534            | 235               |
| 236          | 0:26:03     | MAYO, Daniel        |                             | Senior Men               | 506            | 236               |
| 237          | 0:26:03     | CLAXTON, Chelsea    | Thetford A.C.               | Junior Ladies            | 686            | 237               |
| 238          | 0:26:04     | HATHAWAY, Daphne    | Coltishall Jaguars          | Ladies 60+               | 643            | 238               |
| 239          | 0:26:11     | NORRIS, Louise      | Thetford A.C.               | Senior Ladies            | 685            | 239               |
| 240          | 0:26:11     | WHITTEN, Heath      |                             | Men 40-44                | 184            | 240               |
| 241          | 0:26:23     | DURANT, Becky       | Coltishall Jaguars          | Ladies 54-59             | 652            | 241               |
| 242          | 0:26:24     | FILER, Carole       | City of Norwich A.C.        | Ladies 50-54             | 666            | 242               |
| 243          | 0:26:26     | WARREN, Peter       | City of Norwich A.C.        | Men 50-54                | 180            | 243               |
| 244          | 0:26:27     | PIGRAM, Donna       |                             | Senior Ladies            | 646            | 244               |
| 245          | 0:26:39     | BARTON, Frances     | City of Norwich A.C.        | Ladies 45-49             | 610            | 245               |
| 246          | 0:26:42     | CARR, Caroline      | Wymondham A.C.              | Senior Ladies            | 529            | 246               |
| 247          | 0:26:47     | COAD, Alison        |                             | Ladies 45-49             | 641            | 247               |
| 248          | 0:26:47     | JONES, Barbs        |                             | Senior Ladies            | 695            | 248               |
| 249          | 0:26:50     | ROWE, Lorna         |                             | Senior Ladies            | 680            | 249               |
| 250          | 0:27:01     | HIGHAM, Hannah      | City of Norwich A.C.        | Senior Ladies            | 700            | 250               |
| 251          | 0:27:02     | KIMBLEY, Liz        |                             | Senior Ladies            | 548            | 251               |
| 252          | 0:27:04     | SLOWTHER, Darren    |                             | Senior Men               | 496            | 252               |
| 253          | 0:27:08     | JERMYN, Suzy        |                             | Senior Ladies            | 672            | 253               |
| 254          | 0:27:17     | WATKINS, Danny      |                             | Senior Men               | 484            | 254               |
| 255          | 0:27:17     | BELL, Jeremy        |                             | Men 45-49                | 168            | 255               |
| 256          | 0:27:20     | RUMBELOW, Hayley    |                             | Senior Ladies            | 627            | 256               |
| 257          | 0:27:26     | DADY, Sylvia        |                             | Senior Ladies            | 625            | 257               |
| 258          | 0:27:38     | DENTON, Kirsty      |                             | Senior Ladies            | 613            | 258               |
| 259          | 0:27:50     | BURR, Natasha       |                             | Senior Ladies            | 550            | 259               |
| 260          | 0:27:51     | FARROW, Linda       | Norfolk Gazelles            | Ladies 60+               | 644            | 260               |
| 261          | 0:27:52     | RAYNER, Louise      |                             | Senior Ladies            | 688            | 261               |
| 262          | 0:28:06     | ASHTON, Robert      | Wymondham A.C.              | Men 50-54                | 152            | 262               |
| 263          | 0:28:08     | SMITH, Derek        |                             | Men 45-49                | 334            | 263               |
| 264          | 0:28:11     | BURTON, Michelle    | North Norfolk Beach Runners | Senior Ladies            | 629            | 264               |
| 265          | 0:28:13     | GOOCH, Jackie       |                             | Ladies 45-49             | 612            | 265               |
| 266          | 0:28:14     | HOWES, Louise       |                             | Senior Ladies            | 675            | 266               |
| 267          | 0:28:36     | HOWARTH, Geoff      | Northern Vets A.C.          | Men 60+                  | 166            | 267               |
| 268          | 0:28:40     | ARDEN, Jeff         | Norwich Road Runners        | Men 45-49                | 188            | 268               |
| 269          | 0:29:20     | WHITTEN, Bernice    |                             | Ladies 40-44             | 633            | 269               |
| 270          | 0:29:24     | BROWN, Richard      |                             | Senior Men               | 388            | 270               |
| 271          | 0:29:36     | FRICKE, Claudia     | City of Norwich A.C.        | Senior Ladies            | 664            | 271               |
| 272          | 0:29:47     | HOWE, Ross          | North Norfolk Beach Runners | Senior Men               | 177            | 272               |
| 273          | 0:29:50     | EGMORE, Jenni       | Reepham Runners             | Ladies 40-44             | 681            | 273               |
| 274          | 0:30:10     | HOLT, Linda         | North Norfolk Beach Runners | Ladies 54-59             | 632            | 274               |
| 275          | 0:30:22     | JAMES, Katy         | Bungay Black Dog A.C.       | Ladies 60+               | 634            | 275               |
| 276          | 0:30:25     | WATERS, Karen       | Bungay Black Dog A.C.       | Senior Ladies            | 654            | 276               |
| 277          | 0:30:26     | LANSDELL, Anita     |                             | Ladies 40-44             | 693            | 277               |
| 278          | 0:30:27     | MELTON, Alison      |                             | Ladies 45-49             | 691            | 278               |
| 279          | 0:30:33     | HARRINGTON, Kim     | Wymondham A.C.              | Ladies 45-49             | 608            | 279               |
| 280          | 0:30:59     | ETHERINGTON, Denise | Gt. Yarmouth RRC            | Ladies 50-54             | 683            | 280               |

Results for All Competitors in finish order.

| <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> |
|--------------|-------------|--------------------|-----------------------------|--------------------------|----------------|-------------------|
| 281          | 0:31:23     | LAWRENCE, Sarah    |                             | Senior Ladies            | 540            | 281               |
| 282          | 0:31:37     | CULLINGFORD, Gemma |                             | Senior Ladies            | 622            | 282               |
| 283          | 0:31:38     | WARDEN, Brian      |                             | Senior Men               | 174            | 283               |
| 284          | 0:31:38     | GOWING, Geoffrey   | Reepham Runners             | Men 60+                  | 309            | 284               |
| 285          | 0:31:45     | TILLET, Cassie     |                             | Ladies 45-49             | 614            | 285               |
| 286          | 0:32:27     | BRIDGES, Rebecca   | Reepham Runners             | Senior Ladies            | 544            | 286               |
| 287          | 0:32:44     | SHULVER, Tiffany   | Gt. Yarmouth RRC            | Senior Ladies            | 692            | 287               |
| 288          | 0:33:27     | KING, Sue          | Reepham Runners             | Ladies 50-54             | 537            | 288               |
| 289          | 0:33:28     | JENKINSON, Alan    |                             | Men 40-44                | 343            | 289               |
| 290          | 0:33:28     | ROBINSON, James    |                             | Senior Men               | 555            | 290               |
| 291          | 0:33:45     | WATSON, Jackie     | Reepham Runners             | Ladies 60+               | 677            | 291               |
| 292          | 0:33:55     | SMITH, Clive       |                             | Senior Men               | 385            | 292               |
| 293          | 0:34:06     | MARKS, June        | Norwich Road Runners        | Ladies 50-54             | 648            | 293               |
| 294          | 0:34:08     | GOWING, Jean       | Reepham Runners             | Ladies 60+               | 678            | 294               |
| 295          | 0:34:42     | FENECH, Charles    |                             | Men 60+                  | 502            | 295               |
| 296          | 0:35:33     | EMERY, Karen       | North Norfolk Beach Runners | Senior Ladies            | 676            | 296               |
| 297          | 0:35:34     | SOUTHWELL, Chris   |                             | Men 60+                  | 307            | 297               |
| 298          | 0:37:11     | BELL, Tracey       |                             | Ladies 45-49             | 626            | 298               |
| 299          | 0:38:12     | POTTER, Tina       | Tri-Anglia                  | Ladies 50-54             | 679            | 299               |
| 300          | 0:39:40     | ISON, Margaret     | North Norfolk Beach Runners | Ladies 60+               | 658            | 300               |

There were 300 finishers in the All Competitors category.

*Thank you for your Support this Year.*