



TOP 20 RESULTS - RACE 1

REEDHAM TEN

SENIOR WOMEN

Emily	Ruane		00:59:13	100
Eleanor	Grubb	City of Norwich AC	01:01:01	99
Alicia	Lacey	Norwich Road Runners	01:03:20	98
Harriet	Carr	Wymondham AC	01:03:35	97
Joanne	Watkins	Bure Valley Harriers	01:09:32	96
Alice	Horney		01:10:02	95
Natasha	Moore		01:10:53	94
Harly	Moon		01:12:27	93
Stephanie	Laurence	Bure Valley Harriers	01:13:52	92
Annie	Richardson	Saint Edmund Pacers	01:13:59	91
Ginny	Fellows	Coltishall Jaguars RC	01:14:05	90
Hayley	Parker		01:14:26	89
Daisy	Mattless		01:14:37	88
Sophie	Barnard	Bungay Black Dog RC	01:15:59	87
Kerrie	Lingwood	Aylsham Runners	01:17:22	86
Amii	Andrews	Aylsham Runners	01:17:47	85
Charlotte Lucy	Hodgson	Norwich Road Runners	01:17:53	84
Chloe	Ward	Norwich Road Runners	01:18:54	83
Rhiannon	Evans	Norfolk Gazelles AC	01:19:35	82
Emily	Beavis	Bure Valley Harriers	01:19:37	81

WOMEN: 40 - 44

Ness	Dent	North Norfolk Beach Runners	01:15:15	100
Amy	Balaam	Bure Valley Harriers	01:17:04	99
Marianne	Armstrong	Norfolk Gazelles AC	01:17:45	98
Angela	Cole		01:18:56	97
Kareana	Symonds	Dereham Runners AC	01:21:46	96
Jen	Gilbert	Dereham Runners AC	01:23:54	95
Kimberly	Carter		01:25:59	94
Caroline	Pocock	Wymondham AC	01:26:37	93
Samantha	Beales		01:27:26	92
Emma	Wilder	Norwich Road Runners	01:30:00	91
Malgorzata	Grucelska		01:30:12	90
Helen	Pidgeon	Wymondham AC	01:30:23	89
Laura	Black		01:31:01	88
Emma	Sharples		01:31:05	87
Lindsay	Smith	Coltishall Jaguars RC	01:32:16	86
Kate	Wakefield		01:33:04	85
Denise	Ewart		01:33:07	84
Lauren	Page		01:33:21	83
Kate	Atkins	Norfolk Gazelles AC	01:36:44	82
Caroline	Chapman		01:38:15	81

WOMEN: 45 - 49

Katy	Oldman	Lowestoft Road Runners	01:14:21	100
Lisa	Greengrass	Wymondham AC	01:15:08	99
Joanna	Killingworth	Norwich Road Runners	01:15:45	98
Caroline	Youngman	Norwich Road Runners	01:17:28	97
Zoe	Chase	Waveney Valley AC	01:18:29	96
Eve	Dewsnap	Tri-Anglia Triathlon Club	01:18:38	95
Louise	Isherwood	Norfolk Gazelles AC	01:21:06	94
Angela	Perkins		01:22:19	93
Diane	Lain	Reepham Runners	01:23:58	92
Nicky	Fuller	Norfolk Harriers RC	01:24:02	91
Christine	Haylett		01:24:27	90
Kelly	Murkin	Great Yarmouth Road Runners	01:25:22	89
Ruth	Kieran	Saint Edmund Pacers	01:25:26	88
Beth	King	Bure Valley Harriers	01:25:41	87
Kerry	Saunders	Waveney Valley AC	01:25:58	86
Julia	Allum		01:26:30	85
Vicky	Jones	Norwich Road Runners	01:28:45	84
Samantha	Race	Great Yarmouth Road Runners	01:29:32	83
Agata	Milk		01:31:09	82
Claire	Foulkes	North Norfolk Beach Runners	01:31:11	81

WOMEN: 50 - 54

Jo	Ross	Norfolk Gazelles AC	01:16:05	100
Lisa	Knights	Vegan Runners UK	01:16:40	99
Tara	Adams		01:17:43	98
Penny	Studley	Great Yarmouth Road Runners	01:19:58	97
Marie	Clark	Norfolk Gazelles AC	01:23:33	96
Deborah	Last	Dereham Runners AC	01:23:52	95
Julia	Kennelly	Wymondham AC	01:27:06	94
Helen	McCall	Great Yarmouth Road Runners	01:27:14	93
Jackie	McCambridge	North Norfolk Beach Runners	01:27:34	92
Silvia	Marroqui		01:27:57	91
Andrea	Bell	Norwich Road Runners	01:30:27	90
Fiona	Searson		01:30:48	89
Sharon	Hooton		01:33:58	88
Emma	Jordan	Coltishall Jaguars RC	01:34:13	87
Ruth	O Regan		01:35:23	86
Liz	Clues	Tri-Anglia Triathlon Club	01:36:07	85
Sonya	Cooper		01:37:14	84
Fiona	Williams	Great Yarmouth Road Runners	01:37:56	83
Lisa	Vincent		01:39:46	82
Sharon	Duneclift		01:42:15	81

WOMEN: 55 - 59

Louise	Hurr	Norfolk Gazelles AC	01:15:28	100
Angela	Ransome	Lonely Goat RC	01:20:15	99
Jo	Silver		01:23:18	98
Ruth	Gaunt	Norwich Road Runners	01:25:12	97
Grainne	Purvis	Waveney Valley AC	01:26:02	96
Rachele	Kelsall	Wymondham AC	01:28:03	95
Sharon	Jones	Coltishall Jaguars RC	01:28:11	94
Beverley	Luckins		01:29:49	93

Terry	Brunton	Dereham Runners AC	01:29:49	92
Sophie	Hudson		01:30:36	91
Anne Marie	Minihane		01:30:40	90
Jane	Middleton		01:31:04	89
Odette	Goldsmith	Waveney Valley AC	01:32:22	88
Louise	Harrod	Waveney Valley AC	01:32:23	87
Julie	London	Norfolk Gazelles AC	01:32:53	86
Dawn	Protheroe	Dereham Runners AC	01:35:30	85
Kim	Blazer		01:36:06	84
Jane	Wood	Bungay Black Dog RC	01:36:17	83
Linda	Storey	Norwich Road Runners	01:38:52	82
Tracy	Stevens	Wymondham AC	01:40:20	81

WOMEN: 60 - 64

Catherine	Henery	City of Norwich AC	01:15:14	100
Paula	Carr	Great Yarmouth Road Runners	01:17:24	99
Kirsty	Weavers	Saint Edmund Pacers	01:19:52	98
Sandra	Roberts	Coltishall Jaguars RC	01:19:58	97
Karen	Balcombe	North Norfolk Beach Runners	01:22:04	96
Ruth	Gainsford	Coltishall Jaguars RC	01:24:19	95
Sue	Cooke		01:25:05	94
Judy	Crooks	Norwich Road Runners	01:25:11	93
Sharon	Brandon	Saint Edmund Pacers	01:28:16	92
Sarah	Bradley	Norwich Road Runners	01:28:37	91
Anne	Harper		01:33:00	90
Jenny	Mayne	City of Norwich AC	01:33:58	89
Philippa	Rudd	Tri-Anglia Triathlon Club	01:36:29	88
Jan	Totterdale	Dereham Runners AC	01:36:30	87
Angela	Wakeley	Great Yarmouth Road Runners	01:40:51	86
Jackie	Watt	Lonely Goat RC	01:44:37	85
Karen	Watson		01:46:58	84
Debbie	Secret	Lowestoft Road Runners	01:48:07	83
Theresa	Jones	Waveney Valley AC	01:49:25	82
Pandora	Buck	Great Yarmouth Road Runners	01:53:34	81

WOMEN: 65 - 69

Jane	Yardy	Norwich Road Runners	01:21:01	100
Alison	Stewart	Norwich Road Runners	01:24:50	99
Anne	Ellen	Norfolk Gazelles AC	01:26:26	98
Elaine	Hudson	Norfolk Gazelles AC	01:27:45	97
Karen	Hatton	Saint Edmund Pacers	01:29:47	96
Bobbie	Sauerzapf	Bungay Black Dog RC	01:32:59	95
Amanda	Gray	Wymondham AC	01:49:42	94
Teresa	Solomon		01:57:43	93
Nicola	Ginger	Lonely Goat RC	02:03:03	92

WOMEN: 70 - 74

Rosemary	Jackson	Coltishall Jaguars RC	01:32:05	100
Susan	Glazer	Bungay Black Dog RC	01:43:04	99
Jacque	Wood	Dereham Runners AC	01:49:08	98

WOMEN: 75+

Jane	Ashby	Ryston Runners	01:28:43	100
Terry	Marshall		02:02:36	99

INTERMEDIATE MEN

Jacob	Last	Dereham Runners AC	01:12:29	100
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SENIOR MEN

Kyle	Brooks	Wymondham AC	00:55:41	100
Martyn	Bath	City of Norwich AC	00:56:30	99
Hugh	Tawell		00:57:50	98
Daniel	Wilson		00:58:25	97
Sean	Jermy	Great Yarmouth Road Runners	00:59:22	96
Jamie	Rose		00:59:49	95
Jake	Grand	Norwich Road Runners	00:59:50	94
Chris	Meadows	Lowestoft Road Runners	01:00:10	93
Ben	Beynon	Wymondham AC	01:00:15	92
Jimmy	Tubb	Reepham Runners	01:01:23	91
Harry	Neale	Norfolk Gazelles AC	01:01:58	90
Peter	Harvey	City of Norwich AC	01:02:42	89
William	George	Aylsham Runners	01:02:52	88
Remi	Bullent		01:03:40	87
Perry	Kelf		01:03:43	86
Richard	Mead	Norwich Road Runners	01:03:53	85
Chris	Fryer	Great Yarmouth Road Runners	01:04:35	84
Andrew	Soanes	Waveney Valley AC	01:04:39	83
Keelan	Pywell	Lowestoft Road Runners	01:06:16	82
James	Davis	Reepham Runners	01:06:44	81

MEN: 40 - 44

John	Hudson	Norwich Road Runners	00:56:08	100
Mark	Hayward	Newmarket Joggers	00:56:35	99
Steven	McNicholas	Wymondham AC	00:58:26	98
Chris	Gay	Wymondham AC	00:58:59	97
Matt	Howard	Norwich Road Runners	00:59:43	96
Chris	Harrison	Norwich Road Runners	01:03:12	95
Ben	Stone	Great Yarmouth Road Runners	01:04:14	94
Paul	Bulling	Norwich Road Runners	01:08:10	93
David	Waters	Aylsham Runners	01:09:01	92
Simon	Brighten		01:09:09	91
Lee	Johnson	Ryston Runners	01:09:19	90
Jonathan	Jarrold		01:09:30	89
Timothy	Earl	Waveney Valley AC	01:09:38	88
Jamie	Fittock	Saint Edmund Pacers	01:09:49	87
Glenn	Fletcher	Waveney Valley AC	01:09:51	86
Peter	Morgan	Wymondham AC	01:10:56	85
James	Fox		01:11:27	84
Tom	Downs		01:11:49	83
Mike	Allum		01:11:59	82
Chris	Linehan		01:13:37	81

MEN: 45 - 49

Kevin	Holland	Wymondham AC	00:57:44	100
Gary	Saggers	Lowestoft Road Runners	00:59:42	99
Neil	Shorten	North Norfolk Beach Runners	00:59:53	98
Simon	Wright	Norfolk Gazelles AC	01:00:06	97
Trevor	Gannon	Norwich Road Runners	01:00:35	96
Marc	Coles	Norwich Road Runners	01:00:42	95

James	Howes	City of Norwich AC	01:04:12	94
Lee	Wilson		01:04:14	93
Richard	Hancock		01:07:42	92
Paul	Dockerill	Saint Edmund Pacers	01:07:43	91
Will	McMorris		01:07:43	90
Jason	Corner	Tri-Anglia Triathlon Club	01:08:32	89
Dean	Pointer		01:08:50	88
Alan	Diaper	Great Yarmouth Road Runners	01:08:53	87
Jonathan	Kemp	tri anglia	01:09:10	86
Craig	Skipper	Wymondham AC	01:10:39	85
Philip	Nicholson	Norwich Road Runners	01:10:45	84
Rory	Cameron	Reepham Runners	01:10:56	83
Andrew	Thomas	Great Yarmouth Road Runners	01:11:08	82
Adrian	Slattery	Great Yarmouth Road Runners	01:11:15	81

MEN: 50 - 54

Jan	Kaiser	City of Norwich AC	01:00:22	100
Lawrence	Wade	City of Norwich AC	01:00:44	99
Billy	Wheeler	Wymondham AC	01:01:19	98
Shaun	Aldous	Bungay Black Dog RC	01:01:54	97
Matthew	Collier	Norfolk Gazelles AC	01:02:12	96
Mark	Banfield	Wymondham AC	01:03:33	95
Chris	Bullock	Wymondham AC	01:03:33	94
Jonathan	Adams	Tri-Anglia Triathlon Club	01:06:34	93
Philip	Brockington		01:06:49	92
Terry	Hubbard	Great Yarmouth Road Runners	01:07:59	91
Jason	Brunt	Norfolk Gazelles AC	01:08:04	90
Paul	Oakley	Horsham Joggers	01:08:11	89
Marcus	Westgate		01:08:15	88
Jason	Hurst	Wymondham AC	01:08:18	87
Jason	Mattless	Dereham Runners AC	01:10:50	86
Nelson	Navarro		01:11:14	85
Anton	Perkins		01:11:21	84
Owen	Hudson		01:11:45	83
Cathal	Daly	City of Norwich AC	01:12:05	82
Chris	Carter	Norfolk Gazelles AC	01:12:06	81

MEN: 55 - 59

Darren	Honour		01:03:15	100
Mark	Clues	Tri-Anglia Triathlon Club	01:05:38	99
Jon	Shorten	Wymondham AC	01:07:04	98
Ian	Moore	Wymondham AC	01:08:12	97
Mark	Saunders	Waveney Valley AC	01:10:48	96
Steve	Newman	Bungay Black Dog RC	01:11:09	95
Mark	Brown		01:11:17	94
James	Bool	Great Yarmouth Road Runners	01:12:02	93
Wayne	Ramsbottom	Dereham Runners AC	01:12:41	92
Richard	Dade	City of Norwich AC	01:13:09	91
Andy	Pridmore		01:13:28	90
Sean	Robson	North Norfolk Beach Runners	01:13:44	89
Mark	Storey	City of Norwich AC	01:14:24	88
Steve	Eke		01:14:47	87
Nick	Ross	Norfolk Gazelles AC	01:16:07	86
Andrew	Dormer	Great Yarmouth Road Runners	01:16:09	85
Mark	Walpole		01:17:07	84

Kevin	Mann		01:17:58	83
Robbie	Starling	Wymondham AC	01:18:09	82
Richard	Smith	Saint Edmund Pacers	01:20:01	81

MEN: 60 - 64

Malcolm	Tuff		01:02:41	100
John	Moore	Norfolk Gazelles AC	01:05:47	99
Howard	Beasley	Saint Edmund Pacers	01:06:09	98
Todd	Lake	City of Norwich AC	01:06:48	97
Mark	Griffin		01:07:54	96
Jonathan	Cordle	Norwich Road Runners	01:08:25	95
Stephen	Dixon	Wymondham AC	01:09:55	94
Kevin	Frazer	Wymondham AC	01:10:19	93
Mark	Garrett	Norwich Road Runners	01:11:07	92
Paul	Parker	Coltishall Jaguars RC	01:13:59	91
Mick	Courtney		01:14:46	90
Dougie	Barber	Coltishall Jaguars RC	01:15:00	89
Chris	Moore	Norfolk Gazelles AC	01:15:28	88
Adrian	Ebbs		01:15:42	87
Russell	Brown		01:16:37	86
Keith	Brighty	Coltishall Jaguars RC	01:17:50	85
Keith	Blake	Wymondham AC	01:18:09	84
John	Morgan	Aylsham Runners	01:19:29	83
Philip	Brand	Lowestoft Road Runners	01:19:47	82
Kevin	Mace		01:19:56	81

MEN: 65 - 69

Nigel	Horney	Keswick AC	01:13:36	100
Stephen	Leeves	Great Yarmouth Road Runners	01:15:36	99
Tom	Townsend	Norfolk Gazelles AC	01:16:45	98
Ian	Hawkes	Waveney Valley AC	01:20:47	97
Peter	Laddiman	Norfolk Harriers RC	01:21:48	96
Guy	Shearwood	Tri-Anglia Triathlon Club	01:24:10	95
Stephen	Sadd	Norfolk Gazelles AC	01:24:33	94
Kevin	Denmark	Wymondham AC	01:26:54	93
Paul	Westgate	Great Yarmouth Road Runners	01:28:31	92
Paul	Richardson	Norwich Road Runners	01:28:43	91
David	Doddington	Waveney Valley AC	01:28:46	90
Ian	Freel	Great Yarmouth Road Runners	01:29:06	89
Roy	Brown	Great Yarmouth Road Runners	01:39:32	88

MEN: 70 - 74

Glen	Nelson		01:14:37	100
David	Mower	Waveney Valley AC	01:19:18	99
Stephen	Dady	Wymondham AC	01:21:13	98
Bill	Kingaby	Waveney Valley AC	01:22:17	97
Martin	Howard	Norwich Road Runners	01:23:48	96
Gary	Jones	Waveney Valley AC	01:24:16	95
Michael	Persich	Beccles & Bungay Harriers	01:24:18	94
John	Shippey		01:25:13	93
Eamonn	McCusker	Ryston Runners	01:29:04	92
John	Burton	Tri-Anglia Triathlon Club	01:30:37	91
Derek	Sadler	North Norfolk Beach Runners	01:30:56	90
Philip	Hymers	Saint Edmund Pacers	01:31:32	89
Chris	Groves	Tri-Anglia Triathlon Club	01:33:20	88

Ray	Knights	Waveney Valley AC	01:33:45	87
Trevor	Potter	Norwich Road Runners	01:46:05	86

MEN: 75+

Neil	Anderton	Dereham Runners AC	01:29:12	100
David	Goodwin	Norfolk Gazelles AC	01:33:02	99
John	Causer	Norwich Road Runners	01:35:08	98