

Female

Name	Club	Time
11 & Under		
1 ESME ABBOTT	City of Norwich AC	16.13
2 MIA BATESON	Norwich Road Runners	18.54
3 SIENNA PRICE	Norwich Road Runners	24.26
4 MATILDA GIBBONS	U/A	42.31
13 & Under		
1 GRACE JERMY	City of Norwich AC	28.49
2 MILLY HEYBOURNE	City of Norwich AC	34.41
3 GEORGINA BLAKE	U/A	39.31
15 & Under		
1 KIARA HAMIS	Norwich Road Runners	36.35
Senior		
1 NICOLE BECK	Tri-Anglia	40.47
2 ROWENA LEARY	Norfolk Gazelles	41.03
3 KATE HEAD	Norfolk Gazelles	43.42
4 TESSA KILLINGBECK	Tri-Anglia	46.59
5 JODY LINSTED	Norwich Road Runners	47.19
6 RACHEL HOXLEY-CARR	Norwich Road Runners	54.44
7 JODIE CAUSER	Norwich Road Runners	54.47
8 GEMMA DULLEA	Norwich Road Runners	63.04
9 NAOMI BOWDITCH	Norwich Road Runners	63.06
10 EMMA FICKLING	Wymondham AC	63.16
40/44		
1 LISTER JANE PARKER-FLATT	U/A	51.52
2 ALISON RICHES	U/A	51.52
3 DEBBIE TOOKE	Norwich Road Runners	52.24
4 JULIA KENNELLY	Wymondham AC	52.39
5 MAREN DUVENDACK	Norfolk Gazelles	53.57
6 JOANNA KILLINGWORTH	Norwich Road Runners	54.55
7 EMMA BLAKE	Colitshall Jaguars	61.09
8 SHAY BOYFIELD	North Norfolk Beach Runners	61.41
9 JACKIE GOWING	Norwich Road Runners	63.05
45/49		
1 EMMA POTTER-CAMBELL	Dereham Runners AC	47.05
2 JANE BAILEY	U/A	67.51
50/54		

1 RUTH GAINSFORD	Coltishall Jaguars	61.41
2 CAROLINE BRIGGS	U/A	67.51

55/59

1 BOBBIE SAUERZAPF	Bungay Black Dog Running Club	52.07
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60+

1 PENNY EDWARDS	Norwich Road Runners	50.14
2 PAT BRIGHTMAN	Great Yarmouth & District AC	83.17

70+

1 EVA OSBOURNE	Wymondham AC	61.09
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Male

Name	Club	Time
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11 & Under

1 CONNOR GOWING	Norwich Road Runners	15.59
2 JUDE LINSTAD	Norwich Road Runners	17.21
3 MARLEY MANN	Norwich Road Runners	17.24
4 ARCHIE MANTON	Norwich Road Runners	17.39
5 SONNY LINSTAD	Norwich Road Runners	20.11
6 KEANE MANN	Norwich Road Runners	20.45
7 HARRY ROWLAND	U/A	22.55

13 & Under

1 JOSEPH ROWLAND	U/A	24.02
2 GEORGE HARPER	Norwich Road Runners	40.31
3 JOE MANTON	Norwich Road Runners	22.03

1 LAP

15 & Under

1 JACOB STARES	North Norfolk Harriers	23.46
2 BILLY HESELTINE	Great Yarmouth & District AC	27.29

Senior

1 EDWARD FOSTER	City of Norwich AC	46.58
2 CHRIS WHITMORE	Bungay Black Dog Running Club	47.12
3 BEN GASKINS	Coltishall Jaguars	51.09
4 HAYDON LYON	City of Norwich AC	53.49
5 TIM SKINNER	U/A	55.12
6 LUKE SUTHERLAND	U/A	57.29
7 NEIL FLATT	Dereham Runners AC	64.41
8 JORDAN LANE	U/A	65.41
9 CHRIS CARR	Norwich Road Runners	68.51
10 MATT WATSON	Norwich Road Runners	75.27

40/44

1 DEAN BLAKE	Coltishall Jaguars	53.19
2 SHAUNE GOOCH	Norwich Road Runners	61.13
3 PAUL YOUNGMAN	Tri-Anglia	65.06

4	GLEN ROWLANDS	Norwich Road Runners	65.07
5	STEVE FIELD	U/A	65.42
6	PAUL GIBBONS	U/A	67.43
7	JULIAN DALPINO	U/A	70.56
8	STEWART BAILEY	U/A	74.36

45/49

1	CARMINE DE GRANDIS	North Norfolk Beach Runners	49.51
2	ALAN BUSHEL	Coltishall Jaguars	52.34
3	DARREN HONOUR	Great Yarmouth Road Runners	53.11
4	THOMAS LINCOLN-KEMP	Tri-Anglia	55.52
5	ANTHONY BELL	U/A	56.29
6	DARREN GOWING	Norwich Road Runners	57.47
7	STEVE MOSELEY	Norwich Road Runners	59.09
8	RICHARD EVANS	Tri-Anglia	62.04
9	SIMON DAZELEY	Bungay Black Dog Running Club	63.33
10	GLYN MANTON	Norwich Road Runners	66.32

50/54

1	ADRIAN HALL	Wymondham Ac	47.16
2	JOHN LEACH	U/A	57.13
3	KIETH BRIGHTY	Norwich Road Runners	63.42
4	RICHARD BOYFIELD	North Norfolk Beach Runners	71.46

55/59

1	NIGEL HORNEY	Keswick	51.57
2	MIKE WRAY	Wymondham AC	73.31

