

# Wroxham 5km Series : 2010

## Third in Series

Wednesday 25 August 2010. 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	0:15:06	HARRELL, Ashley ( <b>Race Winner</b> )		Senior Men	1865	1

#### **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	0:16:51	HOOK, Tom	City of Norwich A.C.	Junior Men	1911	12
2	0:18:30	PYWELL, Keelan	Gt Yarmouth & D.A.C.	Junior Men	1943	36
3	0:18:38	KIRTON, Joseph	Thetford A.C.	Junior Men	1920	38

#### **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	0:15:06	HARRELL, Ashley		Senior Men	1865	1
2	0:15:16	HUNTINGTON, Stuart		Senior Men	1795	2
3	0:15:20	THOMAS, Adam	Cornwall A.C.	Senior Men	1796	3

#### **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	0:17:18	JOHNS, Tony	Norwich Road Runners	Men 40-44	1858	17

#### **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	0:17:42	GARRETT, Mark	Norwich Road Runners	Men 45-49	1926	21

#### **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	0:17:30	CHEVERTON, Robert	City of Norwich A.C.	Men 50-54	1861	18

#### **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	0:18:09	ROBILLIARD, Colin	Coltishall Jaguars	Men 55-59	1910	27

#### **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	0:19:10	KELLEHER, Derry	City of Norwich A.C.	Men 60+	1952	48

#### **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	0:17:36	NIMMOCK, Danielle ( <b>Race Winner</b> )	City of Norwich A.C.	Senior Ladies	1752	20

#### **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	0:20:53	BROSTER, Juliet	City of Norwich A.C.	Junior Ladies	1981	93
2	0:21:01	LEE, Catherine	Gt Yarmouth & D.A.C.	Junior Ladies	1973	98
3	0:22:56	STRATTON, Katie	City of Norwich A.C.	Junior Ladies	1968	142

#### **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	0:17:36	NIMMOCK, Danielle	City of Norwich A.C.	Senior Ladies	1752	20
2	0:18:07	MURRAY, Seonaid	Liverpool Harriers A.C.	Senior Ladies	1730	26
3	0:18:50	ALFORD, Nicky	City of Norwich A.C.	Senior Ladies	1762	44

#### **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	0:20:26	ARCHBOLD, Karen	Lowestoft Road Runners	Ladies 40-44	1721	82

#### **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	0:21:35	WILKINSON, Louise	City of Norwich A.C.	Ladies 45-49	1767	114

#### **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	0:23:50	BYE, Jackie	Coltishall Jaguars	Ladies 50-54	1775	167

#### **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	0:23:20	ELLEN, Anne	Norfolk Gazelles	Ladies 54-59	1780	156

#### **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	0:25:06	WOODHOUSE, Gill	Dereham Runners A.C.	Ladies 60+	1967	193

# Norfolk County Championship 5Km : 2010

Wednesday 25<sup>th</sup> August 2010. 7:15 pm

## Individual Prize List

### **Norfolk 5 Km County Champion 2010 : Male – Ashley HARRELL, C.O.N.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>
1	0:15:06	HARRELL, Ashley		Senior Men	1865	1
2	0:15:16	HUNTINGTON, Stuart		Senior Men	1795	2
3	0:15:20	THOMAS, Adam	Cornwall A.C.	Senior Men	1796	3

#### **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>
1	0:17:18	JOHNS, Tony	Norwich Road Runners	Men 40-44	1858	17
2	0:17:42	GARRETT, Mark	Norwich Road Runners	Men 45-49	1926	21
3	0:18:14	WALSHAW, John	City of Norwich A.C.	Men 40-44	1784	28

#### **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>
1	0:17:30	CHEVERTON, Robert	City of Norwich A.C.	Men 50-54	1861	18
2	0:18:09	ROBILLIARD, Colin	Coltishall Jaguars	Men 55-59	1910	27
3	0:18:50	JOHNSON, Peter	Norfolk Gazelles	Men 55-59	1954	43

#### **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>
1	0:19:10	KELLEHER, Derry	City of Norwich A.C.	Men 60+	1952	48
2	0:19:43	BLAKE, Richard	North Norfolk Beach Runners	Men 60+	1944	63
3	0:20:00	BOWMAN, Ken	Coltishall Jaguars	Men 60+	1877	72

### **Norfolk 5 Km County Champion 2010 : Female – Danielle NIMMOCK, C.O.N.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>
1	0:17:36	NIMMOCK, Danielle	City of Norwich A.C.	Senior Ladies	1752	20
2	0:18:50	ALFORD, Nicky	City of Norwich A.C.	Senior Ladies	1762	44
3	0:19:26	LEATHWOOD, Racheal	Norwich Road Runners	Senior Ladies	1984	58

#### **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>
1	0:21:35	WILKINSON, Louise	City of Norwich A.C.	Ladies 45-49	1767	114
2	0:22:16	CUSHING, Sally	Norwich Road Runners	Ladies 45-49	1702	129
3	0:22:31	LOUGHLIN, Gillian	City of Norwich A.C.	Ladies 45-49	1992	135

#### **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>
1	0:23:20	ELLEN, Anne	Norfolk Gazelles	Ladies 54-59	1780	156
2	0:23:50	BYE, Jackie	Coltishall Jaguars	Ladies 50-54	1775	167
3	0:24:24	DAWSON, Lorraine	Gt. Yarmouth RRC	Ladies 50-54	1700	174

#### **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>
1	0:25:06	WOODHOUSE, Gill	Dereham Runners A.C.	Ladies 60+	1967	193
2	0:25:30	POTTER, Judy	Bungay Black Dog A.C.	Ladies 60+	1972	203
3	0:26:59	MARTIN, Anne	Wymondham A.C.	Ladies 60+	1986	229

# Wroxham 5Km Series : 2010

## Team Results

### Open Category

Wednesday 25<sup>th</sup> August 2010. 7:15 pm

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

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

##### 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	0:15:50	WARD, Rick	Senior Men	1843	5
6	0:15:57	GOOSE, Carl	Senior Men	1816	6
7	0:16:25	STRATTON, Ben	Senior Men	1945	7
9	0:16:37	ROGERS, Damian	Senior Men	1909	9
<b>27</b>	<b>1:04:49</b>	<b>Totals</b>			

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

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

##### 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	0:17:30	CHEVERTON, Robert	Men 50-54	1861	18
5	0:18:14	WALSHAW, John	Men 40-44	1784	28
15	0:19:10	KELLEHER, Derry	Men 60+	1952	48
19	0:19:15	TURNER, Christopher	Men 45-49	1774	53
<b>41</b>	<b>1:14:09</b>	<b>Totals</b>			

#### Winners of the Open Senior Ladies team (13-39) competition.

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

##### 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	0:17:36	NIMMOCK, Danielle	Senior Ladies	1752	20
3	0:18:50	ALFORD, Nicky	Senior Ladies	1762	44
9	0:20:53	BROSTER, Juliet	Junior Ladies	1981	93
<b>13</b>	<b>0:57:19</b>	<b>Totals</b>			

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

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

##### 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	0:21:35	WILKINSON, Louise	Ladies 45-49	1767	114
5	0:22:31	LOUGHLIN, Gillian	Ladies 45-49	1992	135
6	0:22:46	COOKE, Sue	Ladies 45-49	1729	138
<b>14</b>	<b>1:06:52</b>	<b>Totals</b>			

# Norfolk County Championship 5 Km: 2010

## Team Results

Wednesday 25<sup>th</sup> August 2010. 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>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
5	0:15:50	WARD, Rick	Senior Men	1843	5
6	0:15:57	GOOSE, Carl	Senior Men	1816	6
7	0:16:25	STRATTON, Ben	Senior Men	1945	7
9	0:16:37	ROGERS, Damian	Senior Men	1909	9
<b>27</b>	<b>1:04:49</b>	<b>Totals</b>			

##### **SILVER: Coltishall Jaguars**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
15	0:17:46	BATES, Steve	Senior Men	1897	22
18	0:18:25	HAYNES, Mark	Senior Men	1797	32
27	0:19:19	CATLEUGH, Hugh	Senior Men	1783	55
43	0:22:06	READER, Jonathan	Senior Men	1859	127
<b>103</b>	<b>1:17:36</b>	<b>Totals</b>			

##### **BRONZE: 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>
24	0:18:54	SMITH, Paul J	Senior Men	1855	46
32	0:20:11	McLEAN, Jason	Junior Men	1566	76
33	0:20:19	PORTER, Robert	Senior Men	1806	79
39	0:21:22	HOLLAND, Jon	Senior Men	1815	107
<b>128</b>	<b>1:20:46</b>	<b>Totals</b>			

#### Norfolk County Championship Veteran Men (40+) Team

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

##### **GOLD : 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	0:17:30	CHEVERTON, Robert	Men 50-54	1861	18
5	0:18:14	WALSHAW, John	Men 40-44	1784	28
14	0:19:10	KELLEHER, Derry	Men 60+	1952	48
18	0:19:15	TURNER, Christopher	Men 45-49	1774	53
<b>39</b>	<b>1:14:09</b>	<b>Totals</b>			

##### **SILVER: 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>
1	0:17:18	JOHNS, Tony	Men 40-44	1858	17
3	0:17:42	GARRETT, Mark	Men 45-49	1926	21
6	0:18:21	DAVIES, Paul	Men 40-44	1915	30
30	0:20:07	PASK, Matt	Men 40-44	1866	74
<b>40</b>	<b>1:13:28</b>	<b>Totals</b>			

##### **BRONZE: Wymondham A.C.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
7	0:18:22	PRESTON, Andrew	Men 45-49	1789	31
9	0:18:28	WHITE, Richard	Men 45-49	1936	35
10	0:18:42	HOLLAND, Neil	Men 45-49	1868	39
15	0:19:11	BIRCH, James	Men 40-44	1810	49
<b>41</b>	<b>1:14:43</b>	<b>Totals</b>			

# Norfolk County Championship 5 Km: 2010

## Team Results

Wednesday 25<sup>th</sup> August 2010. 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>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:36	NIMMOCK, Danielle	Senior Ladies	1752	20
2	0:18:50	ALFORD, Nicky	Senior Ladies	1762	44
7	0:20:53	BROSTER, Juliet	Junior Ladies	1981	93
<b>10</b>	<b>0:57:19</b>	<b>Totals</b>			

##### **SILVER: 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>
3	0:19:26	LEATHWOOD, Racheal	Senior Ladies	1984	58
4	0:20:25	SMITH, Alexandra	Senior Ladies	1738	81
10	0:21:45	GODWIN, Lisa	Senior Ladies	1707	117
<b>17</b>	<b>1:01:36</b>	<b>Totals</b>			

##### **BRONZE: 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>
13	0:22:56	STRATTON, Katie	Junior Ladies	1968	142
14	0:23:13	BAKER, Hannah	Senior Ladies	1751	148
20	0:23:57	HUGGINS, Anna	Senior Ladies	1547	168
<b>47</b>	<b>1:10:06</b>	<b>Totals</b>			

#### Norfolk County Championship Veteran Ladies (40+) Team

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

##### **GOLD: 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	0:21:35	WILKINSON, Louise	Ladies 45-49	1767	114
3	0:22:31	LOUGHLIN, Gillian	Ladies 45-49	1992	135
4	0:22:46	COOKE, Sue	Ladies 45-49	1729	138
<b>8</b>	<b>1:06:52</b>	<b>Totals</b>			

##### **SILVER: Norfolk Gazelles**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
7	0:23:20	ELLEN, Anne	Ladies 54-59	1780	156
13	0:25:01	HARROP, Jackie	Ladies 45-49	1976	191
20	0:25:38	BATCHELOR, Audrey	Ladies 54-59	1963	209
<b>40</b>	<b>1:13:59</b>	<b>Totals</b>			

##### **BRONZE: 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>
8	0:23:32	WITHEY, Sally	Ladies 40-44	1743	159
14	0:25:04	HIGGINS, Janet	Ladies 50-54	1724	192
19	0:25:35	FILER, Carole	Ladies 50-54	1970	207
<b>41</b>	<b>1:14:11</b>	<b>Totals</b>			

# Wroxham 5km Series : 2010

## Third in Series

Wednesday 25 August 2010. 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	0:15:06	HARRELL, Ashley		Senior Men	1865	1
2	0:15:16	HUNTINGTON, Stuart		Senior Men	1795	2
3	0:15:20	THOMAS, Adam	Cornwall A.C.	Senior Men	1796	3
4	0:15:20	REED, James	Altrincham & Dist A C	Senior Men	1542	4
5	0:15:50	WARD, Rick	City of Norwich A.C.	Senior Men	1843	5
6	0:15:57	GOOSE, Carl	City of Norwich A.C.	Senior Men	1816	6
7	0:16:25	STRATTON, Ben	City of Norwich A.C.	Senior Men	1945	7
8	0:16:28	MIDDLETON, Daniel		Senior Men	1818	8
9	0:16:37	ROGERS, Damian	City of Norwich A.C.	Senior Men	1909	9
10	0:16:44	KETT, Andy	North Norfolk Beach Runners	Senior Men	1948	10
11	0:16:50	MILK, Oliver	Wymondham A.C.	Senior Men	1884	11
12	0:16:51	HOOK, Tom	City of Norwich A.C.	Junior Men	1911	12
13	0:16:55	GILLICK, Jack	Wymondham A.C.	Senior Men	1782	13
14	0:17:04	ESCALANTE-PHILLIPS,	Cambridge & coleridge A.C.	Senior Men	1955	14
15	0:17:09	MATTHEWS, Sam	Harwich RR	Senior Men	1932	15
16	0:17:11	MEACHEN, Jason	Harwich RR	Senior Men	1931	16
17	0:17:18	JOHNS, Tony	Norwich Road Runners	Men 40-44	1858	17
18	0:17:30	CHEVERTON, Robert	City of Norwich A.C.	Men 50-54	1861	18
19	0:17:34	WAITY, Phil	Wymondham A.C.	Senior Men	1941	19
20	0:17:36	NIMMOCK, Danielle	City of Norwich A.C.	Senior Ladies	1752	20
21	0:17:42	GARRETT, Mark	Norwich Road Runners	Men 45-49	1926	21
22	0:17:46	BATES, Steve	Coltishall Jaguars	Senior Men	1897	22
23	0:17:53	WILTON, Robert	Ryston Runners	Senior Men	1889	23
24	0:17:55	LEVY, Simon	Ryston Runners	Senior Men	1893	24
25	0:17:56	LARK, Shaun	Lowestoft Road Runners	Senior Men	1808	25
26	0:18:07	MURRAY, Seonaid	Liverpool Harriers A.C.	Senior Ladies	1730	26
27	0:18:09	ROBILLIARD, Colin	Coltishall Jaguars	Men 55-59	1910	27
28	0:18:14	WALSHAW, John	City of Norwich A.C.	Men 40-44	1784	28
29	0:18:16	HOWARD, David	West Norfolk A.C.	Senior Men	1864	29
30	0:18:21	DAVIES, Paul	Norwich Road Runners	Men 40-44	1915	30
31	0:18:22	PRESTON, Andrew	Wymondham A.C.	Men 45-49	1789	31
32	0:18:25	HAYNES, Mark	Coltishall Jaguars	Senior Men	1797	32
33	0:18:26	LAKE, Todd	Dereham Runners A.C.	Men 45-49	1804	33
34	0:18:27	ROGERS, Micah	City of Norwich A.C.	Senior Men	1908	34
35	0:18:28	WHITE, Richard	Wymondham A.C.	Men 45-49	1936	35
36	0:18:30	PYWELL, Keelan	Gt Yarmouth & D.A.C.	Junior Men	1943	36
37	0:18:34	PARKER, Chris	North Norfolk Beach Runners	Senior Men	1899	37
38	0:18:38	KIRTON, Joseph	Thetford A.C.	Junior Men	1920	38
39	0:18:42	HOLLAND, Neil	Wymondham A.C.	Men 45-49	1868	39
40	0:18:42	THOMPSON, Jamie	Tadcaster Harriers	Senior Men	1846	40
41	0:18:43	BROWN, Quintin	North Norfolk Beach Runners	Senior Men	1917	41
42	0:18:44	THOMAS, Ian	UK Netrunners	Men 50-54	1801	42
43	0:18:50	JOHNSON, Peter	Norfolk Gazelles	Men 55-59	1954	43
44	0:18:50	ALFORD, Nicky	City of Norwich A.C.	Senior Ladies	1762	44
45	0:18:52	EDRIDGE, Darren	Coltishall Jaguars	Men 40-44	1957	45
46	0:18:54	SMITH, Paul J	Norwich Road Runners	Senior Men	1855	46
47	0:18:58	IVE, Martyn	Ryston Runners	Men 40-44	1883	47
48	0:19:10	KELLEHER, Derry	City of Norwich A.C.	Men 60+	1952	48
49	0:19:11	BIRCH, James	Wymondham A.C.	Men 40-44	1810	49
50	0:19:11	WATERS, Adrian	Norfolk Gazelles	Men 40-44	1781	50
51	0:19:12	HOWE, Jon	Coltishall Jaguars	Men 50-54	1821	51
52	0:19:13	PYATT, Matthew	Ryston Runners	Senior Men	1916	52
53	0:19:15	TURNER, Christopher	City of Norwich A.C.	Men 45-49	1774	53
54	0:19:18	CRASKE, Adam	Bungay Black Dog A.C.	Senior Men	1898	54
55	0:19:19	CATLEUGH, Hugh	Coltishall Jaguars	Senior Men	1783	55
56	0:19:20	CHRISTOPHER, John	North Norfolk Beach Runners	Men 45-49	1543	56
57	0:19:25	PORTER, Mel	Coltishall Jaguars	Men 40-44	1541	57
58	0:19:26	LEATHWOOD, Racheal	Norwich Road Runners	Senior Ladies	1984	58
59	0:19:31	CRUTCHLEY, Ian	Wymondham A.C.	Men 45-49	1856	59
60	0:19:34	NELSON, Peter		Men 40-44	1890	60
61	0:19:39	GILLINGHAM, Neil	Ipswich Harriers	Senior Men	1850	61
62	0:19:40	METCALFE, Peter	City of Norwich A.C.	Senior Men	1990	62
63	0:19:43	BLAKE, Richard	North Norfolk Beach Runners	Men 60+	1944	63
64	0:19:45	McCORQUODALE, Becky	Harwich RR	Senior Ladies	1977	64
65	0:19:47	KNIGHTS, Neville	Dereham Runners A.C.	Men 50-54	1546	65
66	0:19:49	CHORLEY, Chris	Bungay Black Dog A.C.	Men 45-49	1905	66
67	0:19:50	TYLER, Rhys	Thetford A.C.	Senior Men	1550	67
68	0:19:51	HOUGHTON, Jason		Senior Men	1824	68
69	0:19:52	SIBLEY, Neil	Gt. Yarmouth RRC	Men 40-44	1835	69
70	0:19:54	WOODS, Tim	Norfolk Gazelles	Men 45-49	1874	70

<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	0:20:00	JAY, Adrian	Coltishall Jaguars	Men 40-44	1792	71
72	0:20:00	BOWMAN, Ken	Coltishall Jaguars	Men 60+	1877	72
73	0:20:04	MANNING, Carl	Ryston Runners	Men 50-54	1887	73
74	0:20:07	PASK, Matt	Norwich Road Runners	Men 40-44	1866	74
75	0:20:08	HAZELL, Dominic		Junior Men	1938	75
76	0:20:11	McLEAN, Jason	Norwich Road Runners	Junior Men	1566	76
77	0:20:17	WOODYATT, Paul	City of Norwich A.C.	Men 45-49	1873	77
78	0:20:18	HAYES, Jim	North Norfolk Beach Runners	Men 60+	1906	78
79	0:20:19	PORTER, Robert	Norwich Road Runners	Senior Men	1806	79
80	0:20:21	BIRD, Steve	City of Norwich A.C.	Men 40-44	1881	80
81	0:20:25	SMITH, Alexandra	Norwich Road Runners	Senior Ladies	1738	81
82	0:20:26	ARCHBOLD, Karen	Lowestoft Road Runners	Ladies 40-44	1721	82
83	0:20:27	BYE, Rod	Coltishall Jaguars	Men 45-49	1776	83
84	0:20:31	SLOWTHER, Denver		Senior Men	1902	84
85	0:20:37	ALDIS, David	City of Norwich A.C.	Men 55-59	1940	85
86	0:20:42	O'HARA, Claire	Dereham Runners A.C.	Senior Ladies	1985	86
87	0:20:43	McLAREN, Alan		Men 40-44	1794	87
88	0:20:44	BEARD, Darren		Senior Men	1904	88
89	0:20:46	FAIRS, Alan	Waveney Valley A.C.	Men 40-44	1956	89
90	0:20:48	HURREN, Sharon	Wymondham A.C.	Senior Ladies	1975	90
91	0:20:51	SNELLING, Ben		Senior Men	1886	91
92	0:20:52	COLLYER, Richard	Coltishall Jaguars	Men 40-44	1793	92
93	0:20:53	BROSTER, Juliet	City of Norwich A.C.	Junior Ladies	1981	93
94	0:20:54	COLLYER, Lucy	North Norfolk Beach Runners	Ladies 40-44	1771	94
95	0:20:56	DADY, Stephen	Gt. Yarmouth RRC	Men 55-59	1876	95
96	0:20:58	CUDE, Anthony		Senior Men	1554	96
97	0:20:59	RIX, Steven	Dereham Runners A.C.	Senior Men	1921	97
98	0:21:01	LEE, Catherine	Gt Yarmouth & D.A.C.	Junior Ladies	1973	98
99	0:21:02	CHARTIER, Juliette	Tri-Anglia	Senior Ladies	1761	99
100	0:21:05	BRANNAN, Terry	Wymondham A.C.	Men 60+	1788	100
101	0:21:05	BELSOM, Robin	Ipswich JAFFA	Men 50-54	1892	101
102	0:21:08	GROVES, Paul	Coltishall Jaguars	Men 45-49	1561	102
103	0:21:09	WADE, Jake		Senior Men	1558	103
104	0:21:12	POLLEY, Richard	City of Norwich A.C.	Men 50-54	1891	104
105	0:21:13	LAWRENCE, Jeremy	Coltishall Jaguars	Men 50-54	1778	105
106	0:21:15	VOGLER, Clem	Dereham Runners A.C.	Men 60+	1933	106
107	0:21:22	HOLLAND, Jon	Norwich Road Runners	Senior Men	1815	107
108	0:21:23	FRARY, Mathew	City of Norwich A.C.	Men 40-44	1937	108
109	0:21:24	WHEELER, Luke		Senior Men	1544	109
110	0:21:24	HAZELL, Jerry		Men 45-49	1863	110
111	0:21:26	RING, Mark	Norwich Road Runners	Men 40-44	1841	111
112	0:21:29	KING, Richard		Senior Men	1785	112
113	0:21:30	COUSTHAM, Vincent	City of Norwich A.C.	Senior Men	1960	113
114	0:21:35	WILKINSON, Louise	City of Norwich A.C.	Ladies 45-49	1767	114
115	0:21:36	ROYSTON, John	Tri-Anglia	Men 55-59	1827	115
116	0:21:39	DACK, Sam		Junior Men	1777	116
117	0:21:45	GODWIN, Lisa	Norwich Road Runners	Senior Ladies	1707	117
118	0:21:46	HAMMOND, Andrew		Men 50-54	1919	118
119	0:21:49	FISH, Mary		Senior Ladies	1745	119
120	0:21:50	RAYNER, Bruce	Bungay Black Dog A.C.	Men 50-54	1894	120
121	0:21:52	SPOONER, Dave	North Norfolk Beach Runners	Senior Men	1798	121
122	0:21:55	PYWELL, Kevan	Gt Yarmouth & D.A.C.	Men 50-54	1942	122
123	0:22:00	MAW, Gordon		Men 40-44	1805	123
124	0:22:01	COTTRELL, Paul		Senior Men	1819	124
125	0:22:04	CALLOWAY, Paul		Men 60+	1925	125
126	0:22:04	BROWN, Hugh		Men 40-44	1870	126
127	0:22:06	READER, Jonathan	Coltishall Jaguars	Senior Men	1859	127
128	0:22:11	PAGE, Simon	North Norfolk Beach Runners	Senior Men	1842	128
129	0:22:16	CUSHING, Sally	Norwich Road Runners	Ladies 45-49	1702	129
130	0:22:17	COX, Juliet	Wymondham A.C.	Senior Ladies	1772	130
131	0:22:19	GODWIN, Jo	Norwich Road Runners	Senior Ladies	1726	131
132	0:22:20	JARVIS, Ian	North Norfolk Beach Runners	Men 40-44	1826	132
133	0:22:25	BROWN, Chris		Senior Men	1918	133
134	0:22:30	HARDINGHAM, Graham	Norfolk Gazelles	Men 45-49	1930	134
135	0:22:31	LOUGHLIN, Gillian	City of Norwich A.C.	Ladies 45-49	1992	135
136	0:22:32	SOMMERFIELD, Michael		Senior Men	1813	136
137	0:22:41	O'LOUGHLIN, Sean		Men 45-49	1839	137
138	0:22:46	COOKE, Sue	City of Norwich A.C.	Ladies 45-49	1729	138
139	0:22:49	ROYSTON, Edward		Senior Men	1814	139
140	0:22:51	STEVENS, Tracey	Wymondham A.C.	Ladies 40-44	1982	140
141	0:22:52	DURRANT, Judith	Reepham Runners	Ladies 40-44	1969	141
142	0:22:56	STRATTON, Katie	City of Norwich A.C.	Junior Ladies	1968	142
143	0:22:56	HUDSON, Luke	Ware Joggers	Senior Men	1549	143
144	0:23:01	TO, Wing		Senior Men	1833	144
145	0:23:04	WILSON, Robin	Bungay Black Dog A.C.	Men 55-59	1895	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	0:23:08	BURCHAM, Andrew		Senior Men	1959	146
147	0:23:10	EDYE, Simon	Norwich Road Runners	Men 55-59	1840	147
148	0:23:13	BAKER, Hannah	City of Norwich A.C.	Senior Ladies	1751	148
149	0:23:14	OSBORNE, Robert	North Norfolk Beach Runners	Men 50-54	1845	149
150	0:23:15	WOODHOUSE, John	Reepham Runners	Men 45-49	1559	150
151	0:23:15	BURCH, Melanie	Coltishall Jaguars	Senior Ladies	1770	151
152	0:23:16	WOODHOUSE, Paul		Men 45-49	1555	152
153	0:23:17	SIMPSON, David	Coltishall Jaguars	Men 55-59	1888	153
154	0:23:17	HARDS, Amanda		Ladies 40-44	1754	154
155	0:23:18	TYRRELL, Richard		Senior Men	1878	155
156	0:23:20	ELLEN, Anne	Norfolk Gazelles	Ladies 54-59	1780	156
157	0:23:26	ARMES, Chris		Men 40-44	1823	157
158	0:23:26	MIDDLETON, Leanne		Senior Ladies	1715	158
159	0:23:32	WITHEY, Sally	City of Norwich A.C.	Ladies 40-44	1743	159
160	0:23:34	TILBROOK, Peter		Senior Men	1848	160
161	0:23:37	LANE, David	Ryston Runners	Men 45-49	1557	161
162	0:23:39	ASHFORD, Justin	Diss A.C.	Senior Men	1872	162
163	0:23:44	HANNANT, Emily	Coltishall Jaguars	Senior Ladies	1987	163
164	0:23:45	JARVIS, Naomi		Senior Ladies	1705	164
165	0:23:45	THOMAS, Neil	Bungay Black Dog A.C.	Men 40-44	1563	165
166	0:23:47	CONNOLLY, Selina		Senior Ladies	1720	166
167	0:23:50	BYE, Jackie	Coltishall Jaguars	Ladies 50-54	1775	167
168	0:23:57	HUGGINS, Anna	City of Norwich A.C.	Senior Ladies	1547	168
169	0:24:03	PHILLIPS, Margaret	Cambridge Tri Club	Ladies 54-59	1961	169
170	0:24:07	WILKES, Chris		Senior Men	1837	170
171	0:24:09	HARDS, Nicholas		Men 45-49	1896	171
172	0:24:20	MAHONY, Laura	City of Norwich A.C.	Senior Ladies	1747	172
173	0:24:23	BEATTIE, Bob	Norwich Road Runners	Men 60+	1862	173
174	0:24:24	DAWSON, Lorraine	Gt. Yarmouth RRC	Ladies 50-54	1700	174
175	0:24:28	FRASER, Alec	North Norfolk Beach Runners	Men 60+	1923	175
176	0:24:28	SCOTTOW, Lee	Norwich Road Runners	Senior Men	1800	176
177	0:24:30	ASHFORD, Martin	Diss A.C.	Men 60+	1871	177
178	0:24:34	HUTCHEON, David	Coltishall Jaguars	Men 60+	1791	178
179	0:24:36	NEAVE, Phillip	Bungay Black Dog A.C.	Men 60+	1912	179
180	0:24:39	SAUERZAPF, Bobbie	Bungay Black Dog A.C.	Ladies 50-54	1991	180
181	0:24:41	HUDSON, Bethan	Ware Joggers	Senior Ladies	1704	181
182	0:24:42	HUDSON, Phil	Ware Joggers	Men 50-54	1807	182
183	0:24:44	SMITH, Paul	Ipswich Triathlon club	Senior Men	1849	183
184	0:24:45	BALL, Malcolm	North Norfolk Beach Runners	Men 60+	1834	184
185	0:24:46	TILBROOK, John		Men 60+	1847	185
186	0:24:52	TAYLOR, Martin		Senior Men	1854	186
187	0:24:52	RAMSBOTTOM, Claire	Norwich Road Runners	Senior Ladies	1703	187
188	0:24:53	COOPER, Sarah	Tri-Anglia	Senior Ladies	1998	188
189	0:24:54	BUNTING, Simon	Lowestoft Road Runners	Men 40-44	1825	189
190	0:25:01	OSBORNE, Andrea	North Norfolk Beach Runners	Ladies 54-59	1733	190
191	0:25:01	HARROP, Jackie	Norfolk Gazelles	Ladies 45-49	1976	191
192	0:25:04	HIGGINS, Janet	City of Norwich A.C.	Ladies 50-54	1724	192
193	0:25:06	WOODHOUSE, Gill	Dereham Runners A.C.	Ladies 60+	1967	193
194	0:25:09	TILBROOK, Diane		Ladies 54-59	1735	194
195	0:25:12	FRARY, Madeleine	City of Norwich A.C.	Junior Ladies	1974	195
196	0:25:19	CLARKE, Martin		Senior Men	1935	196
197	0:25:19	NEALE, Matthew		Senior Men	1787	197
198	0:25:19	TODD, Lee		Senior Men	1786	198
199	0:25:20	MULLANY, Frances	City of Norwich A.C.	Junior Ladies	1983	199
200	0:25:21	O'CONNOR, Michael	North Norfolk Beach Runners	Men 60+	1924	200
201	0:25:22	KANE, Marisol		Ladies 45-49	1713	201
202	0:25:26	DENNIS, Emily	Norwich Road Runners	Senior Ladies	1718	202
203	0:25:30	POTTER, Judy	Bungay Black Dog A.C.	Ladies 60+	1972	203
204	0:25:31	ARTHURTON, Ben		Senior Men	1838	204
205	0:25:33	JUPP, Orla	Dereham Runners A.C.	Senior Ladies	1723	205
206	0:25:34	WARNES, Tom		Senior Men	1779	206
207	0:25:35	FILER, Carole	City of Norwich A.C.	Ladies 50-54	1970	207
208	0:25:36	SWANSON, Alison	North Norfolk Beach Runners	Ladies 40-44	1746	208
209	0:25:38	BATCHELOR, Audrey	Norfolk Gazelles	Ladies 54-59	1963	209
210	0:25:40	KEAN-COCKBURN, Peter	Coltishall Jaguars	Men 50-54	1548	210
211	0:25:41	HURREN, Teressa		Ladies 40-44	1971	211
212	0:25:42	CUBITT, Rachel		Senior Ladies	1712	212
213	0:25:44	BRITT, Tony	UK Netrunners	Men 50-54	1867	213
214	0:25:52	ARDEN, Jeff	Norfolk Gazelles	Men 50-54	1828	214
215	0:25:55	FRIEND, Rachael	Norwich Road Runners	Senior Ladies	1740	215
216	0:25:56	LONG, Jurgen		Senior Men	1831	216
217	0:25:57	JENKINS, Paul		Men 45-49	1830	217
218	0:26:05	LOCKWOOD, Rachael		Senior Ladies	1993	218
219	0:26:14	HART, Gill	Ryston Runners	Ladies 54-59	1995	219
220	0:26:19	SCOTT, Georgina	Lowestoft Road Runners	Senior Ladies	1732	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	0:26:20	HURREN, Lee		Men 50-54	1939	221
222	0:26:21	SYMINGTON, Alex		Senior Men	1773	222
223	0:26:23	WOODHOUSE, Libby		Ladies 45-49	1556	223
224	0:26:25	HURREN, Dale	Norwich Road Runners	Men 50-54	1929	224
225	0:26:38	HURREN, Chelsie		Junior Ladies	1980	225
226	0:26:38	HURREN, Shane		Men 45-49	1927	226
227	0:26:39	WARREN, Peter	City of Norwich A.C.	Men 50-54	1832	227
228	0:26:45	LUBBOCK, Kim	Norfolk Gazelles	Ladies 45-49	1552	228
229	0:26:59	MARTIN, Anne	Wymondham A.C.	Ladies 60+	1986	229
230	0:27:03	SAGGERS, James		Senior Men	1817	230
231	0:27:10	SAUNDERS, Marianne	Norfolk Gazelles	Ladies 40-44	1722	231
232	0:27:11	SHEAD, Sheila		Ladies 54-59	1727	232
233	0:27:13	DURRANT, Rebecca	Coltishall Jaguars	Ladies 54-59	1989	233
234	0:27:29	GRAY, Sarah		Senior Ladies	1719	234
235	0:27:30	FLATT, Linda June	Wymondham A.C.	Ladies 54-59	1766	235
236	0:27:31	FERGUSON, Anya	Tri-Anglia	Senior Ladies	1565	236
237	0:27:36	LONDON, Julie	Norfolk Gazelles	Ladies 40-44	1757	237
238	0:27:38	WALLACE-GOODALL, Hannah	Tri-Anglia	Senior Ladies	1708	238
239	0:27:42	COTTON, Anita		Ladies 40-44	1994	239
240	0:27:49	STEBBENS, Lucia	City of Norwich A.C.	Senior Ladies	1560	240
241	0:27:51	HARDINGHAM, Gail		Ladies 50-54	1737	241
242	0:27:56	FARROW, Linda	City of Norwich A.C.	Ladies 60+	1760	242
243	0:28:06	COPELAND, Jenny	Norwich Road Runners	Senior Ladies	1978	243
244	0:28:19	LIMEHOUSE, Gary		Men 45-49	1820	244
245	0:28:29	BAGNALL, Kathryn	Coltishall Jaguars	Ladies 45-49	1545	245
246	0:28:33	CASELLS, Sarah	Norwich Road Runners	Senior Ladies	1744	246
247	0:28:34	EMMONS, Paul		Senior Men	1875	247
248	0:28:36	OTTAWAY, Lyn		Senior Ladies	1701	248
249	0:28:42	GARWOOD, Katherine		Senior Ladies	1736	249
250	0:28:44	COOKE, Stephanie	Coltishall Jaguars	Senior Ladies	1966	250
251	0:28:47	WATERS, Karen	Bungay Black Dog A.C.	Ladies 40-44	1753	251
252	0:28:47	HARRIS, Chris		Men 55-59	1922	252
253	0:28:48	COOKE, Christina	Coltishall Jaguars	Ladies 50-54	1965	253
254	0:28:49	BACON, Katie		Senior Ladies	1764	254
255	0:28:51	MITCHELL, Samantha		Senior Ladies	1768	255
256	0:28:54	WAITE, Melanie		Ladies 45-49	1709	256
257	0:28:55	McGILL, Andi		Men 50-54	1802	257
258	0:29:22	CUSHINE, Diane	Norwich Road Runners	Ladies 45-49	1553	258
259	0:29:23	EASTAUGH-KING, Jackie	Norwich Road Runners	Ladies 45-49	1562	259
260	0:29:31	JACK, Bob	Bungay Black Dog A.C.	Men 50-54	1901	260
261	0:29:36	BORRMAN, Virginia	North Norfolk Beach Runners	Ladies 45-49	1742	261
262	0:29:40	TUVEY, Victoria		Ladies 50-54	1769	262
263	0:29:43	COOK, Sharon		Ladies 40-44	1999	263
264	0:30:07	DUNSDON, Martyn		Senior Men	1913	264
265	0:30:11	MARTIN, Fiona		Ladies 40-44	1711	265
266	0:30:35	RAYNER, Anne		Ladies 40-44	1996	266
267	0:30:43	BURDETT, Theresa		Senior Ladies	1710	267
268	0:30:44	FARR, Craig		Senior Men	1551	268
269	0:30:46	HALL, Paula	Tri-Anglia	Ladies 40-44	1564	269
270	0:31:52	SPINKS, Nicola		Senior Ladies	1988	270
271	0:32:08	TUDHOPE, Sarah		Ladies 40-44	1717	271
272	0:32:10	JONES, Leanne		Senior Ladies	1765	272
273	0:32:12	BEARD, Claire	Norwich Road Runners	Senior Ladies	1346	273
274	0:32:16	BARNARD, Sarah		Senior Ladies	1756	274
275	0:32:21	THOULESS, Colin	Norwich Road Runners	Men 60+	1844	275
276	0:33:45	LIMEHOUSE, Kim		Ladies 45-49	1714	276
277	0:34:11	FENECH, Charles		Men 60+	1852	277
278	0:35:18	PECK, Andy	Gt. Yarmouth RRC	Men 40-44	1812	278
279	0:36:27	PHILLIPS, Sarah Ann		Senior Ladies	1731	279
280	0:39:43	MILLER, Lou		Men 60+	1947	280

**There were 280 finishers in the category.**