

Run Norwich

5th August 2018

RESULT

Category Summary

F16-39

| Pos. | Bib | Time | Name | Team |
|------|------|----------|--------------------|--------------------|
| 1 | 7 | 00:35:03 | Danielle Nimmock | City Of Norwich AC |
| 2 | 89 | 00:38:02 | Leanne Finch | City Of Norwich AC |
| 3 | 2 | 00:39:41 | Emma Risbey | City Of Norwich AC |
| 4 | 344 | 00:41:04 | Alice Rees | City Of Norwich AC |
| 5 | 1069 | 00:42:05 | Juliette Watkinson | Wymondham AC |
| 6 | 348 | 00:42:33 | Rose Waterman | |
| 7 | 1340 | 00:42:47 | Catriona Ward Sell | |
| 8 | 1384 | 00:43:23 | Christine Faulkner | |
| 9 | 707 | 00:43:31 | Isabelle Pendleton | |
| 10 | 298 | 00:43:43 | Mel Alexander | |

F40-44

| Pos. | Bib | Time | Name | Team |
|------|------|----------|-------------------|---------------------------|
| 1 | 5 | 00:38:18 | Joanna Andrews | Bungay Black Dog RC |
| 2 | 1336 | 00:39:46 | Jenni Muston | |
| 3 | 117 | 00:42:06 | Alexandra Smith | Wymondham AC |
| 4 | 1006 | 00:43:19 | Rachel Bull | |
| 5 | 268 | 00:44:18 | Caroline Houghton | Norwich Road Runners |
| 6 | 459 | 00:44:46 | Rachel Miller | Norwich Road Runners |
| 7 | 644 | 00:44:55 | Alexandra French | City Of Norwich AC |
| 8 | 1035 | 00:46:00 | Maryanne Peters | |
| 9 | 270 | 00:47:01 | Stacey Harper | Norwich Road Runners |
| 10 | 1018 | 00:47:15 | Emily Woodfield | Tri-Anglia Triathlon Club |

F45-49

| Pos. | Bib | Time | Name | Team |
|------|------|----------|----------------|-----------------------|
| 1 | 745 | 00:43:14 | Natalie King | Thetford AC |
| 2 | 1002 | 00:44:00 | Sharon Hurren | Wymondham AC |
| 3 | 1077 | 00:44:10 | Theresa Dooley | Norfolk Gazelles AC |
| 4 | 567 | 00:45:14 | Elly Young | Coltishall Jaguars RC |
| 5 | 1954 | 00:47:02 | Maria Lewis | |
| 6 | 642 | 00:47:31 | Andrea Kelly | |
| 7 | 934 | 00:47:44 | Nicci Manning | |
| 8 | 1402 | 00:47:57 | Elies Mann | |
| 9 | 576 | 00:48:18 | Karyn Bray | Bure Valley Harriers |
| 10 | 1288 | 00:48:23 | Jo Lockhart | Bungay Black Dog RC |

F50-54

| Pos. | Bib | Time | Name | Team |
|------|------|----------|------------------|-------------------------|
| 1 | 379 | 00:45:57 | Catherine Henery | City Of Norwich AC |
| 2 | 367 | 00:47:25 | Ruth Gaunt | Norwich Road Runners |
| 3 | 698 | 00:48:05 | Joanne Walmsley | Wymondham AC |
| 4 | 587 | 00:49:16 | Lucy Campbell | Norfolk Harriers RC |
| 5 | 717 | 00:49:45 | Ruth Steele | Norwich Road Runners |
| 6 | 686 | 00:50:06 | Susan Aves | Springfield Striders RC |
| 7 | 2303 | 00:50:50 | Debbie Powles | Norfolk Gazelles AC |
| 8 | 558 | 00:51:02 | Amanda Hards | |
| 9 | 2791 | 00:51:07 | Maria Goodby | Bungay Black Dog RC |
| 10 | 1665 | 00:51:22 | Marian Crossland | |

F55-59

| Pos. | Bib | Time | Name | Team |
|------|------|----------|--------------------|------------------------|
| 1 | 356 | 00:46:15 | Claire Brown | Wymondham AC |
| 2 | 2236 | 00:47:03 | Julie Hughes | Sherfield Park runners |
| 3 | 672 | 00:49:54 | Louise Wilkinson | City Of Norwich AC |
| 4 | 3501 | 00:53:42 | Maureen Hargreaves | |
| 5 | 1780 | 00:54:36 | Robert Conway | |
| 6 | 2003 | 00:54:40 | Dianne Bird | |
| 7 | 2661 | 00:54:41 | Julie Read | |
| 8 | 3298 | 00:55:36 | Julie Dilrew | |
| 9 | 554 | 00:55:38 | Kirsty Johnstone | Barnet & District AC |
| 10 | 1686 | 00:56:56 | Andrea Mills | |

Run Norwich

5th August 2018

RESULT

Category Summary

F60-64

| Pos. | Bib | Time | Name | Team |
|------|------|----------|----------------------|-----------------------|
| 1 | 32 | 00:46:30 | Anne Ellen | Norfolk Gazelles AC |
| 2 | 676 | 00:51:24 | Alison Stewart | Norwich Road Runners |
| 3 | 2180 | 00:53:09 | Anne Millett | Norwich Road Runners |
| 4 | 766 | 00:53:27 | Carol Betts | Norfolk Gazelles AC |
| 5 | 3269 | 00:53:40 | Lucy Walker | Coltishall Jaguars RC |
| 6 | 1418 | 00:55:01 | Angie Bear | Wymondham AC |
| 7 | 2586 | 00:55:05 | Sine Garvie Mcinally | |
| 8 | 3718 | 00:57:07 | Sarah Gidlow | |
| 9 | 2322 | 00:58:31 | Elaine Hudson | Norfolk Gazelles AC |
| 10 | 3332 | 01:00:02 | Anne Sinclair | |

F65-69

| Pos. | Bib | Time | Name | Team |
|------|------|----------|-----------------|----------------------|
| 1 | 1904 | 00:56:16 | Anne Graveling | |
| 2 | 3395 | 00:57:51 | Anne Florence | |
| 3 | 2027 | 00:57:54 | Dianne Tilbrook | |
| 4 | 2313 | 00:59:30 | Jacqueline Wood | Dereham Runners & AC |
| 5 | 1994 | 01:01:54 | Sheila Smith | |
| 6 | 4747 | 01:03:14 | Pat Woodward | |
| 7 | 4819 | 01:07:07 | Jennifer Rowley | |
| 8 | 7096 | 01:09:15 | Sandy Wells | |
| 9 | 6881 | 01:09:49 | Beryl Knowles | Norwich Road Runners |
| 10 | 5139 | 01:10:09 | Ann Greenizan | |

Female 70+

| Pos. | Bib | Time | Name | Team |
|------|------|----------|-----------------|------|
| 1 | 4953 | 01:01:42 | Lesley Oliver | |
| 2 | 6246 | 01:12:08 | Elizabeth Boddy | |
| 3 | 7195 | 01:42:58 | Pat Neale | |
| 4 | 6507 | 01:45:32 | Sandra Cawley | |

M16-39

| Pos. | Bib | Time | Name | Team |
|------|------|----------|----------------|----------------------|
| 1 | 3 | 00:30:49 | Nick Earl | City Of Norwich AC |
| 2 | 4 | 00:31:34 | Ash Harrell | City Of Norwich AC |
| 3 | 1416 | 00:32:51 | James Senior | City Of Norwich AC |
| 4 | 873 | 00:33:25 | Stu Huntington | City Of Norwich AC |
| 5 | 1332 | 00:33:33 | Jamie Short | Leicester Coritnian |
| 6 | 1410 | 00:33:47 | Jonny Earl | Hercules Wimbledon |
| 7 | 60 | 00:33:57 | Dominic Blake | Reepham Runners |
| 8 | 55 | 00:34:13 | Samuel Coyne | Bure Valley Harriers |
| 9 | 45 | 00:34:20 | Robert Chenery | Ipswich Jaffa RC |
| 10 | 56 | 00:34:33 | Dominic Oliver | City Of Norwich AC |

M40-44

| Pos. | Bib | Time | Name | Team |
|------|-----|----------|---------------|-----------------------------|
| 1 | 877 | 00:33:40 | Kevin Holland | Crawley AC |
| 2 | 875 | 00:34:37 | Gary Crush | City Of Norwich AC |
| 3 | 880 | 00:35:07 | Wayne Bell | Newham & Essex Beagles AC |
| 4 | 889 | 00:36:40 | Neil Adams | North Norfolk Beach Runners |
| 5 | 54 | 00:36:41 | Richard Heath | Colchester Harriers AC |
| 6 | 73 | 00:37:48 | Alan Hume | Norfolk Gazelles AC |
| 7 | 100 | 00:37:58 | Marc Coles | Norwich Road Runners |
| 8 | 166 | 00:38:43 | Paul Smith | Norwich Road Runners |
| 9 | 80 | 00:38:44 | Simon English | Norwich Road Runners |
| 10 | 846 | 00:39:02 | Philip Wright | Bure Valley Harriers |

Run Norwich

5th August 2018

RESULT

Category Summary

M45-49

| Pos. | Bib | Time | Name | Team |
|------|------|----------|-------------------|-----------------------|
| 1 | 916 | 00:38:55 | David Bettinson | |
| 2 | 116 | 00:39:02 | Steve Ely | Wymondham AC |
| 3 | 926 | 00:39:22 | Steven Carruthers | Waveney Valley AC |
| 4 | 156 | 00:39:51 | David Houghton | Norwich Road Runners |
| 5 | 1349 | 00:40:24 | Joe Denton | |
| 6 | 312 | 00:40:27 | Tony McCallum | |
| 7 | 327 | 00:40:30 | Sean Thompson | Wymondham AC |
| 8 | 214 | 00:40:33 | Jason Brunt | Norfolk Gazelles AC |
| 9 | 196 | 00:41:07 | Neil Button | Coltishall Jaguars RC |
| 10 | 162 | 00:41:36 | Jon Wiles | Bungay Black Dog RC |

M50-54

| Pos. | Bib | Time | Name | Team |
|------|------|----------|-------------------|---------------------------|
| 1 | 65 | 00:37:52 | Sammy Rashid | |
| 2 | 113 | 00:39:07 | Richard Hanson | |
| 3 | 125 | 00:39:36 | Todd Lake | Dereham Runners & AC |
| 4 | 201 | 00:39:41 | Jonathan Cordle | Norwich Road Runners |
| 5 | 130 | 00:40:07 | Peter Green | Vegan Runners UK |
| 6 | 193 | 00:40:34 | Mark Clues | Tri-Anglia Triathlon Club |
| 7 | 1028 | 00:42:04 | Mark Storey | City Of Norwich AC |
| 8 | 1000 | 00:42:49 | Neil Bunnage | Norwich Road Runners |
| 9 | 1342 | 00:42:51 | Cleveland Bennett | |
| 10 | 1004 | 00:43:48 | John Drewry | |

M55-59

| Pos. | Bib | Time | Name | Team |
|------|-----|----------|------------------|---------------------------|
| 1 | 69 | 00:37:36 | John Moore | Norfolk Gazelles AC |
| 2 | 112 | 00:39:12 | Mark Garrett | Norwich Road Runners |
| 3 | 927 | 00:39:50 | Peter Clarke | Diss and District AC |
| 4 | 943 | 00:40:01 | Kevin Frazer | Wymondham AC |
| 5 | 180 | 00:41:02 | Peter Shackleton | |
| 6 | 118 | 00:42:10 | Andy Keeler | |
| 7 | 277 | 00:43:04 | Steven Elvin | Tri-Anglia Triathlon Club |
| 8 | 321 | 00:43:23 | Ian Todd | |
| 9 | 465 | 00:43:33 | Mark Griffin | |
| 10 | 145 | 00:43:35 | Gary Grand | Norwich Road Runners |

M60-64

| Pos. | Bib | Time | Name | Team |
|------|------|----------|-----------------|-----------------------------|
| 1 | 84 | 00:39:46 | Nigel Arnold | Norfolk Gazelles AC |
| 2 | 19 | 00:42:43 | Roger Hyland | |
| 3 | 205 | 00:45:57 | Glen Nelson | Bure Valley Harriers |
| 4 | 724 | 00:46:08 | Paul Richardson | Dereham Runners & AC |
| 5 | 368 | 00:46:53 | Gary Linder | North Norfolk Beach Runners |
| 6 | 373 | 00:47:14 | Adrian Dyde | North Norfolk Beach Runners |
| 7 | 1172 | 00:48:02 | David Mower | Waveney Valley AC |
| 8 | 604 | 00:48:44 | Andrew Hammond | Norfolk Gazelles AC |
| 9 | 588 | 00:48:47 | Peter Single | |
| 10 | 751 | 00:49:13 | Robin Jones | Waveney Valley AC |

M65-69

| Pos. | Bib | Time | Name | Team |
|------|------|----------|------------------|---------------------------|
| 1 | 258 | 00:43:05 | Des Michael | Barnet & District AC |
| 2 | 244 | 00:46:40 | Kevin Youngs | Norfolk Gazelles AC |
| 3 | 1766 | 00:54:02 | Michael Childs | |
| 4 | 6639 | 00:54:05 | Chris Groves | Tri-Anglia Triathlon Club |
| 5 | 2452 | 00:54:10 | Steve Gowing | |
| 6 | 2279 | 00:55:31 | Paul Waters | Bure Valley Harriers |
| 7 | 2912 | 00:55:56 | Jan Davis | |
| 8 | 4824 | 00:57:20 | John Causer | Norwich Road Runners |
| 9 | 2073 | 00:57:42 | Andrew Earl | |
| 10 | 3105 | 00:57:55 | Richard Truswell | |

Run Norwich

5th August 2018

RESULT

Category Summary

Male 70+

| Pos. | Bib | Time | Name | Team |
|------|------|----------|-----------------|-----------------------------|
| 1 | 555 | 00:47:05 | Sam Weller | North Norfolk Beach Runners |
| 2 | 731 | 00:48:57 | Colin Richards | |
| 3 | 813 | 00:49:16 | Ian Milburn | Fenland Running Club |
| 4 | 1249 | 00:49:43 | John Bone | Great Yarmouth Road Runners |
| 5 | 1818 | 00:56:32 | Charles Auger | |
| 6 | 2029 | 00:58:16 | John Tilbrook | |
| 7 | 1880 | 00:58:55 | Roger Eglon | |
| 8 | 2130 | 01:00:25 | Chris Southwell | |
| 9 | 6672 | 01:00:40 | John Stevens | |
| 10 | 3324 | 01:00:59 | Roger Wells | |