



Run Norwich 2019

Sunday 21st July 2019

RESULT

Category Summary

Female 40+

Pos.	Bib	Time	Name	Team
1	67	00:39:20	Cat CUMMINGS	Wymondham AC
2	205	00:42:24	Alexandra SMITH	Wymondham AC
3	376	00:43:13	Christine FAULKNER	
4	490	00:43:45	Alexandra FRENCH	City Of Norwich AC
5	229	00:44:47	Sarah NORMAN	Waveney Valley AC
6	1006	00:44:58	Zoe CHASE	Waveney Valley AC
7	303	00:45:15	Stacey HARPER	Norwich Road Runners
8	297	00:45:46	Rachel MILLER	Norwich Road Runners
9	278	00:46:00	Sandra MARIE	Attleborough Athletics Academy
10	1141	00:46:25	Sarah STUBBS	City Of Norwich AC

Female 45+

Pos.	Bib	Time	Name	Team
1	4	00:37:43	Jo ANDREWS	Bungay Black Dog RC
2	985	00:43:58	Sharon HURREN	Wymondham AC
3	1466	00:44:33	Maria LEWIS	
4	983	00:45:14	Kym ROBERTSON	Saint Edmund Pacers
5	1219	00:46:09	Lisa KNIGHTS	Waveney Valley AC
6	6578	00:46:23	Caroline HOUGHTON	Norwich Road Runners
7	221	00:46:47	Penny STUDLEY	
8	274	00:46:56	Theresa DOOLEY	Norfolk Gazelles AC
9	1705	00:48:01	Louise GARDINER	
10	3794	00:48:03	Donna WILKINS	

Female 50+

Pos.	Bib	Time	Name	Team
1	74	00:39:06	Philippa TAYLOR	Helpston Harriers AC
2	1640	00:46:27	Joanne WALMSLEY	Wymondham AC
3	6584	00:46:56	Karyn BRAY	Bure Valley Harriers
4	1369	00:48:37	Sharon BRANDON	Saint Edmund Pacers
5	823	00:48:52	Ruth STEELE	Coltishall Jaguars RC
6	1605	00:49:08	Lucy CAMPBELL	Norfolk Harriers RC
7	1623	00:49:15	Rosie SEXTON	City Of Norwich AC
8	585	00:49:58	Ruth GAUNT	Norwich Road Runners
9	2512	00:50:23	Sally RYDER	North Norfolk Beach Runners
10	2710	00:50:23	Sarah BURBIDGE	

Female 55+

Pos.	Bib	Time	Name	Team
1	514	00:44:17	Catherine HENERY	City Of Norwich AC
2	547	00:45:58	Claire BROWN	Wymondham AC
3	603	00:47:27	Kate BRYSON	Beccles Triathlon Club
4	774	00:49:31	Julie HUGHES	
5	666	00:51:14	Susan AVES	Springfield Striders RC
6	1322	00:52:12	Jan MURTON	
7	3970	00:52:16	Dianne BIRD	
8	1829	00:52:33	Sue COOKE	
9	1858	00:53:02	Judy CROOKS	Norwich Road Runners
10	2873	00:53:24	Julie READ	

Female 60+

Pos.	Bib	Time	Name	Team
1	633	00:46:54	Anne ELLEN	Norfolk Gazelles AC
2	1694	00:49:11	Linda CUSACK	Thetford AC
3	1976	00:50:34	Lucy WALKER	Coltishall Jaguars RC
4	1836	00:53:05	Anne MILLETT	Norwich Road Runners
5	2899	00:55:18	Sine GARVIE MCINALLY	
6	4002	00:56:07	Bobbie SAUERZAPF	Bungay Black Dog RC
7	4306	00:56:25	Patricia TUTTLE	Waveney Valley AC
8	4748	00:56:32	Sarah SCOTT	
9	3485	00:57:25	Sarah GIDLOW	
10	2872	00:58:04	Elaine STONE	Great Yarmouth Road Runners



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Female 65+

Pos.	Bib	Time	Name	Team
1	2025	00:54:41	Anne GRAVELING	
2	2270	00:54:41	Dianne TILBROOK	
3	3239	00:56:21	Heather HOLLISTER	
4	3527	00:56:30	Lesley RUDD	
5	3557	00:59:05	Roberta MANNERS	
6	3548	01:01:43	Sheila SMITH	
7	3864	01:02:12	Patricia WOODWARDS	
8	6390	01:06:16	Denise GROOMBRIDGE	
9	5566	01:06:23	Caroline MCINTOSH	Newmarket Joggers
10	4926	01:09:08	Gerlinde DIEHL	

F70+

Pos.	Bib	Time	Name	Team
1	4943	01:03:22	Lesley OLIVER	
2	6450	01:04:28	Angela THOMAS	
3	6302	01:07:49	Elizabeth BODDY	
4	7288	01:11:21	Sandy WELLS	Great Yarmouth & District AC
5	6103	01:18:25	Viv YATES	

FS

Pos.	Bib	Time	Name	Team
1	10	00:36:23	Iona LAKE	City Of Norwich AC
2	868	00:37:13	Rose PENFOLD	Fulham Running Club
3	1486	00:37:33	Philippa BOWDEN	Aldershot Farnham & District
4	977	00:38:42	Lucy MAPP	
5	118	00:38:53	Charlotte NEALE	North Norfolk Beach Runners
6	110	00:39:31	Mabel BECKETT	City Of Norwich AC
7	937	00:39:41	Juliette WATKINSON	Wymondham AC
8	3505	00:40:08	Shana WALPOLE	
9	871	00:40:13	Rosanna ANDREWS	Daventry Road Runners
10	137	00:40:19	Amy BECK	Norwich Road Runners

Male 40+

Pos.	Bib	Time	Name	Team
1	876	00:34:09	Neil POLLARD	
2	853	00:34:27	Kevin HOLLAND	Wymondham AC
3	865	00:35:46	Neil ADAMS	North Norfolk Beach Runners
4	41	00:36:26	Trevor GANNON	Norwich Road Runners
5	23	00:37:00	Dominic BLAKE	Reepham Runners
6	48	00:37:38	Nico DRINKWATER	
7	115	00:37:46	James FOWLER	Norfolk Gazelles AC
8	858	00:38:07	Marc EVANS	Great Yarmouth Road Runners
9	894	00:38:23	Dylan NEEVE	Waveney Valley AC
10	885	00:38:34	Chris LEEK	Framlingham Flyers

Male 45+

Pos.	Bib	Time	Name	Team
1	7	00:32:30	Adrian MUSSETT	Colchester Harriers AC
2	15	00:34:16	Scott WALFORD	Bure Valley Harriers
3	13	00:35:26	Jan KAISER	City Of Norwich AC
4	46	00:36:14	Lawrence WADE	City Of Norwich AC
5	112	00:37:14	Mat PORTER	Norwich Road Runners
6	28	00:37:20	Jeremy ROGERS	Norfolk Gazelles AC
7	90	00:38:34	Chris BULLOCK	Norwich Road Runners
8	42	00:38:45	Jason PAINTER	Beccles Triathlon Club
9	51	00:39:03	Mark BANFIELD	Wymondham AC
10	126	00:39:05	Billy WHEELER	



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Male 50+

Pos.	Bib	Time	Name	Team
1	863	00:36:23	Roger BRAYBROOKS	London Heathside AC
2	880	00:38:14	Steven CARRUTHERS	
3	40	00:38:44	Sammy RASHID	Liverpool Pembroke & Sefton H AC
4	87	00:39:19	Mark CLUES	Tri-Anglia Triathlon Club
5	970	00:39:36	Sean THOMPSON	Wymondham AC
6	136	00:40:31	Neil BUTTON	Coltishall Jaguars RC
7	909	00:40:52	Robert GOLDSMITH	
8	298	00:40:58	Jon SHORTEN	Norwich Road Runners
9	207	00:41:39	Ian MOORE	Wymondham AC
10	311	00:42:18	Michael QUANTRILL	Waveney Valley AC

Male 55+

Pos.	Bib	Time	Name	Team
1	72	00:38:46	Torben JESSEN	Folkestone Running Club
2	82	00:38:50	Mark GARRETT	Norwich Road Runners
3	946	00:40:22	Peter CLARKE	Diss and District AC
4	908	00:40:28	Todd LAKE	Dereham Runners & AC
5	3832	00:40:54	Nick WATTS	Diss and District AC
6	956	00:41:22	Kevin FRAZER	Wymondham AC
7	498	00:41:25	Mark GRIFFIN	
8	200	00:41:31	Stanley SWANEPOEL	Tri-Anglia Triathlon Club
9	144	00:42:10	G GRAND	Norwich Road Runners
10	1401	00:42:15	Andy KEELER	

Male 60+

Pos.	Bib	Time	Name	Team
1	887	00:40:22	Phil HURR	Bure Valley Harriers
2	1482	00:41:39	Dale HURREN	
3	1011	00:42:18	Bob EMPSON	Fulham Running Club
4	893	00:42:43	Martin MILWARD	Fulham Running Club
5	309	00:43:12	John BAXTER	Bure Valley Harriers
6	681	00:45:18	Nicholas ELEY	Coltishall Jaguars RC
7	619	00:45:20	Peter SINGLE	
8	336	00:45:26	Paul RICHARDSON	Dereham Runners & AC
9	450	00:45:27	Nigel HEMSTED	
10	1480	00:45:30	Dale COOPER	Norfolk Harriers RC

Male 65+

Pos.	Bib	Time	Name	Team
1	271	00:42:26	Desmond MICHAEL	Barnet & District AC
2	310	00:44:18	Glen NELSON	
3	1075	00:46:09	David MOWER	Waveney Valley AC
4	563	00:48:10	John LEE	Tri-Anglia Triathlon Club
5	783	00:49:11	Martin HOWARD	Norwich Road Runners
6	1772	00:50:16	Paul HANN	
7	1890	00:51:27	Michael PERSICH	
8	2725	00:52:22	Steve GOWING	
9	1880	00:52:43	Terence BROWN	City Of Salisbury AC & RC
10	3158	00:52:47	Chris GROVES	Tri-Anglia Triathlon Club

M70+

Pos.	Bib	Time	Name	Team
1	1133	00:44:43	Kevin YOUNGS	Norfolk Gazelles AC
2	786	00:49:01	Colin RICHARDS	
3	1628	00:50:16	Ian MILBURN	Fenland Running Club
4	2016	00:53:16	Neil ANDERTON	Dereham Runners & AC
5	3853	00:54:14	Peter WAPSHOTT	
6	3378	00:56:37	Chris SOUTHWELL	
7	1993	00:57:50	John CAUSER	Norwich Road Runners
8	2271	00:57:52	John TILBROOK	
9	5964	00:58:48	Peter DEARNLEY	
10	3539	00:59:13	Barry WELLS	Norwich Road Runners



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Category Summary

MS

Pos.	Bib	Time	Name	Team
1	9	00:31:41	Logan SMITH	City Of Norwich AC
2	16	00:31:57	Ben SPRATLING	City Of Norwich AC
3	8	00:32:21	Piers ARNOLD	City Of Norwich AC
4	3	00:33:08	James SENIOR	City Of Norwich AC
5	1499	00:33:22	Scott GREEVES	City Of Norwich AC
6	1494	00:33:24	Jonny EARL	Hercules Wimbledon
7	31	00:33:27	Samuel COYNE	City Of Norwich AC
8	850	00:33:31	Danny ROCK	Felixstowe RRC
9	849	00:33:49	Jamie SHORT	Leicester Coritanian AC
10	19	00:33:56	Michael ECCLES	Bure Valley Harriers