

## Individual 5K Spring 2008

### All Competitors in finish order

Place	Time	Name	Team	Race No
1	0:18:28	LEMMON, Kevin	Norwich Road Runners	51
2	0:18:39	CHAPPELL, Wayne	Unattached	6
3	0:19:16	GOODRUM, Paul	Unattached	48
4	0:19:49	KEMP, Stephen	Norwich Road Runners	22
5	0:20:00	THOMPSON, Peter	Norfolk Gazelles	29
6	0:20:09	SPRAGG, Mike	Great Yarmouth Road Runners	4
7	0:20:29	BROOKSHAW, Paul	Great Yarmouth Road Runners	7
8	0:20:42	HARRISON, Paul	Dereham Runners AC	50
9	0:20:53	YEOMANS, Martin	Norwich Road Runners	36
10	0:21:25	VOGLER, Clem	Dereham Runners AC	49
11	0:21:28	EDWARDS, Keith	Unattached	13
12	0:22:07	MOORE, Debbie	Norfolk Gazelles	14
13	0:22:10	WADE, Jamie	North Norfolk Beach Runners	44
14	0:22:16	WADE, Ian	North Norfolk Beach Runners	43
15	0:22:25	BIRD, Steve	Unattached	47
16	0:22:33	COOPER, Bryan	Unattached	8
17	0:22:43	BULL, Michelle	Norwich Road Runners	21
18	0:23:04	DURRANT, Jude	Unattached	33
19	0:23:09	NAUGHTON, Chanelle	Unattached	35
20	0:23:10	ALFORD, Colin	Unattached	2
21	0:23:14	COX, Juliet	Wymondham AC	17
22	0:23:17	CULLING, Elizabeth	Unattached	54
23	0:23:47	EMERY, Rob	North Norfolk Beach Runners	42
24	0:23:52	WENN, Jenny	Norwich Road Runners	5
25	0:24:17	GRAND, Jake	Norwich Road Runners	26
26	0:24:18	GRAND, Adie	Norwich Road Runners	25
27	0:24:36	MILLER, Brian	Unattached	32
28	0:24:45	COX, Russell	Wymondham AC	18
29	0:24:46	ARMES, Michael	Norwich Road Runners	27
30	0:24:50	FECHNER, Sarah	Unattached	12
31	0:25:49	HOWARD, David	City of Norwich Athletic Club	45
32	0:25:52	CONNOLLY, Chris	Ryston Runners	39
33	0:26:01	BRIERLY, Wendy	Unattached	40
34	0:26:11	HORNER, Garfield	Unattached	11
35	0:26:13	WELLS, Dennis	Wymondham AC	1
36	0:26:59	FULTON, Mandy	Norwich Road Runners	9
37	0:27:58	ALFORD, Karen	Unattached	3
38	0:28:01	LAWS, Paul Raymond	Unattached	20
39	0:29:53	CALLAGHAN, Chris	Unattached	19
40	0:30:05	SOUTHGATE, Stuart	Unattached	34
41	0:30:48	SPELLING, Neville	Norwich Road Runners	24
42	0:31:09	MORTER, Sarah	Norwich Road Runners	52
43	0:31:09	MARKS, David	Norwich Road Runners	53
44	0:31:38	SMITH, Wendy	Norwich Road Runners	46
45	0:31:40	PITCHER, Elizabeth	Norwich Road Runners	15
46	0:32:18	DANIELS, Lindsey	Norwich Road Runners	16
47	0:32:18	COLMAN, Ivan	Norwich Road Runners	38
48	0:39:01	EMERY, Karen	North Norfolk Beach Runners	41