

Female

Name	Club	Time
11 & Under		
1 ESME ABBOTT	City of Norwich AC	10.23
2 MIA BATESON	Norwich Road Runners	11.32
3 SOPHIE MCKEE	North Norfolk Harriers	13.28
4 ISLA MCKEE	U/A	13.28
5 HETTIE LIFE	North Norfolk Harriers	13.29
6 MOIRA DOLEMAN	City of Norwich AC	14.32
7 ANYA BOND	U/A	17.09
8 EVE PARKE	U/A	18.33
9 MATILDA GIBBONS	U/A	28.33
	2 LAPS	
13 & Under		
1 ELLA ROGERS	U/A	18.54
2 MILLIE HEYBOURNE	City of Norwich AC	24.43
3 GEORGINA BLAKE	Coltishall Jaguars	27.05
15 & Under		
1 KIARA HAMIS	Norwich Road Runners	25.04
Senior		
1 NICOLE BECK	Tri-Anglia	29.47
2 KATHRYN HEAD	Norfolk Gazelles	30.59
3 ROWENA LEARY	Norfolk Gazelles	31.54
4 TESSA KILLINGBECK	Tri-Anglia	33.05
5 AMELIA WHITING	Norfolk Gazelles	35.55
6 KATE HUGGINS	U/A	36.32
7 JODIE CAUSER	Norwich Road Runners	41.58
8 CATHERINE DUGDALE	U/A	41.59
9 GEMMA DULLEA	U/A	42.17
10 LISA GREENGRASS	U/A	43.07
11 CATHERINE HOWARD	North Norfolk Beach Runners	43.41
12 HELEN EMERSON	U/A	43.42
13 EMMA FICKLING	Wymondham AC	47.18
14 CASSIE HOLLIS	U/A	51.18
15 LAURA WILKINGSON	U/A	50.19
16 RACHEL PIZEY	Norwich Road Runners	57.23
40/44		
1 MAREN DOVENDACK	Norfolk Gazelles	35.56
2 ALISON RICHES	U/A	36.13
3 LISTER-JANE PARKER-FLATT	U/A	36.14
4 JOANNA KILINGWORTH	Norwich Road Runners	41.36

5 JACKIE GOWING	Norwich Road Runners	43.09
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45/49

1 WENDY WESTERHOFF	U/A	44.43
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50/54

1 CARLOINE BRIGGS	U/A	45.43
2 DEE MIDDLETON HALL	Wymondham AC	47.16
3 HILARY RICKETTS	U/A	50.29

Male

Name	Club	Time
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11 & Under

1 CONNOR GOWING	Norwich Road Runners	10.04
2 JUDE LINSTEAD	Norwich Road Runners	10.26
3 ARCHIE MANTON	Norwich Road Runners	11.38
4 SUNNY LINSTEAD	Norwich Road Runners	12.39
5 GEORGE PHILO	Tri-Anglia	12.41
6 TOM WHITING	City of Norwich AC	14.06
7 GEORGE BOND	U/A	16.19
8 JOE HAMMOND	Norwich Road Runners	16.22
9 KAI DARWIN	Norwich Road Runners	17.09
10 NATHON BELL	U/A	19.54

13 & Under

1 BILLY LIFE	North Norfolk Harriers	18.54
2 AIDAN BANFIELD	U/A	19.34
3 TOM CAREY	Norwich Road Runners	25.17
4 JOE MANTON	Norwich Road Runners	26.13
5 GEORGE HARPER	Norwich Road Runners	28.03

2 LAPS

15 & Under

1 BILLY HESELTINE	Great Yarmouth & District AC	18.31
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Senior

1 FRANK BOWLER	Wymondham AC	36.25
2 BEN GASKINS	Coltishall Jaguars	37.41
3 MATT DAWSON	Norwich Road Runners	38.29
4 TIM SKINNER	U/A	39.49
5 JASON COLE	U/A	41.49
6 NEIL FLATT	Dereham Runners AC	45.33
7 DANIEL GROCCOTT	U/A	45.33
8 KONRAD PYTLARZ	U/A	46.27
9 WILLIAM SPINKS	U/A	50.53
10 BEN MCCARTNEY	U/A	50.54
11 ETHAN POOLEY	U/A	50.54
12 JOSH SHORROCK	U/A	52.27
13 MICHAEL TOBIN	Norwich Road Runners	53.11

40/44

1	DARREN BARNES	U/A	42.55
2	DEAN BLAKE	Coltishall Jaguars	44.09
3	PAUL GIBBONS	U/A	48.36
4	STEVE JACKSON	U/A	51.52

45/49

1	ALLAN BUSHELL	Coltishall Jaguars	38.38
2	THOMAS LINCOLN KEMP	Tri-Anglia	40.54
3	ANTONY BELL	U/A	41.42
4	DARREN GOWING	Norwich Road Runners	42.08
5	MARK PHILO	Tri-Anglia	42.51
6	JEREMY BELL	U/A	45.07
7	MARK HEYBOURNE	U/A	48.29
8	GLYN MANTON	Norwich Road Runners	49.17
9	KEVIN PARSONS	U/A	52.12

50/54

1	ADRIAN HALL	Wymondham AC	34.55
2	MARK THORPE	Norfolk Gazelles	43.42
3	STEVE BIRD	Tri-Anglia	43.56
4	STEVE PIZEY	Norwich Road Runners	57.24

2 LAPS

55/59

1	NIGEL HORNEY	Keswick AC	39.12
2	KEVIN MACE	Norwich Road Runners	41.25
3	PATRICK MACE	Norwich Road Runners	41.45
4	JOHN LEACH	U/A	42.43
5	MICHAEL WRAY	Wymondham AC	55.06
6	CHRIS MILLS	Ryston Runners	59.02

60+

1	TERRY EPPS	Wymondham AC	43.53
2	ROBERT SCARFE	Wymondham AC	52.27

