

Wroxham 5km Series : 2007

3rd in Series

Wednesday 22 August 2007. 7:15 pm

Individual Prize List

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	0:15:56	CRAWSHAW, Thomas	City of Norwich A.C.	Junior Men	669	3
2	0:17:13	LAWRENCE, Ashley	Norfolk Gazelles	Junior Men	190	19
3	0:17:55	ROGERS, Damian		Junior Men	378	27

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	0:15:13	JOY, Rob & RACE WINNER, MEN	Notts A.C.	Senior Men	663	1
2	0:15:53	HOPKINS, Craig	City of Norwich A.C.	Senior Men	492	2
3	0:16:21	EARL, Nick	Reading A C	Senior Men	427	4
4	0:16:25	BALDWIN, Steve	Norfolk Gazelles	Senior Men	720	5
5	0:16:30	GOOSE, Carl		Senior Men	178	6

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	0:16:41	MOORE, Richard	Waveney Valley A.C.	Men 40-44	640	9

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	HEATH, Les	St Edmunds Pacers	Men 45-49	497	20

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	0:18:52	ROSE, Stuart	City of Norwich A.C.	Men 50-54	673	47

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	0:17:59	YOUNGS, Kevin	Norfolk Gazelles	Men 55-59	738	29

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	0:20:06	BRANNAN, Terry	Wymondham A.C.	Men 60-69	702	82

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	0:23:48	COOMBES, Isobel		Junior Ladies	970	164
2	0:25:49	WILCOCK, Emma	Coltishall Jaguars	Junior Ladies	946	213
3	0:25:50	LUBBOCK, Rachel		Junior Ladies	928	214

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	0:17:42	NIMMOCK, Danielle & RACE WINNER, LADIES	City of Norwich A.C.	Senior Ladies	934	25
2	0:17:49	WALWYN, Olivia	City of Norwich A.C.	Senior Ladies	375	26
3	0:18:15	COOMBS, Emma	Norwich Road Runners	Senior Ladies	428	32
4	0:18:24	DUNGAR, Amy	City of Norwich A.C.	Senior Ladies	993	36
5	0:18:41	BROOKS, Jessica	City of Norwich A.C.	Senior Ladies	376	41

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	0:21:04	POTTAGE, Sandie	Bungay Black Dog A.C.	Ladies 40-44	905	106

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	0:18:11	CLARKE, Jane	Norfolk Gazelles	Ladies 45-49	910	31

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	0:22:42	JORDAN, Catherine	Norfolk Gazelles	Ladies 50-54	945	142

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	0:23:19	MANLY, Veronica	Wymondham A.C.	Ladies 55-59	964	154

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	0:24:53	SPONG, Carole	Gt. Yarmouth RRC	Ladies 60-69	960	187

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Team Prize List

Senior Men : 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	0:15:53	HOPKINS, Craig	Senior Men	492	2
3	0:15:56	CRAWSHAW, Thomas	Junior Men	669	3
7	0:16:33	WALPOLE, Andrew	Senior Men	725	7
14	0:17:03	PRESTON, James	Senior Men	662	16

Veteran Men : Norfolk Gazelles

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
4	0:17:37	COOPER, Phil	Men 40-44	718	23
5	0:17:59	YOUNGS, Kevin	Men 55-59	738	29
7	0:18:25	MOORE, John	Men 45-49	723	37
20	0:19:40	THOMPSON, Peter	Men 50-54	653	72

Senior Ladies : 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	0:17:42	NIMMOCK, Danielle	Senior Ladies	934	25
2	0:17:49	WALWYN, Olivia	Senior Ladies	375	26
4	0:18:24	DUNGAR, Amy	Senior Ladies	993	36

Veteran Ladies : 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	0:18:11	CLARKE, Jane	Ladies 45-49	910	31
3	0:22:02	MOORE, Debbie	Ladies 40-44	972	124
4	0:22:42	JORDAN, Catherine	Ladies 50-54	945	142

Wroxham 5km Series: 2007

3rd in Series

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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	0:15:13	JOY, Rob	Notts A.C.	Senior Men	663	1
2	0:15:53	HOPKINS, Craig	City of Norwich A.C.	Senior Men	492	2
3	0:15:56	CRAWSHAW, Thomas	City of Norwich A.C.	Junior Men	669	3
4	0:16:21	EARL, Nick	Reading A C	Senior Men	427	4
5	0:16:25	BALDWIN, Steve	Norfolk Gazelles	Senior Men	720	5
6	0:16:30	GOOSE, Carl		Senior Men	178	6
7	0:16:33	WALPOLE, Andrew	City of Norwich A.C.	Senior Men	725	7
8	0:16:41	SCOTTER, Robert		Senior Men	186	8
9	0:16:41	MOORE, Richard	Waveney Valley A.C.	Men 40-44	640	9
10	0:16:42	BUSH, Tom	Altrincham & Dist A C	Senior Men	890	10
11	0:16:43	UTTING, Wayne	Norwich Road Runners	Senior Men	494	11
12	0:16:45	LIFFEN, Ian	Gt. Yarmouth RRC	Men 40-44	705	12
13	0:16:50	HORLOCK, Martin	Norwich Road Runners	Senior Men	724	13
14	0:16:52	MERRYLEES, Chris	North Norfolk Beach Runners	Senior Men	424	14
15	0:16:54	SANGER, Philip	Durham Univ.XCC	Senior Men	749	15
16	0:17:03	PRESTON, James	City of Norwich A.C.	Senior Men	662	16
17	0:17:07	THOMPSON, Jamie	Serpentine Runners	Senior Men	889	17
18	0:17:09	MILLETT, Simon	Norwich Road Runners	Senior Men	184	18
19	0:17:13	LAWRENCE, Ashley	Norfolk Gazelles	Junior Men	190	19
20	0:17:25	HEATH, Les	St Edmunds Pacers	Men 45-49	497	20
21	0:17:29	BUNN, Andrew	Liverpool Harriers A.C.	Senior Men	606	21
22	0:17:31	HIGHAM, Paul	Norfolk Gazelles	Senior Men	604	22
23	0:17:37	COOPER, Phil	Norfolk Gazelles	Men 40-44	718	23
24	0:17:38	BUNN, Andrew	City of Norwich A.C.	Senior Men	183	24
25	0:17:42	NIMMOCK, Danielle	City of Norwich A.C.	Senior Ladies	934	25
26	0:17:49	WALWYN, Olivia	City of Norwich A.C.	Senior Ladies	375	26
27	0:17:55	ROGERS, Damian		Junior Men	378	27
28	0:17:57	KETT, Andy	North Norfolk Beach Runners	Senior Men	753	28
29	0:17:59	YOUNGS, Kevin	Norfolk Gazelles	Men 55-59	738	29
30	0:18:03	CHANT, Ian	Long Eaton Running Club	Senior Men	746	30
31	0:18:11	CLARKE, Jane	Norfolk Gazelles	Ladies 45-49	910	31
32	0:18:15	COOMBS, Emma	Norwich Road Runners	Senior Ladies	428	32
33	0:18:18	STRATTON, Ben	Wymondham A.C.	Junior Men	629	33
34	0:18:19	KETT, Robert	North Norfolk Beach Runners	Senior Men	754	34
35	0:18:23	SIBLEY, Neil	Gt. Yarmouth RRC	Men 40-44	691	35
36	0:18:24	DUNGAR, Amy	City of Norwich A.C.	Senior Ladies	993	36
37	0:18:25	MOORE, John	Norfolk Gazelles	Men 45-49	723	37
38	0:18:35	HURREN, Dale		Men 45-49	645	38
39	0:18:36	BARNARD, Kristin	Wymondham A.C.	Senior Men	182	39
40	0:18:38	THOMPSON, Neil	Stockport Harriers & AC	Senior Men	750	40
41	0:18:41	BROOKS, Jessica	City of Norwich A.C.	Senior Ladies	376	41
42	0:18:41	FULTON, John-Patrick	Norwich Road Runners	Junior Men	635	42
43	0:18:42	TURNER, Mark	Gt. Yarmouth RRC	Senior Men	493	43
44	0:18:44	WOODYATT, Paul	City of Norwich A.C.	Men 45-49	649	44
45	0:18:49	CHAMBERLAIN, Michael	Norwich Road Runners	Men 45-49	631	45
46	0:18:51	QUANTRILL, Phil	Gt. Yarmouth RRC	Senior Men	717	46
47	0:18:52	ROSE, Stuart	City of Norwich A.C.	Men 50-54	673	47
48	0:18:55	BOLAM, Jeremy	North Norfolk Beach Runners	Men 45-49	488	48
49	0:18:57	CLUES, Mark	Tri-Anglia	Senior Men	745	49
50	0:18:59	MASON, Shawn	Gt Yarmouth & D.A.C.	Senior Men	690	50
51	0:19:02	EDRIDGE, Darren	Coltishall Jaguars	Senior Men	689	51
52	0:19:03	ROGERS, Mark		Junior Men	377	52
53	0:19:04	MEZZETTI, Joey		Senior Men	185	53
54	0:19:04	YOUNGS, James		Senior Men	654	54
55	0:19:05	CHAPMAN, Graham	Ely Runners	Men 50-54	489	55
56	0:19:06	HAYNES, Mark	Coltishall Jaguars	Senior Men	688	56
57	0:19:07	ROSE, Carley	City of Norwich A.C.	Senior Ladies	967	57
58	0:19:12	LINDSAY, Ray	Norwich Road Runners	Men 50-54	751	58
59	0:19:13	EMMETT, Lynn	City of Norwich A.C.	Senior Ladies	898	59
60	0:19:15	MOORE, Ian	Norwich Road Runners	Men 40-44	648	60
61	0:19:19	KILBOURN, Robert	White Horse Harriers Chedgrave	Senior Men	686	61
62	0:19:23	ALDIS, David	City of Norwich A.C.	Men 55-59	733	62
63	0:19:25	FLEMING, John		Senior Men	650	63
64	0:19:26	MURRAY, Seonaid	Macclesfield	Senior Ladies	1000	64
65	0:19:28	JACOBS, John		Senior Men	743	65
66	0:19:28	HOLLAND, Neil	Wymondham A.C.	Men 45-49	675	66
67	0:19:29	ELLIS, Vince	City of Norwich A.C.	Men 50-54	657	67
68	0:19:30	BATES, Steve	Coltishall Jaguars	Senior Men	710	68
69	0:19:32	FLANAGAN, Anne	Norwich Road Runners	Senior Ladies	379	69
70	0:19:34	WHITAKER, Alex	North Norfolk Beach Runners	Senior Men	491	70

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race</i>	<i>Age</i>	<i>Category</i>	<i>Race No</i>	<i>Race Place</i>
71	0:19:37	KINGABY, Bill	Waveney Valley A.C.	Men	55-59		709	71
72	0:19:40	THOMPSON, Peter	Norfolk Gazelles	Men	50-54		653	72
73	0:19:44	PLACKETT, Stephen	Reepham Runners	Men	40-44		496	73
74	0:19:44	PORTER, Mel	Coltishall Jaguars	Men	40-44		708	74
75	0:19:45	SINCLAIR, Nigel		Senior Men			624	75
76	0:19:52	POTTAGE, Martin	Bungay Black Dog A.C.	Men	40-44		722	76
77	0:19:56	BEE, Glenn		Men	45-49		628	77
78	0:19:58	CHORLEY, Chris	Bungay Black Dog A.C.	Men	45-49		602	78
79	0:19:59	CANNING, Gregory	BBC AC	Senior Men			426	79
80	0:20:02	EDYE, Simon	Norwich Road Runners	Men	55-59		732	80
81	0:20:04	SHULVER, Edward	Gt. Yarmouth RRC	Senior Men			715	81
82	0:20:06	BRANNAN, Terry	Wymondham A.C.	Men	60-69		702	82
83	0:20:15	HOLLAND, Alan	Wymondham A.C.	Men	60-69		703	83
84	0:20:17	ROYSTON, John	Reepham Runners	Men	55-59		747	84
85	0:20:19	GREEN, Mathew	Norfolk Gazelles	Senior Men			181	85
86	0:20:21	METTERS, Paul	Dereham Runners A.C.	Senior Men			704	86
87	0:20:23	BONE, John	Gt. Yarmouth RRC	Men	60-69		676	87
88	0:20:25	HOWARD, Matt		Senior Men			651	88
89	0:20:28	BLACKWELL, Kevin	Norfolk Gazelles	Men	45-49		678	89
90	0:20:31	BRIGHTY, Joshua	Norwich Road Runners	Junior Men			179	90
91	0:20:33	STURGESS, James	Wymondham A.C.	Senior Men			478	91
92	0:20:34	JOHNSTONE, Craig		Senior Men			740	92
93	0:20:34	LINES, Rob	Tri-Anglia	Senior Men			687	93
94	0:20:37	BROOKSHAW, Paul	Gt. Yarmouth RRC	Men	40-44		619	94
95	0:20:39	GROVES, Paul	Coltishall Jaguars	Men	40-44		696	95
96	0:20:42	BYE, Rod	Coltishall Jaguars	Men	45-49		479	96
97	0:20:43	NIMMOCK, Steve	Dereham Runners A.C.	Men	40-44		677	97
98	0:20:44	HURN, Sara	North Norfolk Beach Runners	Senior Ladies			991	98
99	0:20:45	WILSON, Robin	Bungay Black Dog A.C.	Men	50-54		684	99
100	0:20:48	BOWMAN, Ken	Coltishall Jaguars	Men	60-69		180	100
101	0:20:50	DADY, Stephen		Men	55-59		610	101
102	0:20:50	HARDINGHAM, Graham	Norfolk Gazelles	Men	45-49		646	102
103	0:20:51	JONES, Howard		Men	40-44		625	103
104	0:20:52	SMITH, Alexandra	Norwich Road Runners	Senior Ladies			983	104
105	0:20:54	POTTER-CAMPBELL, Emma	Dereham Runners A.C.	Senior Ladies			550	105
106	0:21:04	POTTAGE, Sandie	Bungay Black Dog A.C.	Ladies	40-44		905	106
107	0:21:13	BUSHELL, Alan	Coltishall Jaguars	Senior Men			666	107
108	0:21:20	TUFTS, Mark	Wymondham A.C.	Senior Men			665	108
109	0:21:20	QUANTRILL, Vicky	Gt. Yarmouth RRC	Senior Ladies			911	109
110	0:21:20	LEEVES, Emma	Gt. Yarmouth RRC	Senior Ladies			954	110
111	0:21:23	MOULTON, Christopher	Sudbury Joggers	Senior Men			752	111
112	0:21:24	BUSHELL, Ian		Men	45-49		716	112
113	0:21:29	EISENMANN, Simon		Men	40-44		695	113
114	0:21:32	COLMAN, David		Men	40-44		712	114
115	0:21:33	ETHERINGTON, Stephen	Gt. Yarmouth RRC	Men	45-49		614	115
116	0:21:34	BURTON, Howard	Coltishall Jaguars	Senior Men			656	116
117	0:21:37	CLEMMITT, Simon		Men	40-44		634	117
118	0:21:39	SLOWTHER, Denver		Senior Men			643	118
119	0:21:46	CROFT, Sophie	City of Norwich A.C.	Senior Ladies			944	119
120	0:21:46	POLLEY, Richard	City of Norwich A.C.	Men	45-49		694	120
121	0:21:55	MILLER, Brian		Men	60-69		617	121
122	0:21:56	BROWN, Callum	City of Norwich A.C.	Junior Men			639	122
123	0:21:56	HAMMOND, Andrew		Men	50-54		711	123
124	0:22:02	MOORE, Debbie	Norfolk Gazelles	Ladies	40-44		972	124
125	0:22:03	CALLABY, Ryan		Senior Men			187	125
126	0:22:04	CORBOULD, Stephen	Norfolk Gazelles	Men	45-49		713	126
127	0:22:05	WOODRUFF, Glenn		Senior Men			476	127
128	0:22:06	NEALE, Adam		Senior Men			189	128
129	0:22:08	CRUTCHLEY, Ian	Wymondham A.C.	Men	40-44		731	129
130	0:22:09	COLMAN, Mark		Senior Men			638	130
131	0:22:14	SIMPSON, David	Coltishall Jaguars	Men	50-54		681	131
132	0:22:15	ADAMS, Robert		Senior Men			490	132
133	0:22:15	PLACKETT, Joshua	Reepham Runners	Junior Men			495	133
134	0:22:16	WADE, Christopher	North Norfolk Beach Runners	Senior Men			735	134
135	0:22:22	BULL, Michelle	Norwich Road Runners	Senior Ladies			987	135
136	0:22:26	ALFORD, Colin		Men	40-44		626	136
137	0:22:30	PASK, Matt		Men	40-44		721	137
138	0:22:32	DURRANT, Judith		Senior Ladies			995	138
139	0:22:33	PEACH, Mark	Gt. Yarmouth RRC	Senior Men			693	139
140	0:22:39	MUTCH, Kerry	Gt. Yarmouth RRC	Men	40-44		605	140
141	0:22:41	LEECH, Tim		Men	45-49		486	141
142	0:22:42	JORDAN, Catherine	Norfolk Gazelles	Ladies	50-54		945	142
143	0:22:44	JONES, Eurwyn	Norfolk Gazelles	Men	45-49		755	143
144	0:22:47	DEVLIN, Paul		Men	40-44		616	144
145	0:22:50	HAYWARD, Geoff	North Norfolk Beach Runners	Men	60-69		741	145

<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>
146	0:22:51	OSBOURNE, Andrea	North Norfolk Beach Runners	Ladies 50-54	999	146
147	0:22:52	SWITZER, Trudi		Senior Ladies	941	147
148	0:23:02	SALMON, David	Norwich Road Runners	Men 45-49	636	148
149	0:23:06	CLOUGHTON, Bob	Norwich Road Runners	Men 55-59	477	149
150	0:23:07	THOMPSON, Eirrin		Senior Men	389	150
151	0:23:11	THACKER, Helen		Senior Ladies	992	151
152	0:23:13	BAMFORD, Julian		Senior Men	671	152
153	0:23:15	WITHEY, Sally	City of Norwich A.C.	Senior Ladies	978	153
154	0:23:19	MANLY, Veronica	Wymondham A.C.	Ladies 55-59	964	154
155	0:23:23	HUTCHEON, David	Coltishall Jaguars	Men 60-69	697	155
156	0:23:27	RENSHAW, Kenneth	Dereham Runners A.C.	Men 45-49	701	156
157	0:23:35	WARD, Beres	City of Norwich A.C.	Ladies 50-54	917	157
158	0:23:35	FORDER, Jason		Senior Men	644	158
159	0:23:36	SAINES, Rob	North Norfolk Beach Runners	Men 60-69	612	159
160	0:23:37	WADE, Jamie		Junior Men	736	160
161	0:23:41	HARRISON, Paul	Dereham Runners A.C.	Men 50-54	672	161
162	0:23:43	HANNANT, Emily	Coltishall Jaguars	Senior Ladies	909	162
163	0:23:46	HORNER, Alison	Coltishall Jaguars	Senior Ladies	924	163
164	0:23:48	COOMBES, Isobel		Junior Ladies	970	164
165	0:23:52	LILLEY, John		Senior Men	727	165
166	0:23:54	KNOWLES, Caroline	North Norfolk Beach Runners	Senior Ladies	965	166
167	0:23:58	WILLSON, David		Men 45-49	683	167
168	0:24:02	HARDS, Nicholas		Men 45-49	664	168
169	0:24:03	INGRAM, Stewart	Diss A.C.	Men 55-59	729	169
170	0:24:07	HAYES, Louise	Norwich Road Runners	Senior Ladies	949	170
171	0:24:10	HARROP, Jackie	Norfolk Gazelles	Ladies 45-49	921	171
172	0:24:11	PRESTON, Jessica	Wymondham A.C.	Senior Ladies	952	172
173	0:24:11	GILLINGS, Mary		Senior Ladies	896	173
174	0:24:14	STEVENSON, Tracy	Norfolk Gazelles	Senior Ladies	942	174
175	0:24:18	HOWETT, William		Men 45-49	668	175
176	0:24:24	HARDS, Amanda		Ladies 40-44	951	176
177	0:24:25	WHITMARSH, Lorraine	City of Norwich A.C.	Senior Ladies	904	177
178	0:24:28	LEACH, Pete	Tri-Anglia	Senior Men	692	178
179	0:24:29	HART, Jenny	Norwich Road Runners	Ladies 40-44	981	179
180	0:24:41	CRANE, Sharn		Senior Ladies	919	180
181	0:24:42	HULL, Ronni		Senior Ladies	940	181
182	0:24:43	HUTCHEON, Brenda	Coltishall Jaguars	Ladies 55-59	916	182
183	0:24:44	WALTERS, Katy	City of Norwich A.C.	Senior Ladies	997	183
184	0:24:47	SAUERZAPF, Bobbie	Bungay Black Dog A.C.	Ladies 45-49	998	184
185	0:24:52	AMESS, Moyra		Ladies 40-44	891	185
186	0:24:52	BELL, Antony		Senior Men	742	186
187	0:24:53	SPONG, Carole	Gt. Yarmouth RRC	Ladies 60-69	960	187
188	0:24:54	DAYNES, Kirsty	Wymondham A.C.	Senior Ladies	913	188
189	0:24:55	CARR, Caroline	Wymondham A.C.	Senior Ladies	948	189
190	0:24:57	BACON, Jack		Junior Men	499	190
191	0:24:57	BRITT, Tony		Men 50-54	652	191
192	0:24:57	BACON, Robert		Men 40-44	498	192
193	0:25:06	FLEMING, Helen		Senior Ladies	963	193
194	0:25:06	KINCH, Brenda	North Norfolk Beach Runners	Ladies 60-69	922	194
195	0:25:06	DADY, Sylvia		Senior Ladies	994	195
196	0:25:18	HARDY, Carol	Norfolk Gazelles	Ladies 45-49	938	196
197	0:25:20	PRATT, Jenny		Senior Ladies	932	197
198	0:25:25	UTTING, John		Men 50-54	429	198
199	0:25:28	GREENWOOD, Sara	Tri-Anglia	Senior Ladies	475	199
200	0:25:30	HANDS, Robert		Senior Men	422	200
201	0:25:30	MILLER, Rachel		Senior Ladies	966	201
202	0:25:31	CHAPMAN, Louise	Norwich Road Runners	Senior Ladies	986	202
203	0:25:32	WALKER, Anna		Senior Ladies	969	203
204	0:25:33	WALKER, Robert		Senior Men	642	204
205	0:25:39	STARLING, Jacqueline		Ladies 40-44	387	205
206	0:25:39	DARNELL, Bob		Men 55-59	679	206
207	0:25:40	NEAVE, Phillip	Bungay Black Dog A.C.	Men 55-59	611	207
208	0:25:41	LUBBOCK, Sandra	City of Norwich A.C.	Ladies 40-44	929	208
209	0:25:42	DOWNING, Shelley		Senior Ladies	906	209
210	0:25:43	DOWNING, James		Senior Men	719	210
211	0:25:46	NEAVE, Marianne	Norfolk Gazelles	Senior Ladies	933	211
212	0:25:48	GAINSFORD, Ruth		Ladies 40-44	950	212
213	0:25:49	WILCOCK, Emma	Coltishall Jaguars	Junior Ladies	946	213
214	0:25:50	LUBBOCK, Rachel		Junior Ladies	928	214
215	0:25:50	LUBBOCK, David	City of Norwich A.C.	Men 40-44	603	215
216	0:25:52	GERRARD, Hayley	Norfolk Gazelles	Senior Ladies	943	216
217	0:25:55	SHULVER, Rod	Gt. Yarmouth RRC	Men 60-69	714	217
218	0:25:57	HOBBIS, Imogen		Senior Ladies	421	218
219	0:25:58	CRANE, Dawn	Coltishall Jaguars	Senior Ladies	984	219
220	0:26:04	HALES, Melanie		Senior Ladies	937	220

<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>
221	0:26:06	BROOKS, Julia		Ladies 40-44	980	221
222	0:26:07	BATES, Joanne		Senior Ladies	968	222
223	0:26:22	BRAY, Nick		Senior Men	487	223
224	0:26:41	HATHAWAY, Daphne	Coltishall Jaguars	Ladies 70+	957	224
225	0:26:43	LEWIS, David	Waveney Valley A.C.	Senior Men	670	225
226	0:26:48	DURANT, Becky	Coltishall Jaguars	Ladies 55-59	931	226
227	0:26:53	KEENAN, Jo		Senior Ladies	425	227
228	0:27:01	FARROW, Linda	Norfolk Gazelles	Ladies 60-69	959	228
229	0:27:27	WILCOCK, Shirley	Coltishall Jaguars	Ladies 45-49	947	229
230	0:27:32	JERMYN, Lorna		Senior Ladies	936	230
231	0:27:34	JAYAWARDANE, Sammi		Senior Ladies	935	231
232	0:27:39	LOADMAN, Neil		Senior Men	748	232
233	0:27:39	LINCOLN, Piers		Senior Men	726	233
234	0:27:41	PARKER, Roy		Senior Men	730	234
235	0:28:02	DAVIES, Nicki		Senior Ladies	956	235
236	0:28:04	ALFORD, Karen		Ladies 40-44	975	236
237	0:28:06	MACDONALD, Lesley		Senior Ladies	976	237
238	0:28:12	COE, Anne Marie		Senior Ladies	973	238
239	0:28:31	JERMYN, Suzy		Senior Ladies	961	239
240	0:28:39	MASON, Suzanne		Senior Ladies	923	240
241	0:28:41	SHULVER, Tiffany	Gt. Yarmouth RRC	Junior Ladies	908	241
242	0:28:43	KING, Amy		Senior Ladies	939	242
243	0:28:45	HARRISON, Peter	Gt. Yarmouth RRC	Men 60-69	630	243
244	0:28:45	TOVELL, Andy		Senior Men	659	244
245	0:28:48	QUENTIN-HICKS, Kate	City of Norwich A.C.	Senior Ladies	912	245
246	0:28:56	HARBORD, Chris	Gt. Yarmouth RRC	Men 60-69	641	246
247	0:28:57	READ, Caroline		Ladies 45-49	900	247
248	0:28:58	PILBROW, Christine		Senior Ladies	901	248
249	0:30:19	HOLT, Linda	North Norfolk Beach Runners	Ladies 55-59	958	249
250	0:30:55	FLETCHER, Sue	Norwich Road Runners	Ladies 60-69	899	250
251	0:31:02	SPONG, Albert	Gt. Yarmouth RRC	Men 60-69	655	251
252	0:31:18	WATERS, Karen		Senior Ladies	926	252
253	0:31:18	RAYNER, Bruce	Bungay Black Dog A.C.	Men 45-49	685	253
254	0:31:30	HOWE, Ross		Senior Men	699	254
255	0:31:44	BALDWIN, Fiona		Senior Ladies	927	255
256	0:32:25	MILLER, Lou		Men 70+	739	256
257	0:32:51	CLEGG, Karly	Gt Yarmouth & D.A.C.	Senior Ladies	903	257
258	0:32:52	CLEGG, Dawn		Ladies 50-54	902	258
259	0:33:53	CLUES, Elizabeth		Senior Ladies	892	259
260	0:34:32	TILLET, Cassie		Ladies 40-44	977	260
261	0:34:32	HARRINGTON, Kim		Ladies 45-49	988	261
262	0:38:04	POTTER, Tina	Tri-Anglia	Ladies 50-54	894	262
263	0:38:12	ISON, Margaret	North Norfolk Beach Runners	Ladies 60-69	188	263
264	0:39:10	VISSER, Jill		Ladies 45-49	974	264
265	0:39:12	CLAXTON, Mhairi	Norwich Road Runners	Senior Ladies	897	265

There were 265 finishers in the All Competitors category.