

Wroxham 5km Series 2007

First in Series

Wednesday 30th May 2007. 7:15 pm

Individual Prize List

MEN OVERALL RACE WINNER: Andrew HENNESSY : Wells City Harriers : 15:12

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	0:15:20	JOY, Rob	Norfolk Gazelles	Senior Men	51	2
3	0:16:03	LEWIS, Adam	City of Norwich A.C.	Senior Men	123	3
4	0:16:32	BALDWIN, Steve	Norfolk Gazelles	Senior Men	84	4
5	0:16:50	BEAMISH, Michael	City of Norwich A.C.	Senior Men	28	5
6	0:16:58	SMITH, Paul J	Norwich Road Runners	Senior Men	47	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	0:17:04	MOORE, Richard	Waveney Valley A.C.	Men 40-44	124	7

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	0:17:13	YAXLEY, Mick	Norfolk Gazelles	Men 45-49	117	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	0:19:11	LINDSAY, Ray	Norwich Road Runners	Men 50-54	127	41

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	0:17:58	BLAKE, Richard	Gt. Yarmouth RRC	Men 55-59	63	17

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	0:19:53	HAYES, Jim	North Norfolk Beach Runners	Men 60-69	19	54

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	0:17:48	DAWS, Christopher	Gt Yarmouth & D.A.C.	Junior Men	42	14
2	0:17:59	LAWRENCE, Ashley		Junior Men	147	18
3	0:18:16	REED, Mitchell	Gt Yarmouth & D.A.C.	Junior Men	162	23

LADIES OVERALL RACE WINNER: Danielle NIMMOCK : City of Norwich A.C. : 18:03

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	0:18:46	RUSHTON, Kelly	City of Norwich A.C.	Senior Ladies	241	30
3	0:18:47	DUNGAR, Amy	City of Norwich A.C.	Senior Ladies	259	31
4	0:18:51	ALFORD, Nicky	City of Norwich A.C.	Senior Ladies	197	34
5	0:20:16	WATERMAN, Rose	City of Norwich A.C.	Senior Ladies	270	61
6	0:20:42	HURN, Sara	North Norfolk Beach Runners	Senior Ladies	248	73

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	0:22:41	COSTELLO, Marian	Coltishall Jaguars	Ladies 40-44	231	120

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	0:18:06	CLARKE, Jane	Norfolk Gazelles	Ladies 45-49	227	21

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	0:22:37	OSBOURNE, Andrea	North Norfolk Beach Runners	Ladies 50-54	291	118

Ladies 55-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:22:49	MANLY, Veronica	Wymondham A.C.	Ladies 55-59	296	128

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	0:24:12	SPONG, Carole	Gt. Yarmouth RRC	Ladies 60-69	247	156

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	0:23:11	COOMBES, Isobel		Junior Ladies	228	135
2	0:23:25	WILSON, Hazel	City of Norwich A.C.	Junior Ladies	284	141
3	0:26:10	WILCOCK, Emma	Coltishall Jaguars	Junior Ladies	253	198

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>
3	0:16:03	LEWIS, Adam	Senior Men	123	3
5	0:16:50	BEAMISH, Michael	Senior Men	28	5
10	0:17:58	HENDREY, Neil	Senior Men	160	16
13	0:18:19	HODGE, Nigel	Senior Men	61	24

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>
2	0:17:13	YAXLEY, Mick	Men 45-49	117	8
8	0:18:03	YOUNGS, Kevin	Men 55-59	102	19
11	0:18:48	ARNOLD, Nigel	Men 45-49	131	32
27	0:20:02	THOMPSON, Peter	Men 50-54	40	57

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	0:18:03	NIMMOCK, Danielle	Senior Ladies	225	20
2	0:18:46	RUSHTON, Kelly	Senior Ladies	241	30
3	0:18:47	DUNGAR, Amy	Senior Ladies	259	31

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	0:18:06	CLARKE, Jane	Ladies 45-49	227	21
4	0:22:44	JORDAN, Catherine	Ladies 50-54	283	122
15	0:24:48	POOLE, Caroyn	Ladies 50-54	199	172

Wroxham 5km Series : 2007

1st in Series

Wednesday 30 May 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	0:15:12	HENNESSY, Andrew	Wells City Harriers	Senior Men	112	1
2	0:15:20	JOY, Rob	Norfolk Gazelles	Senior Men	51	2
3	0:16:03	LEWIS, Adam	City of Norwich A.C.	Senior Men	123	3
4	0:16:32	BALDWIN, Steve	Norfolk Gazelles	Senior Men	84	4
5	0:16:50	BEAMISH, Michael	City of Norwich A.C.	Senior Men	28	5
6	0:16:58	SMITH, Paul J	Norwich Road Runners	Senior Men	47	6
7	0:17:04	MOORE, Richard	Waveney Valley A.C.	Men 40-44	124	7
8	0:17:13	YAXLEY, Mick	Norfolk Gazelles	Men 45-49	117	8
9	0:17:25	HIGHAM, Paul	Norfolk Gazelles	Senior Men	29	9
10	0:17:25	TUFF, Malcolm	Ryston Runners	Men 40-44	48	10
11	0:17:41	BUNN, Andrew	Liverpool Harriers A.C.	Senior Men	33	11
12	0:17:44	TUTTLE, Peter	City of Norwich A.C.	Men 40-44	121	12
13	0:17:47	WHITE, Richard	Wymondham A.C.	Men 45-49	99	13
14	0:17:48	DAWS, Christopher	Gt Yarmouth & D.A.C.	Junior Men	42	14
15	0:17:49	GRAND, Adrian	Norwich Road Runners	Men 40-44	21	15
16	0:17:58	HENDREY, Neil	City of Norwich A.C.	Senior Men	160	16
17	0:17:58	BLAKE, Richard	Gt. Yarmouth RRC	Men 55-59	63	17
18	0:17:59	LAWRENCE, Ashley		Junior Men	147	18
19	0:18:03	YOUNGS, Kevin	Norfolk Gazelles	Men 55-59	102	19
20	0:18:03	NIMMOCK, Danielle	City of Norwich A.C.	Senior Ladies	225	20
21	0:18:06	CLARKE, Jane	Norfolk Gazelles	Ladies 45-49	227	21
22	0:18:09	MANNING, Andrew	Gt. Yarmouth RRC	Men 40-44	18	22
23	0:18:16	REED, Mitchell	Gt Yarmouth & D.A.C.	Junior Men	162	23
24	0:18:19	HODGE, Nigel	City of Norwich A.C.	Senior Men	61	24
25	0:18:23	GRAND, Ed		Junior Men	91	25
26	0:18:29	COOPER, James	Bungay Black Dog A.C.	Men 45-49	167	26
27	0:18:37	RAWLINSON, Ivan	Tri-Anglia	Senior Men	62	27
28	0:18:38	STRATTON, Ben	City of Norwich A.C.	Junior Men	89	28
29	0:18:39	NELSON, Peter		Senior Men	90	29
30	0:18:46	RUSHTON, Kelly	City of Norwich A.C.	Senior Ladies	241	30
31	0:18:47	DUNGAR, Amy	City of Norwich A.C.	Senior Ladies	259	31
32	0:18:48	ARNOLD, Nigel	Norfolk Gazelles	Men 45-49	131	32
33	0:18:49	GREENLAND, Edward	Wymondham A.C.	Men 40-44	161	33
34	0:18:51	ALFORD, Nicky	City of Norwich A.C.	Senior Ladies	197	34
35	0:18:52	MASON, Shawn	Gt Yarmouth & D.A.C.	Senior Men	74	35
36	0:18:52	BOLAM, Jeremy	North Norfolk Beach Runners	Men 45-49	163	36
37	0:18:55	FULTON, John-Patrick	Norwich Road Runners	Junior Men	20	37
38	0:18:56	PECK, Andy	Gt. Yarmouth RRC	Senior Men	88	38
39	0:18:56	READER, Jonathan	Coltishall Jaguars	Senior Men	80	39
40	0:19:00	SIBLEY, Neil	Gt. Yarmouth RRC	Men 40-44	78	40
41	0:19:11	LINDSAY, Ray	Norwich Road Runners	Men 50-54	127	41
42	0:19:19	EDRIDGE, Darren	Coltishall Jaguars	Senior Men	129	42
43	0:19:25	WILCOCK, Joe	Coltishall Jaguars	Senior Men	73	43
44	0:19:30	WOODYATT, Paul	City of Norwich A.C.	Men 45-49	75	44
45	0:19:33	HAINES, Kieron	Norwich Road Runners	Men 50-54	14	45
46	0:19:38	ALDIS, David	City of Norwich A.C.	Men 55-59	64	46
47	0:19:39	MUFFETT, Paul	North Norfolk Beach Runners	Men 45-49	83	47
48	0:19:42	YOUNGS, James		Senior Men	27	48
49	0:19:44	ELLIS, Vince	City of Norwich A.C.	Men 50-54	36	49
50	0:19:45	KNIGHTS, Neville	Dereham Runners A.C.	Men 45-49	71	50
51	0:19:45	EMERY, Trevor	North Norfolk Beach Runners	Men 50-54	149	51
52	0:19:48	WHITAKER, Alex	North Norfolk Beach Runners	Senior Men	141	52
53	0:19:51	MOORE, Ian	Norwich Road Runners	Men 40-44	1	53
54	0:19:53	HAYES, Jim	North Norfolk Beach Runners	Men 60-69	19	54
55	0:19:56	HOLLAND, Neil	Wymondham A.C.	Men 45-49	118	55
56	0:19:57	DODDS, Jeff	North Norfolk Beach Runners	Men 45-49	45	56
57	0:20:02	THOMPSON, Peter	Norfolk Gazelles	Men 50-54	40	57
58	0:20:05	BEE, Glenn		Men 45-49	30	58
59	0:20:05	PURDY, Vincent	North Norfolk Beach Runners	Senior Men	142	59
60	0:20:06	BRANNAN, Terry	Wymondham A.C.	Men 60-69	126	60
61	0:20:16	WATERMAN, Rose	City of Norwich A.C.	Senior Ladies	270	61
62	0:20:20	FLEMING, John		Senior Men	2	62
63	0:20:26	WIGHTMAN, Paul	Wymondham A.C.	Men 40-44	125	63
64	0:20:30	HARDY, John	City of Norwich A.C.	Men 50-54	70	64
65	0:20:31	FRARY, Mathew		Senior Men	158	65
66	0:20:32	LIVERMORE, Barnaby		Senior Men	157	66
67	0:20:35	WADE, Ian	North Norfolk Beach Runners	Men 45-49	104	67
68	0:20:36	JOUBERT, Gareth		Senior Men	109	68
69	0:20:36	BRIGHTY, Joshua	Norwich Road Runners	Junior Men	93	69

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>
70	0:20:38	ROYSTON, John	Reepham Runners	Men 55-59	87	70
71	0:20:40	PORTER, Mel	Coltishall Jaguars	Senior Men	140	71
72	0:20:41	CHORLEY, Chris	Bungay Black Dog A.C.	Men 40-44	5	72
73	0:20:42	HURN, Sara	North Norfolk Beach Runners	Senior Ladies	248	73
74	0:20:43	DADY, Stephen		Men 55-59	50	74
75	0:20:45	BALDWIN, Chris	Norfolk Gazelles	Senior Men	120	75
76	0:20:49	WILSON, Robin	Bungay Black Dog A.C.	Men 50-54	85	76
77	0:20:51	BRADSHAW, Ernie	Dereham Runners A.C.	Men 60-69	55	77
78	0:20:51	MOORE, Keith	Dereham Runners A.C.	Men 40-44	128	78
79	0:20:52	VOGLER, Clem	Dereham Runners A.C.	Men 60-69	101	79
80	0:20:53	LEACH, John	North Norfolk Beach Runners	Men 45-49	65	80
81	0:20:54	POTTER-CAMPBELL, Emma	Dereham Runners A.C.	Senior Ladies	262	81
82	0:20:55	GRAVER, Stuart	UK Netrunners	Men 40-44	134	82
83	0:20:58	CUMMINGS, Chris	Gt. Yarmouth RRC	Senior Men	44	83
84	0:20:59	NIMMOCK, Steve	Dereham Runners A.C.	Men 40-44	113	84
85	0:21:00	HAYNES, Mark	Coltishall Jaguars	Senior Men	136	85
86	0:21:01	BLACKWELL, Kevin	Norfolk Gazelles	Men 45-49	34	86
87	0:21:09	GROVES, Paul	Coltishall Jaguars	Men 40-44	98	87
88	0:21:10	HALL, Michael	Wymondham A.C.	Senior Men	52	88
89	0:21:10	GUY, Steven		Senior Men	67	89
90	0:21:11	MATHEWS, Ellie	City of Norwich A.C.	Senior Ladies	209	90
91	0:21:18	BRADLEY, Alan	Norwich Road Runners	Men 40-44	38	91
92	0:21:19	SMITH, Alexandra	Norwich Road Runners	Senior Ladies	285	92
93	0:21:22	JONES, Howard		Men 40-44	122	93
94	0:21:24	HAMMOND, Andrew		Men 50-54	49	94
95	0:21:25	BROOKSHAW, Paul	Gt. Yarmouth RRC	Men 40-44	3	95
96	0:21:32	BRIGHTY, Keith	Norwich Road Runners	Men 40-44	95	96
97	0:21:34	WOODRUFF, Glenn		Senior Men	130	97
98	0:21:43	BRAYNE, Adam		Junior Men	108	98
99	0:21:45	GEE, Kevin	Norwich Road Runners	Men 45-49	11	99
100	0:21:46	JOHNSTONE, Jade	City of Norwich A.C.	Senior Ladies	242	100
101	0:21:47	BYE, Rod	Coltishall Jaguars	Men 45-49	133	101
102	0:21:47	DAVIES, Kate	West Norfolk A.C.	Senior Ladies	193	102
103	0:21:51	SIMPSON, David	Coltishall Jaguars	Men 50-54	46	103
104	0:21:54	TUFTS, Mark	Wymondham A.C.	Senior Men	4	104
105	0:21:56	LUBBOCK, David	City of Norwich A.C.	Men 40-44	26	105
106	0:22:00	BYE, Barry	Ryston Runners	Men 55-59	76	106
107	0:22:02	MILLER, Brian		Men 55-59	106	107
108	0:22:06	RAYNER, Bruce	Bungay Black Dog A.C.	Men 45-49	86	108
109	0:22:11	MOODY, Ian		Men 40-44	150	109
110	0:22:14	THOULESS, Gavin	Norwich Road Runners	Senior Men	16	110
111	0:22:16	TYLER, Tim	Norwich Road Runners	Men 50-54	12	111
112	0:22:17	MUTCH, Kerry	Gt. Yarmouth RRC	Men 40-44	31	112
113	0:22:25	ELFLETT, Mark	Lowestoft Road Runners	Men 40-44	81	113
114	0:22:26	COLEMAN, Neil	Gt. Yarmouth RRC	Men 40-44	43	114
115	0:22:29	WADE, Christopher	North Norfolk Beach Runners	Senior Men	105	115
116	0:22:30	SMITH, Michael	Wymondham A.C.	Men 60-69	151	116
117	0:22:34	MANNING, Karen	Gt. Yarmouth RRC	Senior Ladies	292	117
118	0:22:37	OSBOURNE, Andrea	North Norfolk Beach Runners	Ladies 50-54	291	118
119	0:22:40	COLMAN, David		Men 40-44	111	119
120	0:22:41	COSTELLO, Marian	Coltishall Jaguars	Ladies 40-44	231	120
121	0:22:42	PAYNE, Phil		Men 40-44	172	121
122	0:22:44	JORDAN, Catherine	Norfolk Gazelles	Ladies 50-54	283	122
123	0:22:44	KELLY, Paul	City of Norwich A.C.	Senior Men	119	123
124	0:22:45	DURRANT, Judith		Senior Ladies	287	124
125	0:22:45	ENGLAND, John	Gt Yarmouth & D.A.C.	Men 55-59	146	125
126	0:22:48	BULL, Michelle	Norwich Road Runners	Senior Ladies	299	126
127	0:22:49	KERRISON, John		Men 45-49	22	127
128	0:22:49	MANLY, Veronica	Wymondham A.C.	Ladies 55-59	296	128
129	0:22:58	RUSH, Steve	Tri-Anglia	Men 40-44	77	129
130	0:23:01	BAMFIELD, James		Senior Men	173	130
131	0:23:04	BALL, Malcolm	North Norfolk Beach Runners	Men 70+	154	131
132	0:23:06	WADE, Tony	North Norfolk Beach Runners	Men 50-54	165	132
133	0:23:10	THACKER, Helen		Senior Ladies	250	133
134	0:23:10	MAWER, Roger	Lowestoft Road Runners	Men 60-69	164	134
135	0:23:11	COOMBES, Isobel		Junior Ladies	228	135
136	0:23:12	COLMAN, Mark		Senior Men	96	136
137	0:23:12	ETHERINGTON, Stephen	Gt. Yarmouth RRC	Men 45-49	135	137
138	0:23:15	CLOUGHTON, Bob	Norwich Road Runners	Men 55-59	155	138
139	0:23:16	WOODHOUSE, Gill	Dereham Runners A.C.	Ladies 55-59	288	139

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>
140	0:23:18	DEVLIN, Paul		Men 40-44	7	140
141	0:23:25	WILSON, Hazel	City of Norwich A.C.	Junior Ladies	284	141
142	0:23:31	THOMPSON, Eirrin		Senior Men	263	142
143	0:23:32	SIMMONDS, Adam		Senior Men	110	143
144	0:23:36	RICHARDSON, John	Dereham Runners A.C.	Men 50-54	53	144
145	0:23:37	JARVIS, Ian		Men 40-44	92	145
146	0:23:40	WILLSON, David		Men 40-44	54	146
147	0:23:43	HUTCHEON, David	Coltishall Jaguars	Men 60-69	116	147
148	0:23:48	CRUTCHLEY, Ian	Wymondham A.C.	Men 40-44	103	148
149	0:23:49	BRADLEY, Sarah	Norwich Road Runners	Ladies 40-44	272	149
150	0:23:50	WITHEY, Sally	City of Norwich A.C.	Senior Ladies	277	150
151	0:24:01	LEECH, Tim		Men 45-49	169	151
152	0:24:04	BAMFORD, Julian		Senior Men	148	152
153	0:24:05	HAYWARD, Geoff	North Norfolk Beach Runners	Men 60-69	100	153
154	0:24:07	WARD, Beres		Ladies 50-54	278	154
155	0:24:09	HANNANT, Emily	Coltishall Jaguars	Senior Ladies	269	155
156	0:24:12	SPONG, Carole	Gt. Yarmouth RRC	Ladies 60-69	247	156
157	0:24:15	BYE, Jackie	Coltishall Jaguars	Ladies 45-49	276	157
158	0:24:17	PRESTON, Jessica	Wymondham A.C.	Senior Ladies	210	158
159	0:24:18	DUNGAR, Craig	Wymondham A.C.	Senior Men	139	159
160	0:24:18	HOWETT, William		Men 40-44	152	160
161	0:24:21	WALSH, Tim		Senior Men	8	161
162	0:24:24	ELLEN, Sara		Ladies 50-54	205	162
163	0:24:32	POTTER, Judy	Bungay Black Dog A.C.	Ladies 60-69	211	163
164	0:24:34	McKINNA, Simon		Senior Men	32	164
165	0:24:35	KNOWLES, Caroline	North Norfolk Beach Runners	Senior Ladies	203	165
166	0:24:36	MIDDLETON, Charlie	Norfolk Gazelles	Men 40-44	59	166
167	0:24:39	RENSHAW, Kenneth	Dereham Runners A.C.	Men 45-49	137	167
168	0:24:43	BROOKS, Julia		Ladies 40-44	220	168
169	0:24:46	SLADE, Tracy	Norwich Road Runners	Ladies 45-49	294	169
170	0:24:46	MONEY, Maria	City of Norwich A.C.	Senior Ladies	267	170
171	0:24:47	BOWERS, Debbie	City of Norwich A.C.	Senior Ladies	229	171
172	0:24:48	POOLE, Caroyn	Norfolk Gazelles	Ladies 50-54	199	172
173	0:24:50	BURDETT, John		Men 45-49	17	173
174	0:24:56	STARLING, Jacqueline		Ladies 40-44	300	174
175	0:24:58	MOORE, Brian	Norwich Road Runners	Men 55-59	56	175
176	0:25:03	SAUERZAPF, Bobbie	Bungay Black Dog A.C.	Ladies 45-49	297	176
177	0:25:05	HUTCHEON, Brenda	Coltishall Jaguars	Ladies 55-59	221	177
178	0:25:07	SAINES, Rob	North Norfolk Beach Runners	Men 60-69	143	178
179	0:25:11	DADY, Sylvia		Senior Ladies	266	179
180	0:25:17	ROWE, Peter		Senior Men	144	180
181	0:25:22	UTTING, John		Men 50-54	171	181
182	0:25:22	KINCH, Brenda	North Norfolk Beach Runners	Ladies 60-69	232	182
183	0:25:25	DARNELL, Bob		Men 50-54	13	183
184	0:25:28	PAGANINI, Nic		Senior Men	153	184
185	0:25:34	MARTIN, Anne	Wymondham A.C.	Ladies 70+	230	185
186	0:25:37	HORNER, Alison	Coltishall Jaguars	Senior Ladies	212	186
187	0:25:41	BAKER, Hannah	City of Norwich A.C.	Senior Ladies	239	187
188	0:25:44	CROUCHER, Matthew	Gt. Yarmouth RRC	Senior Men	168	188
189	0:25:46	NEAVE, Phillip	Bungay Black Dog A.C.	Men 55-59	57	189
190	0:25:47	BAILEY, Margaret	Wymondham A.C.	Ladies 55-59	265	190
191	0:25:48	HARROP, Jackie	Norfolk Gazelles	Ladies 45-49	244	191
192	0:25:50	HARDY, Carol	Norfolk Gazelles	Ladies 45-49	237	192
193	0:25:53	NEAVE, Marianne	Norfolk Gazelles	Senior Ladies	243	193
194	0:25:56	CRANE, Dawn		Senior Ladies	233	194
195	0:25:56	BRADLEY, Laura	Norwich Road Runners	Senior Ladies	271	195
196	0:25:57	BRIGHTY, Joseph		Junior Men	94	196
197	0:26:09	MILLER, Sarah		Senior Ladies	256	197
198	0:26:10	WILCOCK, Emma	Coltishall Jaguars	Junior Ladies	253	198
199	0:26:11	ROBINSON, Pauline	Coltishall Jaguars	Ladies 45-49	214	199
200	0:26:13	DAVISON, Imogen		Senior Ladies	240	200
201	0:26:18	JERMYN, Lorna		Senior Ladies	280	201
202	0:26:28	THEOBALD, Corrina		Senior Ladies	255	202
203	0:26:28	THEOBALD, Anthony		Men 60-69	68	203
204	0:26:40	PENGILLEN, Stephen		Senior Men	10	204
205	0:26:49	GORDON, Racheal		Senior Ladies	226	205
206	0:26:55	DILREW, Julie		Ladies 45-49	274	206
207	0:27:00	WALTERS, Katy	City of Norwich A.C.	Senior Ladies	290	207
208	0:27:01	COOPER, Robert		Senior Men	24	208
209	0:27:16	MILLER, Rachel		Senior Ladies	264	209
210	0:27:17	KEMP, William		Senior Men	82	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	0:27:19	FARROW, Linda	Norfolk Gazelles	Ladies 60-69	235	211
212	0:27:25	POTTER, David	Bungay Black Dog A.C.	Men 60-69	138	212
213	0:27:26	JERMYN, Suzy		Senior Ladies	279	213
214	0:27:27	HOPKINS, Vicky		Senior Ladies	245	214
215	0:27:28	LAM, Yet Wha		Ladies 40-44	219	215
216	0:27:32	BATES, Joanne		Senior Ladies	273	216
217	0:27:33	FORDER, Jason		Senior Men	37	217
218	0:27:34	READ, Caroline		Ladies 45-49	257	218
219	0:27:34	PILBROW, Christine		Senior Ladies	258	219
220	0:27:39	DURANT, Becky	Coltishall Jaguars	Ladies 55-59	234	220
221	0:27:43	WILCOCK, Shirley	Coltishall Jaguars	Ladies 45-49	254	221
222	0:27:54	HILL, Chris		Senior Men	107	222
223	0:28:01	GIRDLESTONE, Jane	Tri-Anglia	Senior Ladies	281	223
224	0:28:09	REA, Tracey	Coltishall Jaguars	Senior Ladies	223	224
225	0:28:19	WALKER, Robert		Senior Men	156	225
226	0:28:20	WALKER, Anna		Senior Ladies	202	226
227	0:28:35	BRAY, Nick		Senior Men	170	227
228	0:29:07	TASKUMAITE, Jurati		Senior Ladies	196	228
229	0:29:09	JERMYN, Karl		Senior Men	166	229
230	0:29:15	QUENTIN-HICKS, Kate	City of Norwich A.C.	Senior Ladies	268	230
231	0:29:20	ENGLAND, Maureen	Gt Yarmouth & D.A.C.	Ladies 60-69	206	231
232	0:29:33	ROEBUCK, John	Norwich Road Runners	Men 50-54	114	232
233	0:29:42	ARDEN, Jeff		Men 45-49	6	233
234	0:29:44	WAYMAN, Judy		Ladies 45-49	295	234
235	0:29:51	THOULESS, Colin	Norwich Road Runners	Men 70+	15	235
236	0:29:52	PROTHEROE, Sayy Ann	Lowestoft Road Runners	Ladies 45-49	198	236
237	0:29:54	FULLER, Sarah	Coltishall Jaguars	Senior Ladies	224	237
238	0:29:56	SULLIVAN, Genette	Norwich Road Runners	Ladies 40-44	246	238
239	0:30:08	HOLGATE, Helen		Senior Ladies	194	239
240	0:30:12	BOOT, Andy	Norwich Road Runners	Senior Men	145	240
241	0:30:32	COE, Anne Marie		Senior Ladies	282	241
242	0:30:34	HARBORD, Chris	Gt. Yarmouth RRC	Men 60-69	66	242
243	0:30:46	GOODWIN, Denise	Gt Yarmouth & D.A.C.	Ladies 45-49	207	243
244	0:31:00	ATKINSON, Sue	Norfolk Gazelles	Ladies 60-69	222	244
245	0:31:04	MASON, Suzanne		Senior Ladies	252	245
246	0:31:05	FRAIN, Heather		Senior Ladies	251	246
247	0:31:08	WRIGHT, Peter		Men 55-59	97	247
248	0:31:09	KEELEY, Nina		Senior Ladies	238	248
249	0:31:33	CHILD, Jennifer	Tri-Anglia	Ladies 40-44	249	249
250	0:31:51	SPONG, Albert	Gt. Yarmouth RRC	Men 60-69	79	250
251	0:32:36	MILLER, Lou		Men 70+	41	251
252	0:32:48	FENECH, Charles		Men 60-69	159	252
253	0:33:35	SHULVER, Tiffany		Junior Ladies	261	253
254	0:33:36	SHULVER, Rod	Gt. Yarmouth RRC	Men 60-69	60	254
255	0:34:05	LAWRENCE, Sarah		Senior Ladies	286	255
256	0:34:05	READER, Frank	Norwich Road Runners	Men 60-69	132	256
257	0:35:17	SCOFFINS, Sonia		Senior Ladies	293	257
258	0:35:50	LENNEX, Lesley	Norfolk Gazelles	Ladies 50-54	200	258
259	0:35:51	SAVAGE, Sarah	Helsby Running Club	Ladies 40-44	201	259
260	0:36:13	BRIGHTMAN, Pat	Gt Yarmouth & D.A.C.	Ladies 55-59	289	260
261	0:36:30	DENZEY, Clare		Senior Ladies	216	261
262	0:36:31	DUXBURY, Claire		Senior Ladies	217	262
263	0:36:31	KING, Anna		Senior Ladies	215	263
264	0:42:57	LIEW, Anessa		Senior Ladies	195	264
265	0:45:28	VISSER, Jill		Ladies 45-49	204	265
266	0:45:59	MANN, Elies	Norwich Road Runners	Senior Ladies	298	266

There were 266 finishers in the All Competitors category.