

Male Masters 40 to 44

Position	FullName	ClubName	Time
1	Gary Crush (291)	City of Norwich AC	_38.03
2	Dominic Blake (290)	Reepham Runners	_38.23
3	Jan Kaiser (295)	City of Norwich AC	_39.24
4	James Johnson (293)	Norwich Road Runners	_39.38
5	Neil Adams (300)	North Norfolk Beach Runners	_39.58
6	Trevor Gannon (305)	Norwich Road Runners	_41.02
7	Darren Neale (287)	North Norfolk Beach Runners	_14.18
8	Dean Blake (288)	Coltishall Jaguars	_43.23
9	Marc Coles (298)	Norwich Road Runners	_43.36
10	Nico Drinkwater (285)	None	_44.16
11	Phil Whiting (301)	Norfolk Gazelles RC	_44.57
12	Dean Pointer (286)	Trail running association	_46.18
13	Ross Ashton (304)	City of Norwich AC	_46.46
14	Philip Wright (302)	Bure Valley Harriers	_47.17
15	Matthew Crane (299)	Bure Valley Harriers	_47.27
16	Joe Woodley (297)	Norwich Road Runners	_49.18
17	Jamie Bransgrove (294)	Ryston Runners AC	_50.36
18	Chris Howard (448)	Wymondham AC	_51.50

Male Masters 45 to 49

Position	FullName	ClubName	Time
1	Scott Walford (348)	Bure Valley Harriers	_38.01
2	Nicholas Bensley (342)	Ryston Runners AC	_40.54
3	Jeremy Rogers (331)	Norfolk Gazelles RC	_41.38
4	Matthew Stone (338)	Bure Valley Harriers	_42.34
5	Mark Banfield (335)	Wymondham AC	_42.45
6	Martin Sheldrick (336)	Ryston Runners AC	_42.54
7	Mat Porter (337)	Norwich Road Runners	_43.40
8	Kevin Burgess (333)	Tri-Anglia Triathlon Club	_44.12
9	David Houghton (328)	Norwich Road Runners	_45.47
10	Matthew Collier (339)	Norfolk Gazelles RC	_45.50
11	Neil Stapleton (340)	Ryston Runners AC	_45.51
12	Neil Watson (341)	West Norfolk AC	_47.02
13	Paul Knights (343)	None	_48.02
14	Adam Shawyer (326)	North Norfolk Beach Runners	_48.55
15	Ashley Yellop (327)	Norwich Road Runners	_51.01
16	Richard Crewe (345)	Thetford AC	_51.30
17	Lee Tunmore (334)	West Norfolk AC	_52.50
18	Philip Bartram (344)	None	_53.05
19	Gavin Hall (329)	Wymondham AC	_59.20

Male Masters 50 to 54			
Position	FullName	ClubName	Time
1	Mark Solway (369)	City of Norwich AC	_44.31
2	Jonathan Baxter (365)	City of Norwich AC	_45.09
3	Mark Clues (368)	Tri-Anglia Triathlon Club	_46.09
4	Adrian Waters (360)	Norfolk Gazelles RC	_46.56
5	Dave Ledward (363)	Norwich Road Runners	_47.04
6	Michael Armes (372)	Norwich Road Runners	_48.09
7	Kevin Raisborough (366)	Poringland Runners	_50.23
8	Garry Whiting (364)	Wymondham AC	_50.57
9	Darren Edridge (362)	Unaffiliated	_51.18
10	Mark Storey (367)	City of Norwich AC	_51.50
11	Tony Beales (376)	Wymondham AC	_54.09
Male Masters 55 to 59			
Position	FullName	ClubName	Time
1	Kevin Vaughan (396)	Thetford AC	_42.48
2	Mark Garrett (398)	Norwich Road Runners	_44.13
3	Richard White (402)	Wymondham AC	_45.03
4	Kevin Frazer (395)	Wymondham AC	_45.26
5	John Gay (392)	North Norfolk Beach Runners	_46.14
6	Chris Chorley (388)	Bungay Black Dog Running Club	_49.05
7	Tony Savage (407)	Ryston Runners AC	_50.14
8	Dougie Barber (389)	Coltishall Jaguars	_51.32
9	Leslie Hill (397)	Norfolk Gazelles RC	_52.30
10	Paul Maclean (400)	None	_52.49
11	Stephen Sadd (405)	Norfolk Gazelles RC	_54.48
12	Tim Gunter (406)	Thetford AC	_56.57
13	Keith Morris (394)	Ryston Runners AC	_1.00.39
14	Paul Woodyatt (401)	City of Norwich AC	_1.02.18
Male Masters 60 to 64			
Position	FullName	ClubName	Time
1	Phil Hurr (423)	North Norfolk Beach Runners	_43.14
2	Stephen Rolfe (424)	Norfolk Gazelles RC	_45.43
3	Yitzhak Ben-Aroya (425)	Wymondham AC	_46.33
4	Nigel Horney (421)	Keswick AC	_47.21
5	Andrew Lane (416)	Wymondham AC	_50.20
6	Peter Thompson (422)	Norfolk Gazelles RC	_51.57
7	Kevin Howlett (418)	Ryston Runners AC	_52.03
8	Kevin Hardingham (419)	Norfolk Gazelles RC	_55.43

Male Masters 65 to 69			
Position	FullName	ClubName	Time
1	Kevin Youngs (433)	Norfolk Gazelles RC	_49.58
2	Mark Tayler (434)	Norwich Road Runners	_54.24
3	Nigel Bullen (435)	Norfolk Gazelles RC	_1.08.43
Male Masters 70+			
Position	FullName	ClubName	Time
1	Sam Weller (443)	North Norfolk Beach Runners	_59.18
2	Robert Ewin (441)	Wymondham AC	_1.01.40
3	David Field (439)	Norwich Road Runners	_1.13.49
4	Rodney Freeburn (442)	Wymondham AC	_1.33.32

Senior Men

Position	FullName	ClubName	Time
1	Logan Smith (238)	City of Norwich AC	_34.48
2	Piers Arnold (247)	City of Norwich AC	_35.51
3	Ben Spratling (217)	City of Norwich AC	_36.26
4	James Senior (233)	City of Norwich AC	_37.21
5	Stu Huntington (255)	City of Norwich AC	_37.32
6	Michal Wegrzyn (243)	None	_37.52
7	James O'Neill (232)	Ryston Runners AC	_38.07
8	Callum Stanforth (219)	Ryston Runners AC	_38.40
9	Ryan Davidson (248)	Bure Valley Harriers	_38.54
10	Jack Mollicone (230)	City of Norwich AC	_39.05
11	Samuel Coyne (251)	Bure Valley Harriers	_39.13
12	Sam Kenmore (249)	City of Norwich AC	_39.17
13	Sam Todd (250)	City of Norwich AC	_39.22
14	David Roy (223)	Wymondham AC	_40.39
15	Ben Keeley (215)	Ryston Runners AC	_40.48
16	Marcus Sladden (239)	City of Norwich AC	_41.43
17	Chris Parker (221)	North Norfolk Beach Runners	_41.46
18	Carl White (220)	Norwich Road Runners	_41.48
19	Ben Rivett (216)	Wymondham AC	_42.19
20	James Warner Smith (234)	North Norfolk Beach Runners	_42.30
21	Graham Jenvey (227)	none	_42.44
22	Howard Bailey (447)	Dereham Runners AC	_42.47
23	Alistair Shearer (212)	Wymondham AC	_43.20
24	Nick Kent (245)	Wymondham AC	_43.26
25	Ben Churchman (214)	Diss & District AC	_43.27
26	Benjamin Collison (218)	West Norfolk AC	_44.19
27	Dominic Hughes (224)	Ryston Runners AC	_45.12
28	Joshua Dyde (236)	North Norfolk Beach Runners	_45.37
29	Jack Noble (231)	Bure Valley Harriers	_46.36
30	Michael Howlett (242)	Ryston Runners AC	_47.00
31	Howard Bailey (228)	Dereham Runners AC	_47.07
32	Antony Croucher (213)	Waveney AC	_49.46
33	Nick Gurney (244)	Norwich Road Runners	_50.49
34	Kevin Took (237)	Ryston Runners AC	_51.10
35	Pawel Wegrzyn (246)	None	_51.10

U20 Men

Position	FullName	ClubName	Time
1	Tom Greenacre (205)	City of Norwich AC	_26.36
2	Jack White (201)	City of Norwich AC	_26.55
3	Finlay Swanson (200)	North Norfolk Beach Runners	_28.43
4	Callum Bowen-Jones (197)	Bure Valley Harriers	_29.13
5	Edward Whiting (199)	City of Norwich AC	_29.27
6	Jake Stearman (202)	Bure Valley Harriers	_29.58
7	Tom Mead (206)	City of Norwich AC	_30.18
8	Thomas Bartram (204)	Norfolk Orienteering club	_32.12
9	Niall Simmonds (203)	Southampton University Cross Country and Athletics	_32.41

U20 Men

Position	TeamName	Summary	Points
1	City of Norwich AC	Tom Greenacre(205), Jack White(201), Edward Whiting(199)	8

Senior Men

Position	TeamName	Summary	Points
1	City of Norwich AC	Logan Smith(238), Piers Arnold(247), Ben Spratling(217)	6
2	City of Norwich AC	James Senior(233), Stu Huntington(255), Jack Mollicone(230)	19
3	Ryston Runners AC	James O'Neill(232), Callum Stanforth(219), Ben Keeley(215)	30
4	City of Norwich AC	Sam Kenmore(249), Sam Todd(250), Marcus Sladden(239)	41
5	Bure Valley Harriers	Ryan Davidson(248), Samuel Coyne(251), Jack Noble(231)	49
6	Wymondham AC	David Roy(223), Ben Rivett(216), Alistair Shearer(212)	56
7	North Norfolk Beach Runners	Chris Parker(221), James Warner Smith(234), Joshua Dyde(236)	65
8	Ryston Runners AC	Dominic Hughes(224), Michael Howlett(242), Kevin Took(237)	91

Male Masters 40 to 49

Position	TeamName	Summary	Points
1	Norwich Road Runners	James Johnson(293), Trevor Gannon(305), Marc Coles(298)	28
2	City of Norwich AC	Gary Crush(291), Jan Kaiser(295), Ross Ashton(304)	30
3	Bure Valley Harriers	Scott Walford(348), Matthew Stone(338), Philip Wright(302)	38
4	Ryston Runners AC	Nicholas Bensley(342), Martin Sheldrick(336), Neil Stapleton(340)	42
5	North Norfolk Beach Runners	Neil Adams(300), Darren Neale(287), Adam Shawyer(326)	44
6	Norfolk Gazelles RC	Jeremy Rogers(331), Phil Whiting(301), Matthew Collier(339)	50
7	Norwich Road Runners	Mat Porter(337), David Houghton(328), Joe Woodley(297)	66
8	None	Nico Drinkwater(285), Paul Knights(343), Philip Bartram(344)	82
9	Wymondham AC	Mark Banfield(335), Chris Howard(448), Gavin Hall(329)	83

Male Masters 50+

Position	TeamName	Summary	Points
1	Wymondham AC	Richard White(402), Kevin Frazer(395), Yitzhak Ben-Aroya(425)	23
2	Norwich Road Runners	Mark Garrett(398), Dave Ledward(363), Michael Armes(372)	31
3	City of Norwich AC	Mark Solway(369), Jonathan Baxter(365), Mark Storey(367)	34
4	Norfolk Gazelles RC	Stephen Rolfe(424), Adrian Waters(360), Kevin Youngs(433)	37
5	North Norfolk Beach Runners	Phil Hurr(423), John Gay(392), Sam Weller(443)	46
6	Wymondham AC	Andrew Lane(416), Garry Whiting(364), Tony Beales(376)	69
7	Ryston Runners AC	Tony Savage(407), Kevin Howlett(418), Keith Morris(394)	79
8	Norfolk Gazelles RC	Peter Thompson(422), Leslie Hill(397), Stephen Sadd(405)	83