

Norwich Road Runners Presents:

The Wroxham Series 2013

Race 2 Results including County Championship 5Km

Wednesday 19th June 2013. 7:15 pm

Male : Race Overall

<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	0:15:53	ARNOLD, Piers	City of Norwich A.C.	Senior Male	94	1
2	0:16:06	SANDFORD, Paul	Norfolk Harriers	Senior Male	90	2
3	0:16:12	BATTRICK, John	North Norfolk Beach Runners	Senior Male	102	3

Male: Junior

<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	McMORRAN, Kieron	Bungay Black Dog A.C.	Junior Male	88	7

Male: Senior

<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>
4	0:16:15	SKIPPER, Joe	Tri-Anglia	Senior Male	428	4
5	0:16:15	O'NEILL, James	Ryston Runners	Senior Male	43	5

Male (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	0:16:36	GOODALL, Spencer	Wymondham A.C.	Male (40-49)	1688	8
2	0:17:13	TERRY, Andrew	Wymondham A.C.	Male (40-49)	407	18

Male (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	0:17:12	MUFFETT, Paul	North Norfolk Beach Runners	Male (50-59)	67	17
2	0:17:19	CHEVERTON, Robert	City of Norwich A.C.	Male (50-59)	65	20

Male 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	0:18:59	ROBILLIARD, Colin	Coltishall Jaguars	Male 60+	42	52
2	0:19:56	DADY, Stephen	Wymondham A.C.	Male 60+	411	76

Female: Race Overall

<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	0:17:32	MATTHEWS, Ellie	City of Norwich A.C.	Senior Female	385	27
2	0:18:21	POTGEITER, Natassja	City of Norwich A.C.	Senior Female	233	42
3	0:19:14	BECKETT, Mabel	City of Norwich A.C.	Senior Female	232	62

Junior Female

<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	0:18:42	ALDEN, Sophie	City of Norwich A.C.	Junior Female	1614	48

Senior Female

<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>
4	0:19:24	BROSTER, Juliet	City of Norwich A.C.	Senior Female	251	67
5	0:19:26	ALFORD, Nicky	City of Norwich A.C.	Senior Female	382	68

Female (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	0:21:36	SEARSON, Fiona		Female (40-49)	221	110
2	0:22:11	BULL, Michelle	City of Norwich A.C.	Female (40-49)	353	119

Female (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	0:19:29	CLARKE, Jane	City of Norwich A.C.	Female (50-59)	246	69
2	0:21:46	COOKE, Sue	City of Norwich A.C.	Female (50-59)	1607	112

Female (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	0:24:25	MANLY, Veronica	Eastern Vets A.C.	Female (60+)	1615	158
2	0:25:53	HOLLISTER, Heather	Coltishall Jaguars	Female (60+)	1626	187

Norfolk County Championship 5Km : 2013

Wednesday 19th June 2013 7:15 pm

Individual Prize List

Norfolk 5 Km County Champion 2013 : Male – Piers ARNOLD, 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>
GOLD	0:15:53	ARNOLD, Piers	City of Norwich A.C.	Senior Male	94	1
SILVER	0:16:06	SANDFORD, Paul	Norfolk Harriers	Senior Male	90	2
BRONZE	0:16:12	BATTRICK, John	North Norfolk Beach Runners	Senior Male	102	3

Norfolk County Championship : 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>
GOLD	0:17:13	TERRY, Andrew	Wymondham A.C.	Male (40-49)	407	18
SILVER	0:17:30	STONE, Matthew	Coltishall Jaguars	Male (40-49)	53	26
BRONZE	0:17:56	SEAMARK, Jamie	North Norfolk Beach Runners	Male (40-49)	401	32

Norfolk County Championship : 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>
GOLD	0:16:36	GOODALL, Spencer	Wymondham A.C.	Male (40-49)	1688	8
SILVER	0:18:15	PRESTON, Andrew	Wymondham A.C.	Male (40-49)	107	35
BRONZE	0:18:19	GARRETT, Mark	Norwich Road Runners	Male (40-49)	52	40

Norfolk County Championship : 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>
GOLD	0:17:39	MOORE, John	Norfolk Gazelles	Male (50-59)	418	29
SILVER	0:17:57	SHERRY, Karl	Norwich Road Runners	Male (50-59)	430	33
BRONZE	0:19:16	CHURCH, Stephen	City of Norwich A.C.	Male (50-59)	71	63

Norfolk County Championship : 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>
GOLD	0:17:12	MUFFETT, Paul	North Norfolk Beach Runners	Male (50-59)	67	17
SILVER	0:17:19	CHEVERTON, Robert	City of Norwich A.C.	Male (50-59)	65	20
BRONZE	0:17:25	ARNOLD, Nigel	Norfolk Gazelles	Male (50-59)	77	24

Norfolk County Championship : Men 60-64

<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	0:18:59	ROBILLIARD, Colin	Coltishall Jaguars	Male 60+	42	52
SILVER	0:19:56	DADY, Stephen	Wymondham A.C.	Male 60+	411	76
BRONZE	0:20:38	YEOMANS, Martin	Norwich Road Runners	Male 60+	309	95

Norfolk County Championship : Men 65+

<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	0:22:03	BONE, John	Gt. Yarmouth RRC	Male 60+	111	116
SILVER	0:24:17	PARKINS, Mike	Eastern Vets A.C.	Male 60+	421	155
BRONZE	0:25:44	BRADSHAW, Ernie	Reepham Runners	Male 60+	110	184

Norfolk 5 Km County Champion 2013 : Female – Ellie MATTHEWS, 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>
GOLD	0:17:32	MATTHEWS, Ellie	City of Norwich A.C.	Senior Female	385	27
SILVER	0:18:21	POTGEITER, Natassja	City of Norwich A.C.	Senior Female	233	42
BRONZE	0:18:42	ALDEN, Sophie	City of Norwich A.C.	Junior Female	1614	48

Norfolk County Championship : 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>
GOLD	0:21:36	SEARSON, Fiona		Female (40-49)	221	110
SILVER	0:22:11	BULL, Michelle	City of Norwich A.C.	Female (40-49)	353	119
BRONZE	0:22:37	SPENCE, Sabina	City of Norwich A.C.	Female (40-49)	384	124

Norfolk County Championship : 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>
GOLD	0:22:29	CUSHING, Sally	Norwich Road Runners	Female (40-49)	222	123
SILVER	0:23:08	JAY, Sarah	Coltishall Jaguars	Female (40-49)	239	134
BRONZE	0:23:14	COSTELLO, Marian		Female (40-49)	236	137

Norfolk County Championship : 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>
GOLD	0:19:29	CLARKE, Jane	City of Norwich A.C.	Female (50-59)	246	69
SILVER	0:21:46	COOKE, Sue	City of Norwich A.C.	Female (50-59)	1607	112
BRONZE	0:22:47	RICHARDSON, Pauline	Gt. Yarmouth RRC	Female (50-59)	223	127

Norfolk County Championship : 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>
GOLD	0:23:28	ELLEN, Anne	Norfolk Gazelles	Female (50-59)	1635	142
SILVER	0:24:18	OSBORNE, Andrea	North Norfolk Beach Runners	Female (50-59)	1624	156
BRONZE	0:24:47	WARD, Beres	Wymondham A.C.	Female (50-59)	234	164

Norfolk County Championship : Ladies 60-64

<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	0:24:25	MANLY, Veronica	Eastern Vets A.C.	Female (60+)	1615	158
SILVER	0:25:53	HOLLISTER, Heather	Coltishall Jaguars	Female (60+)	1626	187
BRONZE	0:27:30	DURANT, Becky	Coltishall Jaguars	Female (60+)	1622	207

Norfolk County Championship : Ladies 65+

<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	0:26:30	KINCH, Brenda	North Norfolk Beach Runners	Female (60+)	219	194
SILVER	0:27:26	MARTIN, Anne	Wymondham A.C.	Female (60+)	1608	205
BRONZE	0:31:46	ENGLAND, Maureen	Gt Yarmouth & D.A.C.	Female (60+)	245	222

Race 2 : Open Team Prizes

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

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>
1	0:15:53	ARNOLD, Piers	Senior Male	94	1
8	0:16:36	VARVEL, Adam	Senior Male	409	9
11	0:16:45	ALDEN, Luke	Junior Male	1667	12
20	0:49:14	Totals			

Vet Men : 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>
1	0:16:36	GOODALL, Spencer	Male (40-49)	1688	8
3	0:17:13	TERRY, Andrew	Male (40-49)	407	18
10	0:18:15	PRESTON, Andrew	Male (40-49)	107	35
14	0:52:04	Totals			

Senior Female : 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	0:17:32	MATTHEWS, Ellie	Senior Female	385	27
2	0:18:21	POTGEITER, Natassja	Senior Female	233	42
3	0:18:42	ALDEN, Sophie	Junior Female	1614	48
6	0:54:35	Totals			

Vet Female : 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	0:19:29	CLARKE, Jane	Female (50-59)	246	69
3	0:21:46	COOKE, Sue	Female (50-59)	1607	112
4	0:22:11	BULL, Michelle	Female (40-49)	353	119
8	1:03:26	Totals			

Norfolk County Championship 5 Km: 2013

Team Results

Wednesday 19th June 2013 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>
1	0:15:53	ARNOLD, Piers	Senior Male	94	1
7	0:16:36	VARVEL, Adam	Senior Male	409	9
10	0:16:45	ALDEN, Luke	Junior Male	1667	12
15	0:17:14	BECKETT, Bruce	Junior Male	63	19
33	1:06:28	Totals			

SILVER: North Norfolk Beach Runners

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
3	0:16:12	BATTRICK, John	Senior Male	102	3
8	0:16:38	MERRYLEES, Chris	Senior Male	89	10
11	0:16:52	KETT, Andy	Senior Male	95	13
30	0:18:46	NEALE, Darren	Senior Male	97	49
52	1:08:28	Totals			

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>
19	0:17:27	BALFE, Stephen	Senior Male	415	25
23	0:18:10	CROWE, Daniel	Junior Male	59	34
24	0:18:15	DONAVON, Richard	Senior Male	406	36
25	0:18:16	NICHOLLS, Stephen	Senior Male	73	37
91	1:12:08	Totals			

Norfolk County Championship Veteran Men (40+) Team

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

GOLD : 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>
1	0:16:36	GOODALL, Spencer	Male (40-49)	1688	8
3	0:17:13	TERRY, Andrew	Male (40-49)	407	18
10	0:18:15	PRESTON, Andrew	Male (40-49)	107	35
16	0:19:01	CHILDERHOUSE, Steve	Male (40-49)	426	54
30	1:11:05	Totals			

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>
9	0:17:57	SHERRY, Karl	Male (50-59)	430	33
12	0:18:19	GARRETT, Mark	Male (40-49)	52	40
13	0:18:20	GRAND, Adrian	Male (40-49)	46	41
17	0:19:05	FRARY, Matthew	Male (40-49)	83	57
51	1:13:41	Totals			

BRONZE: North Norfolk Beach Runners

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
2	0:17:12	MUFFETT, Paul	Male (50-59)	67	17
8	0:17:56	SEAMARK, Jamie	Male (40-49)	401	32
11	0:18:18	BROWN, Hugh	Male (40-49)	106	39
33	0:20:07	LEACH, John	Male (50-59)	1657	82
54	1:13:33	Totals			

Norfolk County Championship 5 Km: 2013

Team Results

Wednesday 19th June 2013 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	0:17:32	MATTHEWS, Ellie	Senior Female	385	27
2	0:18:21	POTGEITER, Natassja	Senior Female	233	42
3	0:18:42	ALDEN, Sophie	Junior Female	1614	48
6	0:54:35	Totals			

SILVER: 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>
4	0:19:14	BECKETT, Mabel	Senior Female	232	62
5	0:19:26	ALFORD, Nicky	Senior Female	382	68
7	0:20:39	HOOGKAMER, Anna	Senior Female	256	96
16	0:59:19	Totals			

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>
8	0:22:49	BRADLEY, Vikki	Senior Female	253	128
9	0:22:51	RUDD, Jen	Senior Female	250	130
14	0:25:11	DADY, Sylvia	Senior Female	387	172
31	1:10:51	Totals			

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	0:19:29	CLARKE, Jane	Female (50-59)	246	69
3	0:21:46	COOKE, Sue	Female (50-59)	1607	112
4	0:22:11	BULL, Michelle	Female (40-49)	353	119
8	1:03:26	Totals			

SILVER: 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>
6	0:22:37	SPENCE, Sabina	Female (40-49)	384	124
16	0:24:24	HOLLIS, Liz	Female (40-49)	1632	157
18	0:24:27	FLUTE, Sue	Female (40-49)	1634	159
40	1:11:28	Totals			

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>
5	0:22:29	CUSHING, Sally	Female (40-49)	222	123
10	0:23:17	STEELE, Ruth	Female (40-49)	1631	139
35	0:29:08	REDDY, Samantha	Female (40-49)	231	213
50	1:14:54	Totals			

Individual Full Results for All Competitors

Place	Time	Name	Team	Race Age Category	Race	Race
					No	Place
1	0:15:53	ARNOLD, Piers	City of Norwich A.C.	Senior Male	94	1
2	0:16:06	SANDFORD, Paul	Norfolk Harriers	Senior Male	90	2
3	0:16:12	BATTRICK, John	North Norfolk Beach Runners	Senior Male	102	3
4	0:16:15	SKIPPER, Joe	Tri-Anglia	Senior Male	428	4
5	0:16:15	O'NEILL, James	Ryston Runners	Senior Male	43	5
6	0:16:29	HAWES, Joseph	Norfolk Gazelles	Senior Male	81	6
7	0:16:34	McMORRAN, Kieron	Bungay Black Dog A.C.	Junior Male	88	7
8	0:16:36	GOODALL, Spencer	Wymondham A.C.	Male (40-49)	1688	8
9	0:16:36	VARVEL, Adam	City of Norwich A.C.	Senior Male	409	9
10	0:16:38	MERRYLEES, Chris	North Norfolk Beach Runners	Senior Male	89	10
11	0:16:43	THOMPSON, Mark	Gt. Yarmouth RRC	Senior Male	104	11
12	0:16:45	ALDEN, Luke	City of Norwich A.C.	Junior Male	1667	12
13	0:16:52	KETT, Andy	North Norfolk Beach Runners	Senior Male	95	13
14	0:16:59	FOSTER, Edward		Junior Male	1685	14
15	0:17:02	CANNELL, Stephen		Senior Male	414	15
16	0:17:07	CRASKE, Adam	Bungay Black Dog A.C.	Senior Male	1650	16
17	0:17:12	MUFFETT, Paul	North Norfolk Beach Runners	Male (50-59)	67	17
18	0:17:13	TERRY, Andrew	Wymondham A.C.	Male (40-49)	407	18
19	0:17:14	BECKETT, Bruce	City of Norwich A.C.	Junior Male	63	19
20	0:17:19	CHEVERTON, Robert	City of Norwich A.C.	Male (50-59)	65	20
21	0:17:22	GRUBB, Mark	Norfolk Gazelles	Senior Male	408	21
22	0:17:23	HONEYMAN, Ryan		Senior Male	1670	22
23	0:17:24	COOK, Lee		Senior Male	427	23
24	0:17:25	ARNOLD, Nigel	Norfolk Gazelles	Male (50-59)	77	24
25	0:17:27	BALFE, Stephen	City of Norwich A.C.	Senior Male	415	25
26	0:17:30	STONE, Matthew	Coltishall Jaguars	Male (40-49)	53	26
27	0:17:32	MATTHEWS, Ellie	City of Norwich A.C.	Senior Female	385	27
28	0:17:33	LINGWOOD, Jay		Senior Male	429	28
29	0:17:39	MOORE, John	Norfolk Gazelles	Male (50-59)	418	29
30	0:17:45	MULLIGAN, Andrew	Coltishall Jaguars	Senior Male	96	30
31	0:17:49	COLLINSON, Ben	West Norfolk A.C.	Senior Male	1660	31
32	0:17:56	SEAMARK, Jamie	North Norfolk Beach Runners	Male (40-49)	401	32
33	0:17:57	SHERRY, Karl	Norwich Road Runners	Male (50-59)	430	33
34	0:18:10	CROWE, Daniel	City of Norwich A.C.	Junior Male	59	34
35	0:18:15	PRESTON, Andrew	Wymondham A.C.	Male (40-49)	107	35
36	0:18:15	DONAVON, Richard	City of Norwich A.C.	Senior Male	406	36
37	0:18:16	NICHOLLS, Stephen	City of Norwich A.C.	Senior Male	73	37
38	0:18:16	KIRTON, Joseph	Thetford A.C.	Senior Male	87	38
39	0:18:18	BROWN, Hugh	North Norfolk Beach Runners	Male (40-49)	106	39
40	0:18:19	GARRETT, Mark	Norwich Road Runners	Male (40-49)	52	40
41	0:18:20	GRAND, Adrian	Norwich Road Runners	Male (40-49)	46	41
42	0:18:21	POTGEITER, Natassja	City of Norwich A.C.	Senior Female	233	42
43	0:18:22	SMITH, Chris	Norfolk Gazelles	Senior Male	40	43
44	0:18:23	SPINDLER, Darren	Vegan Rurrers	Senior Male	432	44
45	0:18:26	SHEARER, Neil	City of Norwich A.C.	Male (40-49)	423	45
46	0:18:38	MOUNTAIN, Jason	Wymondham A.C.	Senior Male	109	46
47	0:18:41	HARMER, Mark	Coltishall Jaguars	Senior Male	78	47
48	0:18:42	ALDEN, Sophie	City of Norwich A.C.	Junior Female	1614	48
49	0:18:46	NEALE, Darren	North Norfolk Beach Runners	Senior Male	97	49
50	0:18:51	BUTCHER, Leigh	Lowestoft Road Runners	Senior Male	413	50
51	0:18:58	EVANS, Marc	Gt. Yarmouth RRC	Senior Male	72	51
52	0:18:59	ROBILLIARD, Colin	Coltishall Jaguars	Male 60+	42	52
53	0:19:00	WOODS, Peter	City of Norwich A.C.	Male (40-49)	1669	53
54	0:19:01	CHILDERHOUSE, Steve	Wymondham A.C.	Male (40-49)	426	54
55	0:19:02	McMORRIS, Will		Senior Male	80	55
56	0:19:03	SARI, Guzel	Dereham Runners A.C.	Senior Male	435	56
57	0:19:05	FRARY, Matthew	Norwich Road Runners	Male (40-49)	83	57
58	0:19:06	COTTON, Jacob	City of Norwich A.C.	Junior Male	403	58
59	0:19:07	TUDGE, David	City of Norwich A.C.	Senior Male	1666	59
60	0:19:10	PASK, Matt	Wymondham A.C.	Male (40-49)	1677	60
61	0:19:12	JOHNSON, Pete	Norfolk Gazelles	Male (50-59)	82	61
62	0:19:14	BECKETT, Mabel	City of Norwich A.C.	Senior Female	232	62
63	0:19:16	CHURCH, Stephen	City of Norwich A.C.	Male (50-59)	71	63
64	0:19:18	NELSON, Glen	Tri-Anglia	Male (50-59)	44	64
65	0:19:21	ARMES, Michael	Norwich Road Runners	Male (40-49)	402	65
66	0:19:22	WATERS, Adrian	Norfolk Gazelles	Male (40-49)	1679	66
67	0:19:24	BROSTER, Juliet	City of Norwich A.C.	Senior Female	251	67
68	0:19:26	ALFORD, Nicky	City of Norwich A.C.	Senior Female	382	68
69	0:19:29	CLARKE, Jane	City of Norwich A.C.	Female (50-59)	246	69
70	0:19:38	COLLYER, Richard	Coltishall Jaguars	Male (40-49)	54	70

Place	Time	Name	Team	Race Age Category	Race No	Race Place
71	0:19:44	BLAKE, Dean	Coltishall Jaguars	Senior Male	1663	71
72	0:19:48	ASKER, David		Senior Male	1693	72
73	0:19:50	MORRIS-JONES, Richard	Reepham Runners	Male (40-49)	417	73
74	0:19:50	HURREN, Dale	Norwich Road Runners	Male (50-59)	84	74
75	0:19:55	ELLIS, Vince	City of Norwich A.C.	Male (50-59)	56	75
76	0:19:56	DADY, Stephen	Wymondham A.C.	Male 60+	411	76
77	0:19:58	HURR, Phil	Norfolk Gazelles	Male (50-59)	58	77
78	0:20:01	KNOWLES, Harry	City of Norwich A.C.	Male (50-59)	74	78
79	0:20:02	ARMSTRONG, Darren	North Norfolk Beach Runners	Senior Male	1659	79
80	0:20:04	BAKER, Stephen	Tri-Anglia	Male (40-49)	75	80
81	0:20:05	ROBSON, Sean		Male (40-49)	92	81
82	0:20:07	LEACH, John	North Norfolk Beach Runners	Male (50-59)	1657	82
83	0:20:11	CHORLEY, Chris	Bungay Black Dog A.C.	Male (50-59)	1683	83
84	0:20:12	SWANSON, Finlay		Junior Male	99	84
85	0:20:12	JAY, Adrian	Coltishall Jaguars	Male (40-49)	85	85
86	0:20:13	BRIGGS, Jonathan		Male (40-49)	100	86
87	0:20:15	COLE, Jason		Senior Male	1678	87
88	0:20:18	SUTHERLAND, Luke		Senior Male	1690	88
89	0:20:24	MOORE, Chris	Norfolk Gazelles	Male (50-59)	1651	89
90	0:20:25	NEWSTEAD, Martin		Male (40-49)	1649	90
91	0:20:27	BELL, Jeremy		Male (40-49)	420	91
92	0:20:28	NORRIS, Kezia	North Norfolk Beach Runners	Junior Female	389	92
93	0:20:28	WILLIAMS, Bryn	Coltishall Jaguars	Male (40-49)	388	93
94	0:20:37	ARNOLD, Chris	Tri-Anglia	Male (50-59)	93	94
95	0:20:38	YEOMANS, Martin	Norwich Road Runners	Male 60+	309	95
96	0:20:39	HOOGKAMER, Anna	City of Norwich A.C.	Senior Female	256	96
97	0:20:42	WADE, Jamie	North Norfolk Beach Runners	Senior Male	103	97
98	0:20:42	TUFTS, Mark	Wymondham A.C.	Male (40-49)	51	98
99	0:20:47	LEFEVRE, David		Senior Male	1662	99
100	0:20:48	HARDINGHAM, Kevin	Norfolk Gazelles	Male (50-59)	76	100
101	0:20:59	LEEVEES, Stephen	Gt. Yarmouth RRC	Male (50-59)	45	101
102	0:21:08	JACKSON, Aaron	Dereham Runners A.C.	Senior Male	431	102
103	0:21:10	BLACKWELL, Daniel		Senior Male	1664	103
104	0:21:15	BROWN, Chris		Senior Male	1671	104
105	0:21:20	MAHONEY, Chris		Male (40-49)	1665	105
106	0:21:26	FRARY, Mathew		Male (40-49)	410	106
107	0:21:32	KENDALL, Robert	Wymondham A.C.	Male (40-49)	424	107
108	0:21:32	WHITING, Phil	Norfolk Gazelles	Senior Male	400	108
109	0:21:33	BECKETT, Simon		Male (40-49)	62	109
110	0:21:36	SEARSON, Fiona		Female (40-49)	221	110
111	0:21:36	HARDINGHAM, Graham	Norfolk Gazelles	Male (50-59)	1652	111
112	0:21:46	COOKE, Sue	City of Norwich A.C.	Female (50-59)	1607	112
113	0:21:54	WATSON, Gerry	Wymondham A.C.	Male (50-59)	419	113
114	0:21:58	HAMMOND, Andrew	Norfolk Gazelles	Male (50-59)	79	114
115	0:22:02	JENKINS, Paul		Male (50-59)	1689	115
116	0:22:03	BONE, John	Gt. Yarmouth RRC	Male 60+	111	116
117	0:22:05	BOND, Danny	Norwich Road Runners	Senior Male	1699	117
118	0:22:09	WOODS, Tim	Norfolk Gazelles	Male (50-59)	422	118
119	0:22:11	BULL, Michelle	City of Norwich A.C.	Female (40-49)	353	119
120	0:22:14	MAW, Gordon	Norwich Road Runners	Male (40-49)	1646	120
121	0:22:21	ROWLEY, David		Male (40-49)	1692	121
122	0:22:25	PRIOR, Kevin		Male (40-49)	60	122
123	0:22:29	CUSHING, Sally	Norwich Road Runners	Female (40-49)	222	123
124	0:22:37	SPENCE, Sabina	City of Norwich A.C.	Female (40-49)	384	124
125	0:22:43	CLEMINSON, Ian	Coltishall Jaguars	Male (40-49)	404	125
126	0:22:45	NORRIS, Antony		Male (40-49)	416	126
127	0:22:47	RICHARDSON, Pauline	Gt. Yarmouth RRC	Female (50-59)	223	127
128	0:22:49	BRADLEY, Vikki	Wymondham A.C.	Senior Female	253	128
129	0:22:50	ALLAWAY, Stephen		Male (40-49)	47	129
130	0:22:51	RUDD, Jen	Wymondham A.C.	Senior Female	250	130
131	0:22:53	WARD, Kevin		Male (50-59)	70	131
132	0:23:05	HANNANT, Emily	Coltishall Jaguars	Senior Female	238	132
133	0:23:07	DELFI, William	City of Norwich A.C.	Male (50-59)	91	133
134	0:23:08	JAY, Sarah	Coltishall Jaguars	Female (40-49)	239	134
135	0:23:10	BATTRICK, Peter		Male 60+	1674	135
136	0:23:12	BEE, Glenn		Male (50-59)	101	136
137	0:23:14	COSTELLO, Marian		Female (40-49)	236	137
138	0:23:16	LAMB, Simon		Male (40-49)	108	138
139	0:23:17	STEELE, Ruth	Norwich Road Runners	Female (40-49)	1631	139
140	0:23:22	JONES, Stephanie		Senior Female	1601	140
141	0:23:24	SWAN, Pete		Male (40-49)	68	141
142	0:23:28	ELLEN, Anne	Norfolk Gazelles	Female (50-59)	1635	142
143	0:23:31	TAYLOR, Martin		Senior Male	1697	143
144	0:23:32	ROBSON, Graham		Male (50-59)	1676	144
145	0:23:33	HOLLIS, Dave	Norwich Road Runners	Male (50-59)	434	145

Place	Time	Name	Team	Race Age Category	Race No	Race Place
146	0:23:40	BURCHAM, Andrew		Senior Male	412	146
147	0:23:40	DAWSON, Lorrain	Gt. Yarmouth RRC	Female (50-59)	229	147
148	0:23:49	SAUERZAPF, Bobbie	Bungay Black Dog A.C.	Female (50-59)	1623	148
149	0:23:56	DICKENS, Keith	North Norfolk Beach Runners	Male 60+	405	149
150	0:24:01	PRESTON, Sarah		Senior Female	249	150
151	0:24:06	TAYLOR, Daniel		Senior Male	1656	151
152	0:24:10	JURY, Brett		Senior Male	57	152
153	0:24:13	DURRANT, Judith	Reepham Runners	Female (40-49)	228	153
154	0:24:16	DORMAN, Jerry		Male (40-49)	425	154
155	0:24:17	PARKINS, Mike	Eastern Vets A.C.	Male 60+	421	155
156	0:24:18	OSBORNE, Andrea	North Norfolk Beach Runners	Female (50-59)	1624	156
157	0:24:24	HOLLIS, Liz	City of Norwich A.C.	Female (40-49)	1632	157
158	0:24:25	MANLY, Veronica	Eastern Vets A.C.	Female (60+)	1615	158
159	0:24:27	FLUTE, Sue	City of Norwich A.C.	Female (40-49)	1634	159
160	0:24:30	WOODARD, Richard		Male (40-49)	69	160
161	0:24:34	LONG, Jurgen		Senior Male	1668	161
162	0:24:40	COOKE, Stephanie	Coltishall Jaguars	Senior Female	242	162
163	0:24:41	LONDON, Julie	Norfolk Gazelles	Female (40-49)	1616	163
164	0:24:47	WARD, Beres	Wymondham A.C.	Female (50-59)	234	164
165	0:24:52	BLACKWELL, Kevin		Male (50-59)	41	165
166	0:24:56	WHITEHOUSE, Sarah		Senior Female	247	166
167	0:24:58	NEAVE, Phillip	Bungay Black Dog A.C.	Male 60+	1682	167
168	0:25:07	HARROP, Jackie	Coltishall Jaguars	Female (40-49)	1617	168
169	0:25:08	NEEDS, Anna	Wymondham A.C.	Female (40-49)	218	169
170	0:25:09	BUSHELL, Adele	Coltishall Jaguars	Female (40-49)	1606	170
171	0:25:11	WOODCOCK, Francis		Male (40-49)	433	171
172	0:25:11	DADY, Sylvia	Wymondham A.C.	Senior Female	387	172
173	0:25:12	GAINSFORD, Lizzie		Senior Female	226	173
174	0:25:13	KEAN-COCKBURN, Peter	Coltishall Jaguars	Male (50-59)	86	174
175	0:25:14	MINGAY, Cathy	City of Norwich A.C.	Female (40-49)	1633	175
176	0:25:15	HARMER, Charlotte	Coltishall Jaguars	Senior Female	235	176
177	0:25:17	CORDEAUX, Mary	City of Norwich A.C.	Female (40-49)	1612	177
178	0:25:21	HARDINGHAM, Gail	Norfolk Gazelles	Female (50-59)	1604	178
179	0:25:22	SWANSON, Alison	North Norfolk Beach Runners	Female (40-49)	248	179
180	0:25:24	BRADSHAW, Claire	Reepham Runners	Senior Female	254	180
181	0:25:27	COLLYER, Dawn	Coltishall Jaguars	Senior Female	227	181
182	0:25:37	COOPER, Carol	Norfolk Gazelles	Female (40-49)	391	182
183	0:25:38	NICE, Karen		Senior Female	1611	183
184	0:25:44	BRADSHAW, Ernie	Reepham Runners	Male 60+	110	184
185	0:25:45	LONG, Stephen		Senior Male	1654	185
186	0:25:46	MAPES, Sarah	North Norfolk Beach Runners	Senior Male	392	186
187	0:25:53	HOLLISTER, Heather	Coltishall Jaguars	Female (60+)	1626	187
188	0:26:00	COOK, Sharon	Wymondham A.C.	Female (40-49)	1637	188
189	0:26:07	KENT, Karen	Wymondham A.C.	Female (40-49)	220	189
190	0:26:08	KRUMHOLZ, Jeremy	Norfolk Gazelles	Male (40-49)	1673	190
191	0:26:18	JERMYN, Lorna		Senior Female	1640	191
192	0:26:21	BRITT, Tony	UK Netrunners	Male (50-59)	1647	192
193	0:26:26	MOORE, Susan	Norfolk Gazelles	Female (50-59)	386	193
194	0:26:30	KINCH, Brenda	North Norfolk Beach Runners	Female (60+)	219	194
195	0:26:32	BALL, Malcolm	North Norfolk Beach Runners	Male 60+	1648	195
196	0:26:39	STRATTON, Andrew	Wymondham A.C.	Male (50-59)	1696	196
197	0:26:45	BAKER, Leanne	Coltishall Jaguars	Senior Female	243	197
198	0:26:52	ENGLAND, John	Gt Yarmouth & D.A.C.	Male 60+	98	198
199	0:26:55	URQUHART, Chloe	City of Norwich A.C.	Junior Female	230	199
200	0:26:56	STOREY, Mark	City of Norwich A.C.	Male (40-49)	1672	200
201	0:27:00	MILLER, Rachel		Senior Female	1636	201
202	0:27:02	BENFIELD, Mark		Male (40-49)	64	202
203	0:27:11	WARREN, Peter	City of Norwich A.C.	Male (50-59)	66	203
204	0:27:23	STEELE, Martin		Male (40-49)	1686	204
205	0:27:26	MARTIN, Anne	Wymondham A.C.	Female (60+)	1608	205
206	0:27:27	MUFFETT, Emma	North Norfolk Beach Runners	Senior Female	241	206
207	0:27:30	DURANT, Becky	Coltishall Jaguars	Female (60+)	1622	207
208	0:27:39	WATERS, Hope		Junior Female	255	208
209	0:27:42	WATERS, Michelle	Norfolk Gazelles	Female (40-49)	1628	209
210	0:27:59	BROWN, Basia		Senior Female	252	210
211	0:28:06	WELLS, Dennis	Wymondham A.C.	Male 60+	1680	211
212	0:28:27	GAINSFORD, Ruth		Female (40-49)	225	212
213	0:29:08	REDDY, Samantha	Norwich Road Runners	Female (40-49)	231	213
214	0:29:30	BURDETT, Teresa		Female (40-49)	1613	214
215	0:29:52	KIRTON, Ann	Thetford A.C.	Female (40-49)	240	215
216	0:30:06	POTTER, Trevor		Male 60+	105	216
217	0:30:18	URQUHART, Lynne		Female (40-49)	244	217
218	0:30:32	FUTTER, Clare		Senior Female	1638	218
219	0:30:52	HALL, Janice		Female (40-49)	237	219
220	0:31:15	FREEBURN, Rodney	Wymondham A.C.	Male 60+	1642	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	0:31:16	SCOTT, Claire		Female (40-49)	1610	221
222	0:31:46	ENGLAND, Maureen	Gt Yarmouth & D.A.C.	Female (60+)	245	222
223	0:32:14	CHILSON, Beverly		Female (40-49)	390	223
224	0:32:15	CLEGG, Dawn	Gt Yarmouth & D.A.C.	Female (50-59)	1605	224
225	0:32:20	HAGGARTY, Elaine	Gt Yarmouth & D.A.C.	Female (50-59)	383	225
226	0:34:37	LONG, David		Male 60+	1655	226
227	0:35:57	BRIGHTMAN, Pat	Gt Yarmouth & D.A.C.	Female (60+)	1609	227
228	0:41:51	MILLER, Lou		Male 60+	1675	228

There were 228 finishers out of 257 Entrants.

The Final Race of the Series is on
 Wednesday 17th July 2013 at 19:15