

Wroxham 5km Series 2008

Second in Series

Wednesday 25th June 2008. 7:15 pm

Individual Prize List

MEN OVERALL RACE WINNER: James ROBINSON : W. Norfolk A.C. : 15:39

Men 17-39

| <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> |
|--------------|-------------|-----------------|-----------------------|--------------------------|----------------|-------------------|
| 2 | 0:15:40 | HOPKINS, Craig | Swansea Harriers A.C. | Senior Men | 111 | 2 |
| 3 | 0:16:22 | BALDWIN, Steve | Norfolk Gazelles | Senior Men | 110 | 3 |
| 4 | 0:16:29 | UTTING, Wayne | Norwich Road Runners | Senior Men | 112 | 4 |
| 5 | 0:16:34 | HORLOCK, Martin | Norwich Road Runners | Senior Men | 115 | 5 |
| 6 | 0:16:41 | HIGHAM, Paul | Norfolk Gazelles | Senior Men | 64 | 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 | 0:17:09 | SHARMAN, Kevin | Lowestoft Road Runners | Men 40-44 | 70 | 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 | 0:17:06 | YAXLEY, Mick | Norfolk Gazelles | Men 45-49 | 89 | 8 |

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 | 0:18:33 | KNOWLES, Harry | City of Norwich A.C. | Men 50-54 | 88 | 24 |

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 | 0:18:36 | HILL, Ray | Ipswich Jaffa | Men 55-59 | 724 | 25 |

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 | 0:20:10 | BOWMAN, Ken | Coltishall Jaguars | Men 60+ | 37 | 64 |

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 | 0:17:30 | STRATTON, Ben | Wymondham A.C. | Junior Men | 31 | 13 |
| 2 | 0:18:07 | ATTERWILL, Sean | Dereham Runners A.C. | Junior Men | 67 | 18 |
| 3 | 0:18:15 | LOUGHLIN, Henry | West Norfolk A.C. | Junior Men | 119 | 21 |

LADIES OVERALL RACE WINNER: Ruth PROCTOR : U/A : 18:10

Ladies 17-39

| <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> |
|--------------|-------------|-----------------|----------------------|--------------------------|----------------|-------------------|
| 2 | 0:18:50 | MATTHEWS, Ellie | City of Norwich A.C. | Senior Ladies | 428 | 34 |
| 3 | 0:20:44 | ADAMS, Rebecca | Tri-Anglia | Senior Ladies | 465 | 78 |
| 4 | 0:20:45 | APPLEBY, Louise | City of Norwich A.C. | Senior Ladies | 462 | 79 |
| 5 | 0:22:08 | DURRANT, Judith | | Senior Ladies | 403 | 105 |
| 6 | 0:22:21 | WITHEY, Sally | City of Norwich A.C. | Senior Ladies | 422 | 106 |

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 | 0:22:07 | MOORE, Debbie | Norfolk Gazelles | Ladies 40-44 | 408 | 104 |

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 | 0:23:17 | SAUERZAPF, Bobbie | Bungay Black Dog A.C. | Ladies 45-49 | 416 | 135 |

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 | 0:23:44 | WARD, Beres | City of Norwich A.C. | Ladies 50-54 | 81 | 144 |

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 | 0:27:21 | DURANT, Becky | Coltishall Jaguars | Ladies 55-59 | 454 | 190 |

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 | 0:24:20 | KINCH, Brenda | North Norfolk Beach Runners | Ladies 60+ | 420 | 153 |

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 | 0:20:09 | DAINES, Rebecca | West Norfolk A.C. | Junior Ladies | 473 | 63 |
| 2 | 0:22:22 | WILSON, Hazel | City of Norwich A.C. | Junior Ladies | 407 | 108 |
| 3 | 0:23:05 | TURNER, Frankie | Gt Yarmouth & D.A.C. | Junior Ladies | 727 | 126 |

Team Prize List

Senior Men : 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> |
|--------------|-------------|-----------------|--------------------------|----------------|-------------------|
| 4 | 0:16:29 | UTTING, Wayne | Senior Men | 112 | 4 |
| 5 | 0:16:34 | HORLOCK, Martin | Senior Men | 115 | 5 |
| 9 | 0:17:18 | MILLETT, Simon | Senior Men | 725 | 11 |
| 26 | 0:19:29 | BRIGHTY, Joshua | Senior Men | 82 | 44 |

Veteran 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> |
|--------------|-------------|-----------------|--------------------------|----------------|-------------------|
| 5 | 0:18:33 | KNOWLES, Harry | Men 50-54 | 88 | 24 |
| 10 | 0:18:47 | DAVIS, Darryl | Men 40-44 | 108 | 31 |
| 13 | 0:18:53 | HODGE, Nigel | Men 40-44 | 79 | 36 |
| 14 | 0:18:57 | POLLEY, Richard | Men 50-54 | 72 | 38 |

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> |
|--------------|-------------|-----------------|--------------------------|----------------|-------------------|
| 2 | 0:18:50 | MATTHEWS, Ellie | Senior Ladies | 428 | 34 |
| 5 | 0:20:45 | APPLEBY, Louise | Senior Ladies | 462 | 79 |
| 7 | 0:22:21 | WITHEY, Sally | Senior Ladies | 422 | 106 |

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 | 0:22:07 | MOORE, Debbie | Ladies 40-44 | 408 | 104 |
| 6 | 0:23:42 | STEVENSON, Tracy | Ladies 40-44 | 409 | 143 |
| 9 | 0:24:12 | HARROP, Jackie | Ladies 45-49 | 450 | 151 |

Wroxham 5km Series : 2008

Second in Series

Wednesday 25th June 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 | 0:15:39 | ROBINSON, James | West Norfolk A.C. | Senior Men | 139 | 1 |
| 2 | 0:15:40 | HOPKINS, Craig | Swansea Harriers A.C. | Senior Men | 111 | 2 |
| 3 | 0:16:22 | BALDWIN, Steve | Norfolk Gazelles | Senior Men | 110 | 3 |
| 4 | 0:16:29 | UTTING, Wayne | Norwich Road Runners | Senior Men | 112 | 4 |
| 5 | 0:16:34 | HORLOCK, Martin | Norwich Road Runners | Senior Men | 115 | 5 |
| 6 | 0:16:41 | HIGHAM, Paul | Norfolk Gazelles | Senior Men | 64 | 6 |
| 7 | 0:17:01 | AUGER, Mike | | Senior Men | 731 | 7 |
| 8 | 0:17:06 | YAXLEY, Mick | Norfolk Gazelles | Men 45-49 | 89 | 8 |
| 9 | 0:17:09 | SHARMAN, Kevin | Lowestoft Road Runners | Men 40-44 | 70 | 9 |
| 10 | 0:17:17 | PRESTON, James | | Senior Men | 733 | 10 |
| 11 | 0:17:18 | MILLETT, Simon | Norwich Road Runners | Senior Men | 725 | 11 |
| 12 | 0:17:22 | KETT, Andy | North Norfolk Beach Runners | Senior Men | 995 | 12 |
| 13 | 0:17:30 | STRATTON, Ben | Wymondham A.C. | Junior Men | 31 | 13 |
| 14 | 0:17:36 | WHITE, John | Bungay Black Dog A.C. | Men 45-49 | 131 | 14 |
| 15 | 0:17:38 | BUNN, Andrew | City of Norwich A.C. | Senior Men | 726 | 15 |
| 16 | 0:17:49 | COOPER, Phil | Norfolk Gazelles | Men 40-44 | 75 | 16 |
| 17 | 0:18:01 | HALE, Francis | | Senior Men | 140 | 17 |
| 18 | 0:18:07 | ATTERWILL, Sean | Dereham Runners A.C. | Junior Men | 67 | 18 |
| 19 | 0:18:10 | PROCTOR, Ruth | | Senior Ladies | 460 | 19 |
| 20 | 0:18:14 | MAYCOCK, James | Waveney Valley A.C. | Senior Men | 122 | 20 |
| 21 | 0:18:15 | LOUGHLIN, Henry | West Norfolk A.C. | Junior Men | 119 | 21 |
| 22 | 0:18:18 | WALSHAW, John | City of Norwich A.C. | Senior Men | 41 | 22 |
| 23 | 0:18:27 | HAYNES, Mark | Coltishall Jaguars | Senior Men | 3 | 23 |
| 24 | 0:18:33 | KNOWLES, Harry | City of Norwich A.C. | Men 50-54 | 88 | 24 |
| 25 | 0:18:36 | HILL, Ray | Ipswich Jaffa | Men 55-59 | 724 | 25 |
| 26 | 0:18:39 | SKINN, Rob | | Senior Men | 42 | 26 |
| 27 | 0:18:40 | PRESTON, Andrew | Wymondham A.C. | Men 40-44 | 732 | 27 |
| 28 | 0:18:42 | BIRCH, James | Wymondham A.C. | Men 40-44 | 730 | 28 |
| 29 | 0:18:43 | HURREN, Dale | | Men 50-54 | 717 | 29 |
| 30 | 0:18:44 | COLLISON, Ben | West Norfolk A.C. | Senior Men | 121 | 30 |
| 31 | 0:18:47 | DAVIS, Darryl | City of Norwich A.C. | Men 40-44 | 108 | 31 |
| 32 | 0:18:49 | BLAKE, Richard | Gt. Yarmouth RRC | Men 55-59 | 78 | 32 |
| 33 | 0:18:50 | PRESTON, Adrian | Wymondham A.C. | Men 40-44 | 990 | 33 |
| 34 | 0:18:50 | MATTHEWS, Ellie | City of Norwich A.C. | Senior Ladies | 428 | 34 |
| 35 | 0:18:51 | MARTIN, Paul | | Senior Men | 13 | 35 |
| 36 | 0:18:53 | HODGE, Nigel | City of Norwich A.C. | Men 40-44 | 79 | 36 |
| 37 | 0:18:54 | ELDRIDGE, Darren | Coltishall Jaguars | Senior Men | 8 | 37 |
| 38 | 0:18:57 | POLLEY, Richard | City of Norwich A.C. | Men 50-54 | 72 | 38 |
| 39 | 0:19:03 | GOTTS, Mark | City of Norwich A.C. | Senior Men | 137 | 39 |
| 40 | 0:19:09 | NELSON, Peter | | Senior Men | 68 | 40 |
| 41 | 0:19:14 | GREENLAND, Edward | Wymondham A.C. | Men 40-44 | 84 | 41 |
| 42 | 0:19:16 | BATES, Steve | Coltishall Jaguars | Senior Men | 104 | 42 |
| 43 | 0:19:20 | STEWART, Clive | | Men 45-49 | 51 | 43 |
| 44 | 0:19:29 | BRIGHTY, Joshua | Norwich Road Runners | Senior Men | 82 | 44 |
| 45 | 0:19:30 | TANDY, David | Norwich Road Runners | Senior Men | 65 | 45 |
| 46 | 0:19:33 | PLACKETT, Stephen | Reepham Runners | Men 45-49 | 991 | 46 |
| 47 | 0:19:34 | FLEMING, John | | Senior Men | 22 | 47 |
| 48 | 0:19:34 | PARKER, Chris | North Norfolk Beach Runners | Senior Men | 124 | 48 |
| 49 | 0:19:35 | GUY, Steven | City of Norwich A.C. | Senior Men | 21 | 49 |
| 50 | 0:19:36 | MASON, Shawn | Gt. Yarmouth RRC | Senior Men | 126 | 50 |
| 51 | 0:19:40 | CALLABY, Ryan | North Norfolk Beach Runners | Senior Men | 994 | 51 |
| 52 | 0:19:41 | BROOKSHAW, Paul | Gt. Yarmouth RRC | Men 45-49 | 15 | 52 |
| 53 | 0:19:43 | LEMON, Scott | | Senior Men | 9 | 53 |
| 54 | 0:19:46 | BLAKE, Dean | Coltishall Jaguars | Senior Men | 107 | 54 |
| 55 | 0:19:46 | ALDIS, David | City of Norwich A.C. | Men 55-59 | 123 | 55 |
| 56 | 0:19:48 | THOMPSON, Peter | Norfolk Gazelles | Men 50-54 | 24 | 56 |
| 57 | 0:19:49 | SAVORY, Andrew | Norwich Road Runners | Men 40-44 | 103 | 57 |
| 58 | 0:19:49 | READER, Jonathan | Coltishall Jaguars | Senior Men | 86 | 58 |
| 59 | 0:19:50 | WAITY, Phil | Thetford A.C. | Junior Men | 10 | 59 |
| 60 | 0:19:57 | FRARY, Mathew | | Senior Men | 997 | 60 |
| 61 | 0:19:59 | BEE, Glenn | | Men 45-49 | 74 | 61 |
| 62 | 0:20:08 | BUSHELL, Alan | Coltishall Jaguars | Senior Men | 25 | 62 |
| 63 | 0:20:09 | DAINES, Rebecca | West Norfolk A.C. | Junior Ladies | 473 | 63 |
| 64 | 0:20:10 | BOWMAN, Ken | Coltishall Jaguars | Men 60+ | 37 | 64 |
| 65 | 0:20:10 | HAYES, Jim | North Norfolk Beach Runners | Men 60+ | 106 | 65 |
| 66 | 0:20:12 | JAMES, Robert | Bungay Black Dog A.C. | Senior Men | 49 | 66 |
| 67 | 0:20:13 | WILSON, Robin | Bungay Black Dog A.C. | Men 50-54 | 73 | 67 |
| 68 | 0:20:14 | KIRTON, Joseph | Thetford A.C. | Junior Men | 18 | 68 |
| 69 | 0:20:16 | HARDINGHAM, Kevin | Norfolk Gazelles | Men 50-54 | 19 | 69 |
| 70 | 0:20:21 | TURNER, Mark | Gt. Yarmouth RRC | Senior Men | 728 | 70 |

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> |
|--------------|-------------|----------------------|-----------------------------|--------------------------|----------------|-------------------|
| 71 | 0:20:26 | LACEY, Dominic | | Senior Men | 721 | 71 |
| 72 | 0:20:27 | KINGABY, Bill | Waveney Valley A.C. | Men 55-59 | 105 | 72 |
| 73 | 0:20:28 | BEAUCHAMP, Gary | | Men 45-49 | 58 | 73 |
| 74 | 0:20:31 | ELLIS, Vince | City of Norwich A.C. | Men 50-54 | 85 | 74 |
| 75 | 0:20:34 | HOUCHEM, Ben | | Senior Men | 5 | 75 |
| 76 | 0:20:39 | HIGH, Christopher | | Senior Men | 99 | 76 |
| 77 | 0:20:40 | WADE, Christopher | North Norfolk Beach Runners | Senior Men | 95 | 77 |
| 78 | 0:20:44 | ADAMS, Rebecca | Tri-Anglia | Senior Ladies | 465 | 78 |
| 79 | 0:20:45 | APPLEBY, Louise | City of Norwich A.C. | Senior Ladies | 462 | 79 |
| 80 | 0:20:47 | GOTTS, Sam | City of Norwich A.C. | Junior Men | 136 | 80 |
| 81 | 0:20:51 | GILBERT, Ashley | Dereham Runners A.C. | Senior Men | 999 | 81 |
| 82 | 0:20:52 | LINES, Rob | Tri-Anglia | Senior Men | 34 | 82 |
| 83 | 0:20:54 | ETHERINGTON, Stephen | Gt. Yarmouth RRC | Men 50-54 | 14 | 83 |
| 84 | 0:20:56 | BRANNAN, Terry | Wymondham A.C. | Men 60+ | 700 | 84 |
| 85 | 0:21:06 | PLACKETT, Joshua | Norwich Road Runners | Junior Men | 992 | 85 |
| 86 | 0:21:08 | CHURCH, Stephen | | Men 45-49 | 28 | 86 |
| 87 | 0:21:15 | DADY, Stephen | | Men 55-59 | 718 | 87 |
| 88 | 0:21:16 | METTERS, Paul | Dereham Runners A.C. | Senior Men | 36 | 88 |
| 89 | 0:21:17 | VOGLER, Clem | Dereham Runners A.C. | Men 60+ | 90 | 89 |
| 90 | 0:21:19 | HARDINGHAM, Graham | Norfolk Gazelles | Men 45-49 | 2 | 90 |
| 91 | 0:21:25 | CRUTCHLEY, Ian | Wymondham A.C. | Men 40-44 | 59 | 91 |
| 92 | 0:21:34 | HARMER, Mark | City of Norwich A.C. | Senior Men | 996 | 92 |
| 93 | 0:21:35 | TAYLOR, Mark | Norwich Road Runners | Men 55-59 | 993 | 93 |
| 94 | 0:21:44 | WADE, Jamie | North Norfolk Beach Runners | Senior Men | 96 | 94 |
| 95 | 0:21:47 | JAMES, Matthew | Bungay Black Dog A.C. | Junior Men | 47 | 95 |
| 96 | 0:21:50 | TYLER, Tim | Norwich Road Runners | Men 50-54 | 723 | 96 |
| 97 | 0:21:50 | SHARPE, John | Coltishall Jaguars | Men 55-59 | 109 | 97 |
| 98 | 0:21:52 | THOMPSON, Eirrin | | Senior Men | 133 | 98 |
| 99 | 0:21:52 | PUNT, David | Bungay Black Dog A.C. | Men 50-54 | 118 | 99 |
| 100 | 0:21:53 | RING, Mark | | Men 40-44 | 130 | 100 |
| 101 | 0:21:54 | EMMETT, Lee | | Senior Men | 113 | 101 |
| 102 | 0:22:00 | JOHNSON, Pater | | Men 50-54 | 141 | 102 |
| 103 | 0:22:06 | NIBLETT, Stephen | | Men 40-44 | 720 | 103 |
| 104 | 0:22:07 | MOORE, Debbie | Norfolk Gazelles | Ladies 40-44 | 408 | 104 |
| 105 | 0:22:08 | DURRANT, Judith | | Senior Ladies | 403 | 105 |
| 106 | 0:22:21 | WITHEY, Sally | City of Norwich A.C. | Senior Ladies | 422 | 106 |
| 107 | 0:22:21 | JARVIS, Ian | North Norfolk Beach Runners | Men 40-44 | 61 | 107 |
| 108 | 0:22:22 | WILSON, Hazel | City of Norwich A.C. | Junior Ladies | 407 | 108 |
| 109 | 0:22:25 | WADE, Ian | North Norfolk Beach Runners | Men 50-54 | 94 | 109 |
| 110 | 0:22:35 | HANNANT, Emily | Coltishall Jaguars | Senior Ladies | 411 | 110 |
| 111 | 0:22:36 | COX, Juliet | Wymondham A.C. | Senior Ladies | 451 | 111 |
| 112 | 0:22:39 | BROOK, Richard | | Senior Men | 87 | 112 |
| 113 | 0:22:48 | ABBS, James | | Senior Men | 128 | 113 |
| 114 | 0:22:49 | GILBERT, Steve | Dereham Runners A.C. | Men 50-54 | 998 | 114 |
| 115 | 0:22:49 | COCKBURN, Ralph | | Men 40-44 | 116 | 115 |
| 116 | 0:22:49 | WALKER, Christina | North Norfolk Beach Runners | Senior Ladies | 415 | 116 |
| 117 | 0:22:50 | BURDETT, Simon | City of Norwich A.C. | Senior Men | 71 | 117 |
| 118 | 0:22:51 | MACKAY, David | City of Norwich A.C. | Senior Men | 66 | 118 |
| 119 | 0:22:51 | BROOKS, Julia | City of Norwich A.C. | Ladies 40-44 | 444 | 119 |
| 120 | 0:22:54 | GARWOOD, James | | Senior Men | 129 | 120 |
| 121 | 0:22:57 | BURCHAM, Andrew | | Senior Men | 60 | 121 |
| 122 | 0:22:58 | RUMSBY, Karl | | Senior Men | 6 | 122 |
| 123 | 0:23:02 | BAKER, Hannah | City of Norwich A.C. | Senior Ladies | 432 | 123 |
| 124 | 0:23:02 | EMERY, Rob | North Norfolk Beach Runners | Senior Men | 93 | 124 |
| 125 | 0:23:04 | KIRTON, Dean | Thetford A.C. | Men 40-44 | 17 | 125 |
| 126 | 0:23:05 | TURNER, Frankie | Gt Yarmouth & D.A.C. | Junior Ladies | 727 | 126 |
| 127 | 0:23:06 | BUSSEY, Peter | Norwich Road Runners | Men 45-49 | 138 | 127 |
| 128 | 0:23:08 | DREW, Christopher | | Senior Men | 43 | 128 |
| 129 | 0:23:09 | BARNES, Graham | Coltishall Jaguars | Men 55-59 | 16 | 129 |
| 130 | 0:23:12 | WORRALL, Marie | Gt. Yarmouth RRC | Ladies 40-44 | 442 | 130 |
| 131 | 0:23:13 | NIBLETT, Sam | | Junior Men | 719 | 131 |
| 132 | 0:23:13 | SIMPSON, David | Coltishall Jaguars | Men 55-59 | 63 | 132 |
| 133 | 0:23:14 | COLEMAN, Trudie | Tri-Anglia | Ladies 40-44 | 463 | 133 |
| 134 | 0:23:16 | ROBINSON, Neil | | Men 40-44 | 135 | 134 |
| 135 | 0:23:17 | SAUERZAPF, Bobbie | Bungay Black Dog A.C. | Ladies 45-49 | 416 | 135 |
| 136 | 0:23:20 | CHORLEY, Chris | Bungay Black Dog A.C. | Men 45-49 | 30 | 136 |
| 137 | 0:23:20 | WILSON, Brendan | City of Norwich A.C. | Men 40-44 | 80 | 137 |
| 138 | 0:23:22 | CLOUGHTON, Bob | Norwich Road Runners | Men 55-59 | 83 | 138 |
| 139 | 0:23:26 | MONAGHAN, Kate | | Senior Ladies | 469 | 139 |
| 140 | 0:23:26 | BALL, Malcolm | North Norfolk Beach Runners | Men 60+ | 44 | 140 |

Results for All Competitors in finish order.

| Place | Time | Name | Team | Race Age Category | Race | Race |
|-------|---------|----------------------|-----------------------------|-------------------|------|-------|
| | | | | | No | Place |
| 141 | 0:23:28 | BEVERLEY, Jon | | Senior Men | 117 | 141 |
| 142 | 0:23:41 | THIRKETTLE, Patrick | | Men 40-44 | 48 | 142 |
| 143 | 0:23:42 | STEVENSON, Tracy | Norfolk Gazelles | Ladies 40-44 | 409 | 143 |
| 144 | 0:23:44 | WARD, Beres | City of Norwich A.C. | Ladies 50-54 | 81 | 144 |
| 145 | 0:23:47 | JAMES, Mike | | Men 40-44 | 50 | 145 |
| 146 | 0:23:56 | COLEMAN, Graham | Wymondham A.C. | Men 45-49 | 52 | 146 |
| 147 | 0:24:00 | CONNOLLY, Chris | Ryston Runners | Men 55-59 | 101 | 147 |
| 148 | 0:24:02 | ALFORD, Colin | | Men 40-44 | 39 | 148 |
| 149 | 0:24:06 | MAYCOCK, Carol | Bungay Black Dog A.C. | Ladies 45-49 | 472 | 149 |
| 150 | 0:24:11 | KERRISON, John | | Men 45-49 | 132 | 150 |
| 151 | 0:24:12 | HARROP, Jackie | Norfolk Gazelles | Ladies 45-49 | 450 | 151 |
| 152 | 0:24:18 | JONES, Theodore | | Junior Men | 54 | 152 |
| 153 | 0:24:20 | KINCH, Brenda | North Norfolk Beach Runners | Ladies 60+ | 420 | 153 |
| 154 | 0:24:20 | ARMES, Michael | Norwich Road Runners | Men 40-44 | 76 | 154 |
| 155 | 0:24:26 | MARDEN, Stewart | Coltishall Jaguars | Men 45-49 | 98 | 155 |
| 156 | 0:24:32 | KEAN-COCKBURN, Peter | Coltishall Jaguars | Men 45-49 | 114 | 156 |
| 157 | 0:24:32 | BLAKE, Emma | Coltishall Jaguars | Senior Ladies | 445 | 157 |
| 158 | 0:24:38 | LEE, Gavin | Coltishall Jaguars | Senior Men | 69 | 158 |
| 159 | 0:24:44 | O'HARA, Jonathan | | Senior Men | 92 | 159 |
| 160 | 0:24:49 | LOUGHLIN, Gillian | West Norfolk A.C. | Ladies 40-44 | 470 | 160 |
| 161 | 0:24:50 | GRAY, Emma | | Senior Ladies | 405 | 161 |
| 162 | 0:24:57 | HIGH, Richard | | Senior Men | 100 | 162 |
| 163 | 0:25:09 | JECKELL, Colin | Coltishall Jaguars | Men 50-54 | 1000 | 163 |
| 164 | 0:25:13 | WRIGHT, Kevin | | Men 40-44 | 62 | 164 |
| 165 | 0:25:22 | DEPASQUALE, Dale | | Men 40-44 | 11 | 165 |
| 166 | 0:25:34 | WALTON, Andrew | | Senior Men | 77 | 166 |
| 167 | 0:25:37 | PRATT, Jenny | | Senior Ladies | 426 | 167 |
| 168 | 0:25:39 | DAYNES, Kirsty | Wymondham A.C. | Senior Ladies | 481 | 168 |
| 169 | 0:25:41 | FIJALKOWSKA, Rachel | Tri-Anglia | Senior Ladies | 480 | 169 |
| 170 | 0:25:47 | CARR, Caroline | Wymondham A.C. | Senior Ladies | 433 | 170 |
| 171 | 0:25:50 | HARDY, Carol | Norfolk Gazelles | Ladies 45-49 | 441 | 171 |
| 172 | 0:25:52 | BRITT, Tony | | Men 50-54 | 32 | 172 |
| 173 | 0:25:53 | ARDEN, Jeff | Norwich Road Runners | Men 45-49 | 40 | 173 |
| 174 | 0:26:01 | DENNIS, Emma | North Norfolk Beach Runners | Senior Ladies | 455 | 174 |
| 175 | 0:26:05 | COOMBES, Isobel | | Junior Ladies | 478 | 175 |
| 176 | 0:26:13 | WELLS, Dennis | Wymondham A.C. | Men 55-59 | 23 | 176 |
| 177 | 0:26:15 | HIGGINS, Janet | City of Norwich A.C. | Ladies 50-54 | 425 | 177 |
| 178 | 0:26:16 | SWANSON, Alison | North Norfolk Beach Runners | Senior Ladies | 434 | 178 |
| 179 | 0:26:16 | BAMFORD, Julian | Norwich Road Runners | Senior Men | 33 | 179 |
| 180 | 0:26:25 | GAINSFORD, Ruth | | Ladies 40-44 | 452 | 180 |
| 181 | 0:26:26 | DADY, Sylvia | | Senior Ladies | 461 | 181 |
| 182 | 0:26:30 | WALTERS, Mark | | Senior Men | 127 | 182 |
| 183 | 0:26:33 | WALTERS, Katy | City of Norwich A.C. | Senior Ladies | 474 | 183 |
| 184 | 0:26:33 | QUENTIN-HICKS, Kate | City of Norwich A.C. | Senior Ladies | 440 | 184 |
| 185 | 0:26:34 | SNELLING, Neville | Norwich Road Runners | Senior Men | 1 | 185 |
| 186 | 0:26:47 | BARTON, Frances | City of Norwich A.C. | Ladies 45-49 | 423 | 186 |
| 187 | 0:27:08 | FRARY, Bernice | | Senior Ladies | 467 | 187 |
| 188 | 0:27:11 | TUVEY, Victoria | Wymondham A.C. | Ladies 45-49 | 457 | 188 |
| 189 | 0:27:20 | SLOWTHER, Darren | | Senior Men | 102 | 189 |
| 190 | 0:27:21 | DURANT, Becky | Coltishall Jaguars | Ladies 55-59 | 454 | 190 |
| 191 | 0:27:27 | PAGE, Sarah | | Senior Ladies | 466 | 191 |
| 192 | 0:27:35 | BOOT, Andy | | Senior Men | 125 | 192 |
| 193 | 0:27:51 | ALFORD, Karen | | Ladies 40-44 | 424 | 193 |
| 194 | 0:27:55 | BURTON, Michelle | North Norfolk Beach Runners | Senior Ladies | 417 | 194 |
| 195 | 0:28:04 | BELL, Jeremy | | Men 45-49 | 12 | 195 |
| 196 | 0:28:08 | KIMBLEY, Liz | City of Norwich A.C. | Senior Ladies | 475 | 196 |
| 197 | 0:28:09 | FARROW, Linda | Norfolk Gazelles | Ladies 60+ | 419 | 197 |
| 198 | 0:28:24 | SOUTHGATE, Stuart | | Men 40-44 | 7 | 198 |
| 199 | 0:28:29 | BARTON, Amy | | Senior Ladies | 435 | 199 |
| 200 | 0:28:34 | ROWE, Lorna | | Senior Ladies | 479 | 200 |
| 201 | 0:28:36 | HORNER, Alison | Coltishall Jaguars | Senior Ladies | 401 | 201 |
| 202 | 0:28:43 | SCUTTER, Tim | Tri-Anglia | Senior Men | 56 | 202 |
| 203 | 0:28:46 | POLLEY, Jeanette | Wymondham A.C. | Ladies 45-49 | 458 | 203 |
| 204 | 0:29:12 | JERMYN, Suzy | | Senior Ladies | 464 | 204 |
| 205 | 0:29:26 | HORTH, Stuart | | Men 40-44 | 729 | 205 |
| 206 | 0:29:26 | BROWN, Richard | | Senior Men | 134 | 206 |
| 207 | 0:29:41 | HOWE, Ross | North Norfolk Beach Runners | Senior Men | 120 | 207 |
| 208 | 0:29:45 | HARVEY, Susan | Wymondham A.C. | Ladies 50-54 | 456 | 208 |
| 209 | 0:29:53 | RUMBELOW, Hayley | | Senior Ladies | 406 | 209 |
| 210 | 0:29:54 | MOORE, Jane | Norfolk Gazelles | Ladies 40-44 | 431 | 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 | 0:29:59 | LAWRENCE, Sarah | | Senior Ladies | 448 | 211 |
| 212 | 0:30:04 | GREENLAND, Helen | | Ladies 40-44 | 443 | 212 |
| 213 | 0:30:18 | CLARK, Anne | City of Norwich A.C. | Ladies 45-49 | 453 | 213 |
| 214 | 0:30:49 | HARRINGTON, Kim | Wymondham A.C. | Ladies 45-49 | 421 | 214 |
| 215 | 0:31:04 | RAGAB, Liann | | Senior Ladies | 482 | 215 |
| 216 | 0:31:04 | ETHERINGTON, Denise | Gt. Yarmouth RRC | Ladies 50-54 | 603 | 216 |
| 217 | 0:31:24 | CLAXTON, Mhairi | Norwich Road Runners | Senior Ladies | 459 | 217 |
| 218 | 0:31:44 | SCOGGINS, Richard | | Men 40-44 | 46 | 218 |
| 219 | 0:31:46 | SCOGGINS, Heather | | Junior Ladies | 430 | 219 |
| 220 | 0:32:31 | DAVIS, Clarissa | City of Norwich A.C. | Junior Ladies | 446 | 220 |
| 221 | 0:32:32 | DAVIS, Kerry | Tri-Anglia | Senior Ladies | 447 | 221 |
| 222 | 0:33:40 | READER, Frank | | Men 60+ | 722 | 222 |
| 223 | 0:34:02 | McCOLLI, Natasha | | Senior Ladies | 476 | 223 |
| 224 | 0:34:03 | HAYMAN, Susan | | Senior Ladies | 477 | 224 |
| 225 | 0:34:56 | BEAUMONT, Jonathan | | Men 50-54 | 38 | 225 |
| 226 | 0:36:12 | BRIGHTMAN, Pat | Gt Yarmouth & D.A.C. | Ladies 55-59 | 449 | 226 |
| 227 | 0:39:03 | ISON, Margaret | North Norfolk Beach Runners | Ladies 60+ | 471 | 227 |
| 228 | 0:39:05 | BELL, Tracey | | Ladies 45-49 | 410 | 228 |
| 229 | 0:39:06 | PHILLIPS, Sarah Ann | | Senior Ladies | 436 | 229 |

There were 229 finishers in the All Competitors category.

Don't forget the final race in this Summer Series is on 20th August 2008 and it also incorporates the Norfolk County Championship 5Km Race.