

Norfolk Gazelles Valentine 10K 2013 - Individual Prizewinners

1st Male	Rick Ward	33:53	226	CONAC
2nd Male	Steve Gibbs	33:59	283	Norwich Road Runners
3rd Male	Andy Kett	34:56	48	North Norfolk Beach Runners
1st Male 15-39	Martyn Bath	36:07	300	CONAC
1st Male 40-44	Andrew Terry	37:26	293	Wymondham AC
1st Male 45-49	Todd Lake	37:40	253	Dereham Runners
1st Male 50-54	Paul Muffett	37:15	183	North Norfolk Beach Runners
1st Male 55-59	Glen Nelson	41:20	161	Tri-Anglia
1st Male 60-69	Ken Bowman	43:46	115	Coltishall Jaguars
1st Male 70+	Mike Smith	51:19	167	Wymondham AC
1st Female	Eleanor Matthews	36:35	242	CONAC
2nd Female	Kelly Rushton	36:42	215	CONAC
3rd Female	Cat Ricketts	40:48	28	Norwich Road Runners
1st Female 15-34	Rowena Leary	41:13	142	
1st Female 35-39	Karen Doak	41:55	203	Norwich Road Runners
1st Female 40-44	Sharon Hurren	43:43	218	Wymondham AC
1st Female 45-49	Sarah Jay	47:57	127	Coltishall Jaguars
1st Female 50-54	Jackie Bye	49:02	121	Coltishall Jaguars
1st Female 55-59	Angie Bear	50:04	304	Wymondham AC
1st Female 60+	Veronica Manly	51:24	162	Eastern Vets