

Wroxham 5km Series : 2007

Second in Series

Wednesday 27 June 2007. 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	0:15:00	HENNESSY, Andrew (RACE WINNER)	Wells City Harriers	Senior Men	323	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	0:15:50	LEWIS, Adam	City of Norwich A.C.	Senior Men	397	2
2	0:16:11	ALLEN, Luke	City of Norwich A.C.	Senior Men	488	3
3	0:16:22	LENTON, Tim	Norfolk Gazelles	Senior Men	493	4
4	0:16:36	MERRYLEES, Chris	North Norfolk Beach Runners	Senior Men	457	6
5	0:16:40	SMITH, Paul J	Norwich Road Runners	Senior Men	335	7

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	0:16:34	MOORE, Richard	Waveney Valley A.C.	Men 40-44	422	5

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	0:16:45	GLAYSHER, Stephan	City of Norwich A.C.	Men 45-49	314	10

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	0:17:59	JOHNSON, Peter	Norfolk Gazelles	Men 50-54	373	24

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	0:18:10	BLAKE, Richard	Gt. Yarmouth RRC	Men 55-59	321	29

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	0:19:28	SPRAGG, Michael	Gt. Yarmouth RRC	Men 60+	346	65

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	0:16:41	CRAWSHAW, Thomas	City of Norwich A.C.	Junior Men	451	8
2	0:17:26	LAWRENCE, Ashley	Norfolk Gazelles	Junior Men	366	15
3	0:18:01	DAWS, Christopher	Gt Yarmouth & D.A.C.	Junior Men	317	26

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	0:18:05	NIMMOCK, Danielle (RACE WINNER)	City of Norwich A.C.	Senior Ladies	536	27

Senior Ladies

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:18:16	DUNGAR, Amy	City of Norwich A.C.	Senior Ladies	588	32
2	0:18:37	ALFORD, Nicky	City of Norwich A.C.	Senior Ladies	500	47
3	0:19:07	ROSE, Carley	City of Norwich A.C.	Senior Ladies	519	55
4	0:19:19	EMMETT, Lynn	City of Norwich A.C.	Senior Ladies	552	58
5	0:19:26	FLANAGAN, Ann	Norwich Road Runners	Senior Ladies	564	64

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	0:20:42	COOPER, Lucy	Norfolk Gazelles	Ladies 40-44	530	105

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	0:18:40	PARFITT, Dena	North Norfolk Beach Runners	Ladies 45-49	581	48

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	0:22:09	MILLETT, Anne	Norwich Road Runners	Ladies 50-54	563	137

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	0:22:28	MANLY, Veronica	Wymondham A.C.	Ladies 54-59	577	146

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	0:24:05	SPONG, Carole	Gt. Yarmouth RRC	Ladies 60+	579	183

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	0:22:14	WILSON, Hazel	City of Norwich A.C.	Junior Ladies	565	140
2	0:23:14	COOMBES, Isobel		Junior Ladies	542	166
3	0:31:24	SHULVER, Tiffany		Junior Ladies	524	263

Wroxham 5km Series : 2007 : Norfolk County Championship

Wednesday 27 June 2007. 7:15 pm

Individual Prize List

Norfolk 5 Km County Champion 2007 : Male – Adam Lewis, City of Norwich A.C.

Norfolk County Championship : Senior Men (13-39)

<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>
Gold	0:15:50	LEWIS, Adam	City of Norwich A.C.	Senior Men	397	2
Silver	0:16:11	ALLEN, Luke	City of Norwich A.C.	Senior Men	488	3
Bronze	0:16:22	LENTON, Tim	Norfolk Gazelles	Senior Men	493	4

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	0:16:45	GLAYSHER, Stephan	City of Norwich A.C.	Men 45-49	314	10
Silver	0:17:07	YAXLEY, Mick	Norfolk Gazelles	Men 45-49	439	12
Bronze	0:17:26	LEMMON, Kevin	Norwich Road Runners	Men 45-49	365	17

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	0:17:59	JOHNSON, Peter	Norfolk Gazelles	Men 50-54	373	24
Silver	0:18:10	BLAKE, Richard	Gt. Yarmouth RRC	Men 55-59	321	29
Bronze	0:18:22	YOUNGS, Kevin	Norfolk Gazelles	Men 55-59	385	36

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	0:19:28	SPRAGG, Michael	Gt. Yarmouth RRC	Men 60+	346	65
Silver	0:19:52	HAYES, Jim	North Norfolk Beach Runners	Men 60+	312	78
Bronze	0:20:41	VOGLER, Clem	Dereham Runners A.C.	Men 60+	409	104

Norfolk 5 Km County Champion 2007 : Female – Danielle Nimmock, City of Norwich A.C.

Norfolk County Championship : Senior Ladies (13-39)

<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>
Gold	0:18:05	NIMMOCK, Danielle	City of Norwich A.C.	Senior Ladies	536	27
Silver	0:18:16	DUNGAR, Amy	City of Norwich A.C.	Senior Ladies	588	32
Bronze	0:18:37	ALFORD, Nicky	City of Norwich A.C.	Senior Ladies	500	47

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	0:18:40	PARFITT, Dena	North Norfolk Beach Runners	Ladies 45-49	581	48
Silver	0:20:42	COOPER, Lucy	Norfolk Gazelles	Ladies 40-44	530	105
Bronze	0:22:00	MOORE, Debbie	Norfolk Gazelles	Ladies 40-44	584	133

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	0:22:09	MILLETT, Anne	Norwich Road Runners	Ladies 50-54	563	137
Silver	0:22:27	OSBOURNE, Andrea	North Norfolk Beach Runners	Ladies 50-54	600	145
Bronze	0:22:28	MANLY, Veronica	Wymondham A.C.	Ladies 54-59	577	146

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	0:24:38	POTTER, Judy	Bungay Black Dog A.C.	Ladies 60+	499	192
Silver	0:25:18	KINCH, Brenda	North Norfolk Beach Runners	Ladies 60+	548	206
Bronze	0:26:36	FARROW, Linda	Norfolk Gazelles	Ladies 60+	580	224

Wroxham 5Km : Team Results

Open Category

Wednesday 27th June 2007. 7:15 pm

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

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

1 : City of Norwich A.C.				<i>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	0:15:50	LEWIS, Adam	Senior Men	397	2
3	0:16:11	ALLEN, Luke	Senior Men	488	3
7	0:16:41	CRAWSHAW, Thomas	Junior Men	451	8
8	0:16:42	BEAMISH, Michael	Senior Men	392	9

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

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

1 : Norfolk Gazelles				<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>
3	0:17:07	YAXLEY, Mick	Men 45-49	439	12
5	0:17:30	ARNOLD, Nigel	Men 45-49	388	19
7	0:17:57	COOPER, PHIL	Men 40-44	466	23
8	0:17:59	JOHNSON, Peter	Men 50-54	373	24

Winners of the 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	0:18:05	NIMMOCK, Danielle	Senior Ladies	536	27
2	0:18:16	DUNGAR, Amy	Senior Ladies	588	32
3	0:18:37	ALFORD, Nicky	Senior Ladies	500	47

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

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

1 : Norfolk Gazelles				<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	0:20:42	COOPER, Lucy	Ladies 40-44	530	105
3	0:22:00	MOORE, Debbie	Ladies 40-44	584	133
8	0:23:01	JORDAN, Catherine	Ladies 50-54	528	158

Wroxham 5Km : Team Results

Norfolk County Championships:

Wednesday 27th June 2007. 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>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	0:15:50	LEWIS, Adam	Senior Men	397	2
2	0:16:11	ALLEN, Luke	Senior Men	488	3
6	0:16:41	CRAWSHAW, Thomas	Junior Men	451	8
7	0:16:42	BEAMISH, Michael	Senior Men	392	9
16	1:05:24	Totals			

Silver : 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	0:16:40	SMITH, Paul J	Senior Men	335	7
8	0:17:05	HORLOCK, Martin	Senior Men	429	11
10	0:17:22	BETTS, Mark	Senior Men	370	14
12	0:17:26	MILLETT, Simon	Senior Men	359	16
35	1:08:33	Totals			

Bronze: Norfolk Gazelles				<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>
3	0:16:22	LENTON, Tim	Senior Men	493	4
9	0:17:16	HIGHAM, Paul	Senior Men	301	13
11	0:17:26	LAWRENCE, Ashley	Junior Men	366	15
29	0:19:20	BRIDGES, Doug	Senior Men	471	59
52	1:10:24	Totals			

Norfolk County Championship Veteran Men (40+) Team

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

Gold : Norfolk Gazelles				<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	0:17:07	YAXLEY, Mick	Men 45-49	439	12
4	0:17:30	ARNOLD, Nigel	Men 45-49	388	19
6	0:17:57	COOPER, PHIL	Men 40-44	466	23
7	0:17:59	JOHNSON, Peter	Men 50-54	373	24
19	1:10:33	Totals			

Silver : 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>
3	0:17:26	LEMMON, Kevin	Men 45-49	365	17
8	0:18:00	GRAND, Adrian	Men 40-44	364	25
11	0:18:12	GARRETT, Mark	Men 40-44	358	31
14	0:18:20	SULLIVAN, Paul	Men 40-44	334	35
36	1:11:58	Totals			

Bronze: Wymondham 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>
5	0:17:41	WHITE, Richard	Men 45-49	420	21
13	0:18:20	BIRCH, James	Men 40-44	447	34
17	0:18:29	GREENLAND, Edward	Men 40-44	413	38
26	0:19:37	HOLLAND, Neil	Men 45-49	426	71
61	1:14:07	Totals			

Wroxham 5Km : Team Results

Norfolk County Championships:

Wednesday 27th June 2007. 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>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	0:18:05	NIMMOCK, Danielle	Senior Ladies	536	27
2	0:18:16	DUNGAR, Amy	Senior Ladies	588	32
3	0:18:37	ALFORD, Nicky	Senior Ladies	500	47
6	0:54:58	Totals			

Silver : 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>
4	0:19:07	ROSE, Carley	Senior Ladies	519	55
5	0:19:19	EMMETT, Lynn	Senior Ladies	552	58
7	0:19:30	WATERMAN, Rose	Senior Ladies	571	70
16	0:57:56	Totals			

Bronze: 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>
6	0:19:26	FLANAGAN, Ann	Senior Ladies	564	64
9	0:20:40	SMITH, Alexandra	Senior Ladies	496	103
13	0:22:17	BULL, Michelle	Senior Ladies	575	142
28	1:02:23	Totals			

Norfolk County Championship Veteran Ladies (40+) Team

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

Gold : Norfolk Gazelles				<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	0:20:42	COOPER, Lucy	Ladies 40-44	530	105
3	0:22:00	MOORE, Debbie	Ladies 40-44	584	133
8	0:23:01	JORDAN, Catherine	Ladies 50-54	528	158
13	1:05:43	Totals			

Silver : North Norfolk Beach 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>
1	0:18:40	PARFITT, Dena	Ladies 45-49	581	48
5	0:22:27	OSBOURNE, Andrea	Ladies 50-54	600	145
18	0:25:18	KINCH, Brenda	Ladies 60+	548	206
24	1:06:25	Totals			

Bronze: Norfolk Gazelles				<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>
10	0:23:48	POOLE, Carolyn	Ladies 50-54	501	179
11	0:23:56	ELLEN, Anne	Ladies 50-54	511	180
12	0:24:23	HARROP, Jackie	Ladies 45-49	551	190
33	1:12:07	Totals			

Wroxham 5km Series : 2007

Second in Series

Wednesday 27 June 2007. 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	0:15:00	HENNESSY, Andrew	Wells City Harriers	Senior Men	323	1
2	0:15:50	LEWIS, Adam	City of Norwich A.C.	Senior Men	397	2
3	0:16:11	ALLEN, Luke	City of Norwich A.C.	Senior Men	488	3
4	0:16:22	LENTON, Tim	Norfolk Gazelles	Senior Men	493	4
5	0:16:34	MOORE, Richard	Waveney Valley A.C.	Men 40-44	422	5
6	0:16:36	MERRYLEES, Chris	North Norfolk Beach Runners	Senior Men	457	6
7	0:16:40	SMITH, Paul J	Norwich Road Runners	Senior Men	335	7
8	0:16:41	CRAWSHAW, Thomas	City of Norwich A.C.	Junior Men	451	8
9	0:16:42	BEAMISH, Michael	City of Norwich A.C.	Senior Men	392	9
10	0:16:45	GLAYSHER, Stephan	City of Norwich A.C.	Men 45-49	314	10
11	0:17:05	HORLOCK, Martin	Norwich Road Runners	Senior Men	429	11
12	0:17:07	YAXLEY, Mick	Norfolk Gazelles	Men 45-49	439	12
13	0:17:16	HIGHAM, Paul	Norfolk Gazelles	Senior Men	301	13
14	0:17:22	BETTS, Mark	Norwich Road Runners	Senior Men	370	14
15	0:17:26	LAWRENCE, Ashley	Norfolk Gazelles	Junior Men	366	15
16	0:17:26	MILLETT, Simon	Norwich Road Runners	Senior Men	359	16
17	0:17:26	LEMMON, Kevin	Norwich Road Runners	Men 45-49	365	17
18	0:17:27	GOODALL, Paul	City of Norwich A.C.	Senior Men	464	18
19	0:17:30	ARNOLD, Nigel	Norfolk Gazelles	Men 45-49	388	19
20	0:17:37	BUNN, Andrew	Liverpool Harriers A.C.	Senior Men	303	20
21	0:17:41	WHITE, Richard	Wymondham A.C.	Men 45-49	420	21
22	0:17:50	CHAPMAN, Karl	Wymondham A.C.	Senior Men	478	22
23	0:17:57	COOPER, PHIL	Norfolk Gazelles	Men 40-44	466	23
24	0:17:59	JOHNSON, Peter	Norfolk Gazelles	Men 50-54	373	24
25	0:18:00	GRAND, Adrian	Norwich Road Runners	Men 40-44	364	25
26	0:18:01	DAWS, Christopher	Gt Yarmouth & D.A.C.	Junior Men	317	26
27	0:18:05	NIMMOCK, Danielle	City of Norwich A.C.	Senior Ladies	536	27
28	0:18:06	STRATTON, Ben	Wymondham A.C.	Junior Men	394	28
29	0:18:10	BLAKE, Richard	Gt. Yarmouth RRC	Men 55-59	321	29
30	0:18:11	PRICE-THOMAS, Richard	North Norfolk Beach Runners	Men 45-49	459	30
31	0:18:12	GARRETT, Mark	Norwich Road Runners	Men 40-44	358	31
32	0:18:16	DUNGAR, Amy	City of Norwich A.C.	Senior Ladies	588	32
33	0:18:19	SPEARS, Simon	Stowmarket Striders	Men 45-49	492	33
34	0:18:20	BIRCH, James	Wymondham A.C.	Men 40-44	447	34
35	0:18:20	SULLIVAN, Paul	Norwich Road Runners	Men 40-44	334	35
36	0:18:22	YOUNGS, Kevin	Norfolk Gazelles	Men 55-59	385	36
37	0:18:25	HURREN, Dale		Men 45-49	443	37
38	0:18:29	GREENLAND, Edward	Wymondham A.C.	Men 40-44	413	38
39	0:18:29	CHRISTOPHER, John	North Norfolk Beach Runners	Men 40-44	461	39
40	0:18:31	NEALE, Darren	North Norfolk Beach Runners	Senior Men	465	40
41	0:18:32	PECK, Andy	Gt. Yarmouth RRC	Senior Men	470	41
42	0:18:33	SIBLEY, Neil	Gt. Yarmouth RRC	Men 40-44	341	42
43	0:18:34	REED, Mitchell	Gt Yarmouth & D.A.C.	Junior Men	479	43
44	0:18:35	BOLAM, Jeremy	North Norfolk Beach Runners	Men 45-49	448	44
45	0:18:35	NELSON, Peter		Senior Men	407	45
46	0:18:36	HODGE, Nigel	City of Norwich A.C.	Senior Men	380	46
47	0:18:37	ALFORD, Nicky	City of Norwich A.C.	Senior Ladies	500	47
48	0:18:40	PARFITT, Dena	North Norfolk Beach Runners	Ladies 45-49	581	48
49	0:18:49	GRAND, Ed		Junior Men	363	49
50	0:18:51	MASON, Shawn	Gt Yarmouth & D.A.C.	Senior Men	368	50
51	0:18:52	LAMB, Oliver		Junior Men	319	51
52	0:18:55	KENYON, Stephen	Waveney Valley A.C.	Men 40-44	476	52
53	0:18:58	EDRIDGE, Darren	Coltishall Jaguars	Senior Men	327	53
54	0:19:04	CHAPMAN, Graham	Biggleswade A.C.	Men 50-54	177	54
55	0:19:07	ROSE, Carley	City of Norwich A.C.	Senior Ladies	519	55
56	0:19:11	VAN MINDEN, Nils	Norwich Road Runners	Senior Men	477	56
57	0:19:11	RAWLINSON, Ivan	Tri-Anglia	Senior Men	176	57
58	0:19:19	EMMETT, Lynn	City of Norwich A.C.	Senior Ladies	552	58
59	0:19:20	BRIDGES, Doug	Norfolk Gazelles	Senior Men	471	59
60	0:19:21	FLEMING, John		Senior Men	351	60
61	0:19:23	KEMP, Stephen	Norwich Road Runners	Men 50-54	354	61
62	0:19:23	YOUNGS, James		Senior Men	403	62
63	0:19:26	ALDIS, David	City of Norwich A.C.	Men 55-59	491	63
64	0:19:26	FLANAGAN, Ann	Norwich Road Runners	Senior Ladies	564	64
65	0:19:28	SPRAGG, Michael	Gt. Yarmouth RRC	Men 60+	346	65
66	0:19:28	CLUES, Mark	Tri-Anglia	Senior Men	437	66
67	0:19:29	BATES, Steve	Coltishall Jaguars	Senior Men	410	67
68	0:19:30	WILCOCK, Joe	Coltishall Jaguars	Senior Men	387	68
69	0:19:30	PLACKETT, Stephen	Reepham Runners	Men 40-44	433	69

Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Race	
					No	Place
70	0:19:30	WATERMAN, Rose	City of Norwich A.C.	Senior Ladies	571	70
71	0:19:37	HOLLAND, Neil	Wymondham A.C.	Men 45-49	426	71
72	0:19:45	BEE, Glenn		Men 45-49	342	72
73	0:19:47	WIGHTMAN, Paul	Wymondham A.C.	Men 40-44	475	73
74	0:19:50	RIDER, Stefan	Norwich Road Runners	Senior Men	340	74
75	0:19:50	SINCLAIR, Nigel		Senior Men	482	75
76	0:19:51	HAYNES, Mark	Coltishall Jaguars	Senior Men	454	76
77	0:19:52	EDWARDS, Mark	Norwich Road Runners	Men 40-44	431	77
78	0:19:52	HAYES, Jim	North Norfolk Beach Runners	Men 60+	312	78
79	0:19:53	BRIGHTY, Joshua	Norwich Road Runners	Junior Men	441	79
80	0:19:53	MAYES, Matthew		Senior Men	436	80
81	0:19:54	THOMPSON, Peter	Norfolk Gazelles	Men 50-54	324	81
82	0:19:57	CHORLEY, Chris	Bungay Black Dog A.C.	Men 45-49	305	82
83	0:20:00	PARKER, Chris		Senior Men	462	83
84	0:20:02	EVANS, Paul	Gt. Yarmouth RRC	Men 50-54	455	84
85	0:20:03	SAVORY, Andrew	Norwich Road Runners	Men 40-44	361	85
86	0:20:04	ELLIS, Vince	City of Norwich A.C.	Men 50-54	389	86
87	0:20:10	GUY, Steven		Senior Men	309	87
88	0:20:14	WARDEN, Brian	City of Norwich A.C.	Senior Men	463	88
89	0:20:16	PORTER, Mel	Coltishall Jaguars	Senior Men	375	89
90	0:20:22	ROYSTON, John	Reepham Runners	Men 55-59	400	90
91	0:20:23	CUMMINGS, Chris	Gt. Yarmouth RRC	Senior Men	308	91
92	0:20:23	METTERS, Paul	Dereham Runners A.C.	Senior Men	401	92
93	0:20:25	EMERY, Trevor	North Norfolk Beach Runners	Men 55-59	412	93
94	0:20:26	FRARY, Mathew		Senior Men	490	94
95	0:20:27	SADLER, Ian	Norwich Road Runners	Senior Men	362	95
96	0:20:29	QUIGLEY, Terry	North Norfolk Beach Runners	Men 55-59	483	96
97	0:20:30	NIMMOCK, Steve	Dereham Runners A.C.	Men 40-44	399	97
98	0:20:31	HURN, Sara	North Norfolk Beach Runners	Senior Ladies	527	98
99	0:20:38	GROVES, Paul	Coltishall Jaguars	Men 40-44	406	99
100	0:20:39	DADY, Stephen		Men 55-59	175	100
101	0:20:39	HOWARD, Nigel		Men 45-49	438	101
102	0:20:40	SHULVER, Edward	Gt. Yarmouth RRC	Senior Men	416	102
103	0:20:40	SMITH, Alexandra	Norwich Road Runners	Senior Ladies	496	103
104	0:20:41	VOGLER, Clem	Dereham Runners A.C.	Men 60+	409	104
105	0:20:42	COOPER, Lucy	Norfolk Gazelles	Ladies 40-44	530	105
106	0:20:42	PARFITT, Matthew	North Norfolk Beach Runners	Senior Men	338	106
107	0:20:43	QUANTRILL, Vicky	Gt. Yarmouth RRC	Senior Ladies	549	107
108	0:20:44	PARFITT, Kevin	North Norfolk Beach Runners	Men 45-49	339	108
109	0:20:47	MOORE, Keith	Dereham Runners A.C.	Men 40-44	489	109
110	0:20:48	POTTER-CAMPBELL, Emma	Dereham Runners A.C.	Senior Ladies	573	110
111	0:20:51	JONES, Howard		Men 40-44	350	111
112	0:20:52	BLACKWELL, Kevin	Norfolk Gazelles	Men 45-49	396	112
113	0:20:54	BRADSHAW, Ernie	Dereham Runners A.C.	Men 60+	445	113
114	0:20:55	WILSON, Robin	Bungay Black Dog A.C.	Men 50-54	383	114
115	0:20:56	BROOKSHAW, Paul	Gt. Yarmouth RRC	Men 40-44	352	115
116	0:20:58	HARDINGHAM, Graham	Norfolk Gazelles	Men 45-49	331	116
117	0:21:05	HOWARD, Matt		Senior Men	449	117
118	0:21:07	WADE, Ian	North Norfolk Beach Runners	Men 45-49	418	118
119	0:21:09	BYE, Rod	Coltishall Jaguars	Men 45-49	472	119
120	0:21:09	BOWMAN, Ken	Coltishall Jaguars	Men 55-59	446	120
121	0:21:23	HARRISON, Paul	Dereham Runners A.C.	Men 50-54	430	121
122	0:21:28	SOMMERFIELD, Michael		Junior Men	469	122
123	0:21:32	BURTON, Howard	Coltishall Jaguars	Senior Men	347	123
124	0:21:33	STEVENS, Glen		Senior Men	485	124
125	0:21:34	BRIGHTY, Keith	Norwich Road Runners	Men 40-44	442	125
126	0:21:39	TUFTS, Mark	Wymondham A.C.	Senior Men	356	126
127	0:21:40	HOWARD, David	City of Norwich A.C.	Men 50-54	460	127
128	0:21:43	HAMMOND, Andrew		Men 50-54	325	128
129	0:21:46	LUBBOCK, David	City of Norwich A.C.	Men 40-44	318	129
130	0:21:50	SIMPSON, David	Coltishall Jaguars	Men 50-54	330	130
131	0:21:58	CLITHEROE, Ian		Senior Men	428	131
132	0:21:59	PLACKETT, Joshua	Reepham Runners	Junior Men	432	132
133	0:22:00	MOORE, Debbie	Norfolk Gazelles	Ladies 40-44	584	133
134	0:22:04	CORBOULD, Stephen	Norfolk Gazelles	Men 45-49	453	134
135	0:22:06	KERRISON, John		Men 45-49	367	135
136	0:22:08	THOMPSON, Eirrin		Senior Men	480	136
137	0:22:09	MILLETT, Anne	Norwich Road Runners	Ladies 50-54	563	137
138	0:22:11	ALFORD, Colin		Men 40-44	307	138
139	0:22:12	ETHERINGTON, Stephen	Gt. Yarmouth RRC	Men 45-49	353	139
140	0:22:14	WILSON, Hazel	City of Norwich A.C.	Junior Ladies	565	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	0:22:14	SLOWTHER, Denver		Senior Men	393	141
142	0:22:17	BULL, Michelle	Norwich Road Runners	Senior Ladies	575	142
143	0:22:19	COLMAN, David		Men 40-44	421	143
144	0:22:22	COLEMAN, Neil	Gt. Yarmouth RRC	Men 40-44	316	144
145	0:22:27	OSBOURNE, Andrea	North Norfolk Beach Runners	Ladies 50-54	600	145
146	0:22:28	MANLY, Veronica	Wymondham A.C.	Ladies 54-59	577	146
147	0:22:31	CRUTCHLEY, Ian	Wymondham A.C.	Men 40-44	481	147
148	0:22:32	JARVIS, Ian		Men 40-44	402	148
149	0:22:35	MILLER, Brian		Men 60+	336	149
150	0:22:36	CUSHING, Sally	Norwich Road Runners	Ladies 40-44	515	150
151	0:22:42	O'CALLAGHAN, James		Senior Men	333	151
152	0:22:47	MUTCH, Kerry	Gt. Yarmouth RRC	Men 40-44	302	152
153	0:22:51	THACKER, Helen		Senior Ladies	587	153
154	0:22:53	LAMBERT, John	ipswich jaffa	Men 60+	343	154
155	0:22:53	DURRANT, Judith		Senior Ladies	576	155
156	0:22:55	SHARPE, John	Coltishall Jaguars	Men 55-59	372	156
157	0:22:59	JONES, Eurwyn	Norfolk Gazelles	Men 45-49	427	157
158	0:23:01	JORDAN, Catherine	Norfolk Gazelles	Ladies 50-54	528	158
159	0:23:02	PAYNE, Gareth		Senior Men	404	159
160	0:23:05	HUTCHEON, David	Coltishall Jaguars	Men 60+	440	160
161	0:23:07	CLOUGHTON, Bob	Norwich Road Runners	Men 55-59	467	161
162	0:23:09	HAYWARD, Geoff	North Norfolk Beach Runners	Men 60+	411	162
163	0:23:11	SWITZER, Trudi		Senior Ladies	509	163
164	0:23:12	BALL, Malcolm	North Norfolk Beach Runners	Men 60+	374	164
165	0:23:13	DAVIDSON, Suzanne	Norwich Road Runners	Senior Ladies	495	165
166	0:23:14	COOMBES, Isobel		Junior Ladies	542	166
167	0:23:15	FORDER, Jason		Senior Men	337	167
168	0:23:16	BRAYNE, Adam		Junior Men	377	168
169	0:23:18	WITHEY, Sally	City of Norwich A.C.	Senior Ladies	529	169
170	0:23:19	LEECH, Tim		Men 45-49	484	170
171	0:23:23	WOOD, Charles	Norwich Road Runners	Men 45-49	444	171
172	0:23:26	DIXON, Robert		Junior Men	414	172
173	0:23:36	DIXON, Alan		Men 45-49	415	173
174	0:23:39	HOWETT, William		Men 45-49	174	174
175	0:23:40	PRESTON, Jessica	Wymondham A.C.	Senior Ladies	506	175
176	0:23:42	WARD, Beres		Ladies 50-54	539	176
177	0:23:44	HANNANT, Emily	Coltishall Jaguars	Senior Ladies	572	177
178	0:23:44	KNOWLES, Caroline	North Norfolk Beach Runners	Senior Ladies	192	178
179	0:23:48	POOLE, Carolyn	Norfolk Gazelles	Ladies 50-54	501	179
180	0:23:56	ELLEN, Anne	Norfolk Gazelles	Ladies 50-54	511	180
181	0:23:59	SAINES, Rob	North Norfolk Beach Runners	Men 60+	332	181
182	0:24:03	MIDDLETON, Charlie	Norfolk Gazelles	Men 40-44	349	182
183	0:24:05	SPONG, Carole	Gt. Yarmouth RRC	Ladies 60+	579	183
184	0:24:11	O'CALLAGHAN, Michael	Yaxley Runners	Men 50-54	474	184
185	0:24:12	DWYER, Matthew		Men 60+	450	185
186	0:24:14	???????????	???????????	??????	???	186
187	0:24:18	RENSHAW, Kenneth	Dereham Runners A.C.	Men 45-49	452	187
188	0:24:21	ARDEN, Jeff		Men 45-49	306	188
189	0:24:21	WILLSON, David		Men 40-44	381	189
190	0:24:23	HARROP, Jackie	Norfolk Gazelles	Ladies 45-49	551	190
191	0:24:26	SAUERZAPF, Bobbie	Bungay Black Dog A.C.	Ladies 45-49	598	191
192	0:24:38	POTTER, Judy	Bungay Black Dog A.C.	Ladies 60+	499	192
193	0:24:41	BYE, Jackie	Coltishall Jaguars	Ladies 45-49	497	193
194	0:24:42	UTTING, John		Men 50-54	320	194
195	0:24:42	SHARPE, Margaret	Coltishall Jaguars	Ladies 50-54	553	195
196	0:24:43	CRANE, Sharn		Senior Ladies	518	196
197	0:24:48	BAKER, Hannah	City of Norwich A.C.	Senior Ladies	508	197
198	0:24:51	HORNER, Alison	Coltishall Jaguars	Senior Ladies	505	198
199	0:25:02	HUTCHEON, Brenda	Coltishall Jaguars	Ladies 54-59	507	199
200	0:25:02	BOYCE, Peter		Senior Men	458	200
201	0:25:05	BRITCHER, Samantha		Senior Ladies	504	201
202	0:25:07	STEVENSON, Tracy	Norfolk Gazelles	Senior Ladies	583	202
203	0:25:14	DADY, Sylvia		Senior Ladies	191	203
204	0:25:17	ASHTON, Robert	Wymondham A.C.	Men 50-54	398	204
205	0:25:17	CRANE, Dawn	Coltishall Jaguars	Senior Ladies	559	205
206	0:25:18	KINCH, Brenda	North Norfolk Beach Runners	Ladies 60+	548	206
207	0:25:23	FIDDY, Rachel	Norwich Road Runners	Senior Ladies	574	207
208	0:25:24	HARDY, Carol	Norfolk Gazelles	Ladies 45-49	532	208
209	0:25:27	DARNELL, Bob		Men 55-59	357	209
210	0:25:34	JERMYN, Karl		Senior Men	487	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	0:25:35	WALTERS, Katy	City of Norwich A.C.	Senior Ladies	596	211
212	0:25:35	SHULVER, Rod	Gt. Yarmouth RRC	Men 60+	417	212
213	0:25:38	ROBINSON, Pauline	Coltishall Jaguars	Ladies 45-49	599	213
214	0:25:39	LIMEHOUSE, Gary		Men 45-49	313	214
215	0:25:48	MILLER, Sarah		Senior Ladies	554	215
216	0:25:50	NEAVE, Marianne	Norfolk Gazelles	Senior Ladies	534	216
217	0:25:52	NEAVE, Phillip	Bungay Black Dog A.C.	Men 55-59	328	217
218	0:26:00	GORDON, Racheal		Senior Ladies	541	218
219	0:26:06	STARLING, Jacqueline		Ladies 40-44	567	219
220	0:26:14	BATES, Joanne		Senior Ladies	582	220
221	0:26:15	HOPKINS, Vicky		Senior Ladies	569	221
222	0:26:19	JERMYN, Lorna		Senior Ladies	494	222
223	0:26:25	DURANT, Becky	Coltishall Jaguars	Ladies 54-59	586	223
224	0:26:36	FARROW, Linda	Norfolk Gazelles	Ladies 60+	580	224
225	0:26:39	MILLER, Rachel		Senior Ladies	556	225
226	0:26:40	EASTER, Christine		Senior Ladies	512	226
227	0:26:41	PRATT, Jenny		Senior Ladies	531	227
228	0:26:45	LUBBOCK, Sandra	City of Norwich A.C.	Ladies 40-44	591	228
229	0:26:49	HILL, Chris		Senior Men	376	229
230	0:26:54	WILCOCK, Shirley	Coltishall Jaguars	Ladies 45-49	543	230
231	0:26:58	POTTER, David	Bungay Black Dog A.C.	Men 60+	468	231
232	0:27:24	WALKER, Anna		Senior Ladies	592	232
233	0:27:29	ALFORD, Karen		Ladies 40-44	595	233
234	0:27:29	WALKER, Robert		Senior Men	315	234
235	0:27:30	JERMYN, Suzy		Senior Ladies	568	235
236	0:27:38	STREET, Paula		Ladies 40-44	555	236
237	0:27:40	HOLMES, Gill	Fenland Running Club	Ladies 50-54	589	237
238	0:27:45	HIGHAM, Hannah		Senior Ladies	521	238
239	0:27:50	WILDING, Keith	Gt. Yarmouth RRC	Men 60+	378	239
240	0:27:56	DILREW, Julie		Ladies 45-49	537	240
241	0:28:05	KINCH, Graham	North Norfolk Beach Runners	Men 60+	386	241
242	0:28:07	HARRISON, Peter	Gt. Yarmouth RRC	Men 60+	435	242
243	0:28:10	COLEMAN, Graham		Men 45-49	473	243
244	0:28:11	NELSON, Victoria		Senior Ladies	533	244
245	0:28:14	QUENTIN-HICKS, Kate	City of Norwich A.C.	Senior Ladies	566	245
246	0:28:15	BRAY, Nick		Senior Men	486	246
247	0:28:30	GIRDLESTONE, Jane	Tri-Anglia	Senior Ladies	540	247
248	0:28:30	BOOT, Andy	Norwich Road Runners	Senior Men	456	248
249	0:28:57	GEITNER, Amanda		Senior Ladies	522	249
250	0:29:04	MACDONALD, Lesley		Senior Ladies	594	250
251	0:29:06	BAILLIE-LANE, Clara		Senior Ladies	516	251
252	0:29:25	ATKINSON, Sue	Norfolk Gazelles	Ladies 60+	520	252
253	0:29:29	DOWSETT, Rebecca		Senior Ladies	545	253
254	0:29:45	ALLEN, Rachel		Senior Ladies	547	254
255	0:29:52	MASON, Suzanne		Senior Ladies	558	255
256	0:29:56	COE, Anne Marie		Senior Ladies	538	256
257	0:30:01	FRAIN, Heather		Senior Ladies	557	257
258	0:30:26	HARBORD, Chris	Gt. Yarmouth RRC	Men 60+	326	258
259	0:30:47	MILLER, Lou		Men 60+	369	259
260	0:30:55	CHILD, Jennifer	Tri-Anglia	Ladies 40-44	503	260
261	0:31:01	BARBER, Helen		Senior Ladies	510	261
262	0:31:13	LAWRENCE, Sarah		Senior Ladies	590	262
263	0:31:24	SHULVER, Tiffany		Junior Ladies	524	263
264	0:31:25	SPONG, Albert	Gt. Yarmouth RRC	Men 60+	345	264
265	0:31:33	TOVELL, Andy		Senior Men	408	265
266	0:31:34	KEELEY, Nina		Senior Ladies	535	266
267	0:31:34	WRIGHT, Peter		Men 55-59	405	267
268	0:31:35	DUXBURY, Claire		Senior Ladies	523	268
269	0:31:59	DENZEY, Clare		Senior Ladies	514	269
270	0:32:02	KING, Anna		Senior Ladies	513	270
271	0:32:09	GLADDEN, Lauren		Senior Ladies	502	271
272	0:32:50	VISSER, Jill		Ladies 45-49	498	272
273	0:38:56	MANN, Elies	Norwich Road Runners	Senior Ladies	560	273
274	0:38:57	MANN, Hayleigh		Senior Ladies	562	274

There were 274 finishers in the All Competitors category.