

### **Norwich Road Runners - RunNorwich 10k**

<b>Name</b>	<b>Gender</b>	<b>Age Category</b>	<b>Club</b>	<b>Gun Time</b>	<b>Chip Time</b>
John Hudson	Male	M16-39	Norwich Road Runners	00:37:11	00:37:08
Simon Bryant	Male	M16-39	Norwich Road Runners	00:37:39	00:37:37
Simon Wright	Male	M16-39	Norwich Road Runners	00:37:40	00:37:37
Perry Payne	Male	M16-39	Norwich Road Runners	00:37:53	00:37:50
Marc Coles	Male	M40-44	Norwich Road Runners	00:38:02	00:37:58
Alastair Leckie	Male	M16-39	Norwich Road Runners	00:38:12	00:38:10
Matt Howard	Male	M16-39	Norwich Road Runners	00:38:42	00:38:37
Paul Smith	Male	M40-44	Norwich Road Runners	00:38:45	00:38:43
Simon English	Male	M40-44	Norwich Road Runners	00:38:48	00:38:44
Chris Bullock	Male	M40-44	Norwich Road Runners	00:39:12	00:39:09
Mark Garrett	Male	M55-59	Norwich Road Runners	00:39:15	00:39:12
Chris Harrison	Male	M16-39	Norwich Road Runners	00:39:42	00:39:39
Jonathan Cordle	Male	M50-54	Norwich Road Runners	00:39:46	00:39:41
David Houghton	Male	M45-49	Norwich Road Runners	00:39:55	00:39:51
Matthew Porter	Male	M40-44	Norwich Road Runners	00:39:58	00:39:47
Simon Baxter	Male	M16-39	Norwich Road Runners	00:40:16	00:40:14
Ian Bray	Male	M16-39	Norwich Road Runners	00:40:30	00:40:25
shay walpole	Female	F45-49	Norwich Road Runners	00:41:06	00:40:56
Trevor Gannon	Male	M40-44	Norwich Road Runners	00:41:12	00:41:08
Ashley Hobbs	Male	M16-39	Norwich Road Runners	00:41:15	00:41:12
Aston Martin	Male	M16-39	Norwich Road Runners	00:41:16	00:41:04
David Foreman	Male	M40-44	Norwich Road Runners	00:41:19	00:41:07
Ronnie Mount	Male	M40-44	Norwich Road Runners	00:41:52	00:41:40
Lewis Spurgin	Male	M16-39	Norwich Road Runners	00:42:21	00:42:10
William Whittam	Male	M16-39	Norwich Road Runners	00:42:24	00:42:13
NEIL BUNNAGE	Male	M50-54	Norwich Road Runners	00:43:01	00:42:49
Ryan Kennedy	Male	M16-39	Norwich Road Runners	00:43:15	00:43:05
Jody Warner	Male	M16-39	Norwich Road Runners	00:43:21	00:43:10
Shaun Cleworth	Male	M40-44	Norwich Road Runners	00:43:24	00:43:13
Gary Grand	Male	M55-59	Norwich Road Runners	00:44:00	00:43:35
Erik Gibbons	Male	M16-39	Norwich Road Runners	00:44:24	00:44:18
Caroline Houghton	Female	F40-44	Norwich Road Runners	00:44:34	00:44:18
Suzy Hill	Female	F16-39	Norwich Road Runners	00:44:35	00:44:25
Richard Hancock	Male	M16-39	Norwich Road Runners	00:44:38	00:44:00
David Crow	Male	M40-44	Norwich Road Runners	00:44:51	00:44:38
Rachel Miller	Female	F40-44	Norwich Road Runners	00:44:57	00:44:46
Shaun Sparkes	Male	M16-39	Norwich Road Runners	00:45:08	00:44:49

Name	Gender	Age Category	Club	Gun Time	Chip Time
Keith Blake	Male	M55-59	Norwich Road Runners	00:45:35	00:45:31
Guy Shearwood	Male	M55-59	Norwich Road Runners	00:45:54	00:45:27
Eva Wilkes	Female	F16-39	Norwich Road Runners	00:45:54	00:45:32
Becky Willett	Female	F16-39	Norwich Road Runners	00:45:59	00:45:48
Neil Walpole	Male	M45-49	Norwich Road Runners	00:46:38	00:46:28
Roisin Marks	Female	F16-39	Norwich Road Runners	00:46:39	00:46:28
Amy Beck	Female	F16-39	Norwich Road Runners	00:46:41	00:46:30
Michael Armes	Male	M50-54	Norwich Road Runners	00:46:41	00:46:31
Stacey Harper	Female	F40-44	Norwich Road Runners	00:47:12	00:47:01
Richard Huggins	Male	M40-44	Norwich Road Runners	00:47:13	00:46:55
Simon Bransby	Male	M50-54	Norwich Road Runners	00:47:14	00:46:51
Ruth Gaunt	Female	F50-54	Norwich Road Runners	00:47:37	00:47:25
Kevin Mace	Male	M55-59	Norwich Road Runners	00:47:38	00:47:26
Neil Boyce	Male	M40-44	Norwich Road Runners	00:47:40	00:47:26
David Allen	Male	M40-44	Norwich Road Runners	00:47:44	00:47:04
Jonathan Rowden	Male	M50-54	Norwich Road Runners	00:47:56	00:47:03
Will Buck	Male	M55-59	Norwich Road Runners	00:48:00	00:47:48
Paul Eves	Male	M40-44	Norwich Road Runners	00:48:05	00:47:27
Deborah English	Female	F16-39	Norwich Road Runners	00:48:41	00:48:30
Glyn Manton	Male	M45-49	Norwich Road Runners	00:49:08	00:48:39
Peter Keogh	Male	M16-39	Norwich Road Runners	00:49:13	00:48:44
Dan Bell	Male	M16-39	Norwich Road Runners	00:49:18	00:48:16
Paul Smith	Male	M50-54	Norwich Road Runners	00:49:25	00:48:45
Lisa Hall	Female	F16-39	Norwich Road Runners	00:49:27	00:48:41
Laura Morton	Female	F16-39	Norwich Road Runners	00:49:28	00:49:06
Andy Palmer	Male	M50-54	Norwich Road Runners	00:49:43	00:49:15
Martin McConnell	Male	M16-39	Norwich Road Runners	00:49:50	00:46:42
Ilona Utting	Female	F16-39	Norwich Road Runners	00:49:56	00:48:51
Ruth Steele	Female	F50-54	Norwich Road Runners	00:50:11	00:49:45
Theresa Colby	Female	F45-49	Norwich Road Runners	00:50:17	00:50:01
Steven Hitcham	Male	M16-39	Norwich Road Runners	00:50:24	00:49:16
Jenna Lord	Female	F16-39	Norwich Road Runners	00:50:31	00:44:29
Philip Nicholson	Male	M40-44	Norwich Road Runners	00:50:59	00:50:46
Melissa Baker	Female	F16-39	Norwich Road Runners	00:51:32	00:51:19
Dios Fernandez	Male	M50-54	Norwich Road Runners	00:52:11	00:49:04
Alison Stewart	Female	F60-64	Norwich Road Runners	00:52:13	00:51:24
Gary Hurrell	Male	M45-49	Norwich Road Runners	00:52:20	00:51:40
Shaune Gooch	Male	M45-49	Norwich Road Runners	00:52:23	00:51:32
Joshua Lane	Male	M16-39	Norwich Road Runners	00:52:31	00:49:24

Name	Gender	Age Category	Club	Gun Time	Chip Time
Liam Hackett	Male	M16-39	Norwich Road Runners	00:52:54	00:49:26
Emmalouise Smith	Female	F16-39	Norwich Road Runners	00:53:22	00:52:29
Michael Berridge	Male	M40-44	Norwich Road Runners	00:53:36	00:52:32
Ruth Hoyle	Female	F16-39	Norwich Road Runners	00:53:54	00:50:43
Giles Kerkham	Male	M45-49	Norwich Road Runners	00:54:22	00:51:04
Becky Copeland	Female	F16-39	Norwich Road Runners	00:55:21	00:52:12
Robert Hall	Male	M45-49	Norwich Road Runners	00:55:30	00:54:42
Matthew Ware	Male	M16-39	Norwich Road Runners	00:55:34	00:54:25
Brett Cornish	Male	M45-49	Norwich Road Runners	00:55:38	00:49:25
Matt Howes	Male	M40-44	Norwich Road Runners	00:55:39	00:51:23
David Litchfield	Male	M40-44	Norwich Road Runners	00:55:42	00:52:32
Emily Jordan	Female	F45-49	Norwich Road Runners	00:56:13	00:52:36
Julia Perry	Female	F16-39	Norwich Road Runners	00:56:16	00:50:13
Nicola Hill	Female	F40-44	Norwich Road Runners	00:56:42	00:53:10
Sam Gedge-Gibson	Male	M16-39	Norwich Road Runners	00:56:44	00:53:37
Ben Howlett-Cobb	Male	M16-39	Norwich Road Runners	00:56:46	00:53:38
Alex Gaunt	Male	M45-49	Norwich Road Runners	00:56:49	00:56:05
Alex Broome	Male	M16-39	Norwich Road Runners	00:56:56	00:52:56
Chris Richardson	Male	M55-59	Norwich Road Runners	00:57:00	00:53:42
Nicky Dowson	Female	F50-54	Norwich Road Runners	00:57:05	00:52:31
Steven Utting	Male	M50-54	Norwich Road Runners	00:57:55	00:54:43
Annie Leung	Female	F40-44	Norwich Road Runners	00:58:20	00:53:55
Paul Robbins	Male	M45-49	Norwich Road Runners	00:58:28	00:54:26
Chris Read	Male	M16-39	Norwich Road Runners	00:58:36	00:53:56
Charlotte Pollard	Female	F16-39	Norwich Road Runners	00:58:50	00:52:39
Jane harrison	Female	F50-54	Norwich Road Runners	00:58:51	00:55:47
Sarolta Helen Alexandra Bland	Female	F40-44	Norwich Road Runners	00:58:52	00:55:36
Gary Gannon	Male	M45-49	Norwich Road Runners	00:58:56	00:54:32
Nathan Bailey	Male	M40-44	Norwich Road Runners	00:58:57	00:54:47
Vicky Bailey	Female	F16-39	Norwich Road Runners	00:59:39	00:56:22
Keith Walpole	Male	M45-49	Norwich Road Runners	00:59:43	00:55:13
Holly Bodmer	Female	F16-39	Norwich Road Runners	00:59:44	00:55:14
Caroline Allen	Female	F16-39	Norwich Road Runners	00:59:44	00:55:10
Paul Dowson	Male	M55-59	Norwich Road Runners	00:59:44	00:55:09
Christopher Carr	Male	M16-39	Norwich Road Runners	00:59:50	00:55:56
Kevin Bray	Male	M45-49	Norwich Road Runners	01:00:30	00:55:46
Claire Smith	Female	F45-49	Norwich Road Runners	01:00:30	00:55:46
Debbie Nevard	Female	F40-44	Norwich Road Runners	01:02:08	00:56:00

Name	Gender	Age Category	Club	Gun Time	Chip Time
D GRAY	Male	M55-59	Norwich Road Runners	01:02:11	00:56:03
Victoria Utting	Female	F45-49	Norwich Road Runners	01:02:32	00:57:57
Philip Thacker	Male	M16-39	Norwich Road Runners	01:02:50	01:02:29
Kerry Metcalf	Female	F16-39	Norwich Road Runners	01:02:53	00:56:45
Kiara Hamis	Female	F16-39	Norwich Road Runners	01:02:55	00:59:00
Maureen Hamis	Female	F40-44	Norwich Road Runners	01:03:03	00:59:08
Chris Baldwin	Male	M40-44	Norwich Road Runners	01:03:21	00:57:04
Ian Moore	Male	M16-39	Norwich Road Runners	01:03:24	00:53:50
Jonathan Eagle	Male	M16-39	Norwich Road Runners	01:03:44	00:59:37
Jackie Eastaugh-king	Female	F55-59	Norwich Road Runners	01:04:19	01:00:33
Dennis Simpson	Male	M55-59	Norwich Road Runners	01:04:31	01:00:54
Kayleigh Gibbons	Female	F16-39	Norwich Road Runners	01:04:34	00:58:21
Stephen Curnow	Male	M40-44	Norwich Road Runners	01:04:41	00:53:52
Josh Mannall	Male	M16-39	Norwich Road Runners	01:04:42	00:58:15
Simon Alcock	Male	M45-49	Norwich Road Runners	01:05:17	01:00:48
Jodie Causer	Female	F16-39	Norwich Road Runners	01:06:30	00:57:18
John Causer	Male	M65-69	Norwich Road Runners	01:06:31	00:57:20
Samantha Wall	Female	F50-54	Norwich Road Runners	01:06:34	00:59:30
Robert Belcher	Male	M60-64	Norwich Road Runners	01:06:42	01:00:35
Durrant Jude	Female	F45-49	Norwich Road Runners	01:06:53	01:03:26
Kathryn Jervis	Female	F16-39	Norwich Road Runners	01:07:08	00:59:41
Shana Walpole	Female	F16-39	Norwich Road Runners	01:07:18	01:02:54
Liz Browne	Female	F16-39	Norwich Road Runners	01:07:18	01:02:34
Stuart Sayer	Male	M55-59	Norwich Road Runners	01:07:25	01:00:23
Bob Cloughton	Male	M65-69	Norwich Road Runners	01:08:04	00:59:57
sue Mason	Female	F50-54	Norwich Road Runners	01:08:25	01:02:12
Emma Lincoln	Female	F16-39	Norwich Road Runners	01:08:53	00:58:58
Stephen Moseley	Male	M50-54	Norwich Road Runners	01:09:00	00:58:35
Clare Gooch	Female	F40-44	Norwich Road Runners	01:09:13	01:02:40
Andrew Taylor	Male	M16-39	Norwich Road Runners	01:09:31	01:03:19
Amy Howarth	Female	F16-39	Norwich Road Runners	01:10:20	01:05:43
Hayley Gerrard	Female	F50-54	Norwich Road Runners	01:10:20	01:02:12
Annie Hughes	Female	F45-49	Norwich Road Runners	01:11:03	01:03:12
Kim Blazer	Female	F45-49	Norwich Road Runners	01:11:03	01:03:13
Lucy Ring	Female	F16-39	Norwich Road Runners	01:11:04	01:01:52
David Field	Male	M70	Norwich Road Runners	01:11:29	01:04:23
Laura Freeman	Female	F16-39	Norwich Road Runners	01:11:33	01:04:40
Joanne Forster	Female	F40-44	Norwich Road Runners	01:12:06	01:02:56

Name	Gender	Age Category	Club	Gun Time	Chip Time
Pete Edwards	Male	M16-39	Norwich Road Runners	01:12:41	01:04:54
Chloe Harcourt	Female	F16-39	Norwich Road Runners	01:13:27	01:04:06
David Marks	Male	M50-54	Norwich Road Runners	01:14:32	01:06:24
Liam Davison	Male	M16-39	Norwich Road Runners	01:14:32	01:02:24
Michelle Green	Female	F16-39	Norwich Road Runners	01:14:34	01:08:20
Wendy Smith	Female	F55-59	Norwich Road Runners	01:14:37	01:05:03
Sue Carver	Female	F55-59	Norwich Road Runners	01:14:38	01:05:03
Paul Corder	Male	M55-59	Norwich Road Runners	01:14:58	01:04:03
Shauna Gooch	Female	F16-39	Norwich Road Runners	01:15:02	01:08:28
Tanya Nelson	Female	F16-39	Norwich Road Runners	01:15:03	01:06:54
Joe Woodley	Male	M40-44	Norwich Road Runners	01:15:10	01:05:58
Stephanie Wenn	Female	F16-39	Norwich Road Runners	01:17:14	01:10:51
Lucy Spinks	Female	F16-39	Norwich Road Runners	01:17:19	01:06:18
John Robinson	Male	M50-54	Norwich Road Runners	01:17:21	01:06:25
Michael Johnson	Male	M45-49	Norwich Road Runners	01:17:22	01:11:02
Pippa Newman	Female	F16-39	Norwich Road Runners	01:17:24	01:09:15
Thomas Harvey	Male	M16-39	Norwich Road Runners	01:17:34	01:10:02
Lauren Squance	Female	F16-39	Norwich Road Runners	01:17:39	01:10:05
Daniel Lane	Male	M40-44	Norwich Road Runners	01:17:45	01:05:56
Jen Inglis	Female	F16-39	Norwich Road Runners	01:18:42	01:08:19
Paula Gundry	Female	F50-54	Norwich Road Runners	01:18:51	01:09:45
Paula Jordan	Female	F50-54	Norwich Road Runners	01:19:07	01:08:55
Stephanie Shore	Female	F16-39	Norwich Road Runners	01:19:27	01:08:42
Johanna Lloyd	Female	F40-44	Norwich Road Runners	01:19:45	01:08:31
Bob Fossey	Male	M60-64	Norwich Road Runners	01:20:01	01:10:08
Sonia Witham	Female	F40-44	Norwich Road Runners	01:20:02	01:06:55
Michael Tobin	Male	M16-39	Norwich Road Runners	01:20:03	01:09:37
Kyra Cornish	Female	F16-39	Norwich Road Runners	01:20:27	01:06:30
Kelly Cornish	Female	F40-44	Norwich Road Runners	01:20:28	01:06:31
Hannah Adams	Female	F16-39	Norwich Road Runners	01:21:25	01:12:06
Jennifer Sparkes	Female	F16-39	Norwich Road Runners	01:22:16	01:11:20
Melissa Baines	Female	F16-39	Norwich Road Runners	01:22:18	01:11:22
Sophie MacRae	Female	F16-39	Norwich Road Runners	01:22:42	01:13:29
Linzi Geens	Female	F16-39	Norwich Road Runners	01:22:43	01:13:28
Georgina Wall	Female	F16-39	Norwich Road Runners	01:23:22	01:09:25
Clare Broughton	Female	F40-44	Norwich Road Runners	01:23:32	01:11:58
Lorraine Robertson	Female	F45-49	Norwich Road Runners	01:23:33	01:11:59
Beryl Knowles	Female	F65-69	Norwich Road Runners	01:24:18	01:09:49

<b>Name</b>	<b>Gender</b>	<b>Age Category</b>	<b>Club</b>	<b>Gun Time</b>	<b>Chip Time</b>
Manjinder Kaur Jagdev	Female	F45-49	Norwich Road Runners	01:24:36	01:11:28
trevor potter	Male	M65-69	Norwich Road Runners	01:24:43	01:12:44
Claire Ellis	Female	F16-39	Norwich Road Runners	01:26:29	01:15:32
Helen Fiske	Female	F45-49	Norwich Road Runners	01:26:42	01:14:35
Dawn Cook	Female	F50-54	Norwich Road Runners	01:26:43	01:14:36
Salina Jones	Female	F16-39	Norwich Road Runners	01:27:11	01:16:09
Lucy Richardson	Female	F16-39	Norwich Road Runners	01:27:11	01:12:30
Sarah Moulton	Female	F40-44	Norwich Road Runners	01:29:25	01:19:03
Rachel Seaman	Female	F40-44	Norwich Road Runners	01:30:47	01:17:39
Stephen Pizey	Male	M50-54	Norwich Road Runners	01:30:47	01:17:39
Helen Taylor	Female	F55-59	Norwich Road Runners	01:35:44	01:23:45
Emma youngman	Female	F40-44	Norwich Road Runners	01:39:26	01:23:22
Sara Shorten	Female	F45-49	Norwich Road Runners	01:40:33	01:25:15
Allyson Bailey	Female	F40-44	Norwich Road Runners	01:41:47	01:28:05
Rachael Pizey	Female	F40-44	Norwich Road Runners	01:41:51	01:29:44
Anna Thorpe	Female	F16-39	Norwich Road Runners	01:42:14	01:26:11
Kerry Lymbery	Female	F16-39	Norwich Road Runners	01:42:15	01:26:10
Maree Marks	Female	F50-54	Norwich Road Runners	02:10:11	01:58:49