

Norwich 10k

Sunday 23rd October, 2022



Pos.	Bib	Time	Name	Club
Top 10 Male				
1	1	00:31:22	LOGAN SMITH	City Of Norwich AC
2	28	00:31:38	REUBEN ANDREWS	City Of Norwich AC
3	26	00:32:22	DANNY ADAMS	City Of Norwich AC
4	1640	00:32:54	ADRIAN MUSSETT	Colchester Harriers AC
5	16	00:33:06	JACOB O'CAL	City Of Norwich AC
6	11	00:33:47	KIM BOWLING	Aldershot Farnham & District
7	32	00:33:53	RYAN DAVIDSON	City Of Norwich AC
8	18	00:34:03	NEIL ADAMS	North Norfolk Beach Runners
9	29	00:34:07	SAM TODD	City Of Norwich AC
10	41	00:34:17	MITCHELL BUNN	
Top 10 Female				
1	7	00:34:43	ANYA CULLING	
2	1625	00:36:29	MABEL BECKETT	
3	8	00:36:37	LEANNE FINCH	
4	176	00:36:46	JO ANDREWS	Bungay Black Dog RC
5	256	00:37:50	JULIETTE WATKINSON	Wymondham AC
6	358	00:37:53	ELEANOR GRUBB	
7	185	00:37:56	ALICIA LACEY	Norwich Road Runners
8	2	00:38:08	IONA LAKE	City Of Norwich AC
9	269	00:38:32	KATE MURRELL	Tri-Anglia Triathlon Club
10	95	00:38:47	ROSANNA ANDREWS	Rugby & Northampton AC
M40				
1	12	00:35:29	JOHN HUDSON	Norwich Road Runners
2	53	00:35:52	LEE BARBER	Framlingham Flyers
3	25	00:35:54	JONATHAN STOCKWELL	City Of Norwich AC
4	87	00:36:15	NICO DRINKWATER	Norfolk Gazelles AC
5	226	00:36:35	EWAN WINZOR SAILE	
6	106	00:36:39	CARL WHITE	Bure Valley Harriers
7	160	00:36:55	SIMON COOK	Lowestoft Road Runners
8	27	00:37:00	DANIEL SMITH	Coltishall Jaguars RC
9	120	00:37:25	STEVEN GARLAND	Harling Athletic Club
10	119	00:37:29	BYRON MCGILL	Bungay Black Dog RC
M45				
1	18	00:34:03	NEIL ADAMS	North Norfolk Beach Runners
2	63	00:35:26	TREVOR GANNON	Norwich Road Runners
3	14	00:35:34	KEVIN HOLLAND	Wymondham AC
4	200	00:35:49	MITCHELL DANN	City Of Norwich AC
5	91	00:36:20	JAN KAISER	City Of Norwich AC
6	77	00:37:11	SIMON BALES	Bure Valley Harriers
7	113	00:37:22	CHRIS LEEK	Framlingham Flyers
8	1618	00:37:38	RICHARD JOHNSON	
9	142	00:37:42	CHRIS BULLOCK	Norwich Road Runners
10	112	00:37:48	BILLY WHEELER	Lonely Goat RC

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M50				
1	1640	00:32:54	ADRIAN MUSSETT	Colchester Harriers AC
2	33	00:35:38	ADAM BAKER	City Of Norwich AC
3	78	00:38:32	MATT COLLIER	Norfolk Gazelles AC
4	154	00:39:11	SEAN THOMPSON	Wymondham AC
5	23	00:39:18	DAVID HOUGHTON	Wymondham AC
6	245	00:39:45	PAUL OAKLEY	Horsham Joggers
7	215	00:40:06	DARREN STEPHENSON	
8	178	00:40:32	STEVE ELY	Wymondham AC
9	183	00:40:47	ADE GOLDING	Crawley AC
10	526	00:40:49	JAMES WHITTAKER	
M55				
1	202	00:38:29	DAVID SMITH	
2	174	00:40:04	MARK CLUES	Tri-Anglia Triathlon Club
3	380	00:40:12	MR E M GLYNN	
4	274	00:41:07	MARK GARRETT	Norwich Road Runners
5	259	00:41:12	STEVEN ELVIN	
6	420	00:41:36	DAVID CROTCH	Norwich Road Runners
7	346	00:42:34	WILLIAM HOWARD	North Norfolk Beach Runners
8	522	00:42:52	NIGEL WHITELEY	
9	739	00:43:21	ANDY PALMER	Norwich Road Runners
10	458	00:43:21	MARK STOREY	City Of Norwich AC
M60				
1	127	00:38:43	JOHN MOORE	Norfolk Gazelles AC
2	249	00:38:58	PETER CLARKE	Diss and District AC
3	527	00:39:40	ANDREW MILLIS	
4	587	00:40:59	ANDY KEELER	
5	498	00:41:19	STEPHEN DIXON	Wymondham AC
6	237	00:41:34	MARK MOORE	Burnham Joggers
7	521	00:42:07	IAN TODD	City Of Norwich AC
8	671	00:43:40	ARMIN PALMER	East Cornwall Harriers
9	749	00:43:41	STEVEN TUTTLE	
10	3269	00:45:04	VIRAF CAPTAIN	
M65				
1	370	00:43:39	PHIL HURR	
2	428	00:43:57	TOBIAS ARNUP	Norfolk Gazelles AC
3	1324	00:44:55	JOHNJ BAXTER	
4	1108	00:46:11	DAVID MOWER	Waveney Valley AC
5	1980	00:48:43	GLYNN WHITE	
6	2378	00:48:49	GORDON SHARP	
7	1872	00:48:57	GARY LINDER	North Norfolk Beach Runners
8	880	00:49:32	GARY STANLEY	Great Yarmouth Road Runners
9	1542	00:49:40	ANDREW HAMMOND	Norfolk Gazelles AC
10	1395	00:49:55	ANDREW HARDY	
M70+				

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Pos.	Bib	Time	Name	Club
1	691	00:46:03	KEVIN YOUNGS	Norfolk Gazelles AC
2	266	00:47:53	DESMOND MICHAEL	Barnet & District AC
3	1416	00:49:07	SAM WELLER	North Norfolk Beach Runners
4	1916	00:49:20	JOHN SHIPPEY	
5	1906	00:51:39	PAUL HANN	
6	2766	00:53:36	PHILIP BAMFORD	
7	1189	00:54:48	STEPHEN GRAHAM	East Hull Harriers & AC
8	4203	00:55:03	MICHAEL CHILDS	
9	3449	00:55:37	CHRIS GROVES	Active Soul UK
10	3461	00:56:07	NEIL ANDERTON	Dereham Runners & AC
F40				
1	256	00:37:45	JULIETTE WATKINSON	Wymondham AC
2	269	00:38:23	KATE MURRELL	Tri-Anglia Triathlon Club
3	616	00:43:33	HAYLEY HAWES	Ryston Runners
4	419	00:43:56	STACEY HARPER	Norwich Road Runners
5	657	00:44:07	LAURA SMITHERMAN	Norfolk Gazelles AC
6	238	00:44:17	ALISON ARMSTRONG	Wymondham AC
7	966	00:44:33	FRANCES COOKE	Bure Valley Harriers
8	1296	00:44:59	LIZ SENDALL	Wymondham AC
9	1018	00:45:14	CLAIRE WOODCROFT	Wymondham AC
10	889	00:45:37	MARIANNE ARMSTRONG	Norwich Road Runners
F45				
1	176	00:36:44	JO ANDREWS	Bungay Black Dog RC
2	305	00:41:12	ALEXANDRA SMITH	Wymondham AC
3	899	00:43:11	NICOLA HILL	Norwich Road Runners
4	221	00:43:18	SARAH STRADLING	Colchester Harriers AC
5	683	00:44:06	MARYANNE PETERS	
6	677	00:44:54	CLARE SANDALL	Norwich Road Runners
7	939	00:45:06	KAREN DOAK	Tri-Anglia Triathlon Club
8	786	00:45:27	SARAH NORMAN	Waveney Valley AC
9	1738	00:45:53	KATY OLDMAN	Lowestoft Road Runners
10	744	00:46:20	SARAH STUBBS	City Of Norwich AC
F50				
1	1307	00:41:25	MARIA LEWIS	Wymondham AC
2	1458	00:43:00	SAM ASHFORD-THOMAS	
3	1791	00:45:54	THERESA FLINT	
4	1220	00:46:07	LOUSIE GARDINER	
5	927	00:47:26	ELAINE SMITH	Ely Runners
6	4283	00:48:13	HELEN THACKER	
7	1969	00:48:18	JO ROSS	Norfolk Gazelles AC
8	1748	00:49:47	RACHEL TERRY	Stowmarket Striders RC
9	523	00:49:52	DES VANHINSBERGH	
10	1504	00:50:08	HILARY BYRNE	Wymondham AC
F55				
1	928	00:46:17	JANET SMITH	Ely Runners

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Pos.	Bib	Time	Name	Club
2	1094	00:46:29	ANGELA RANSOME	Lonely Goat RC
3	1799	00:46:38	JOANNE WALMSLEY	Wymondham AC
4	646	00:46:42	CATHERINE HENERY	City Of Norwich AC
5	2076	00:48:36	DEBBIE JACOB	
6	1724	00:49:09	JANE BANNISTER	
7	2485	00:49:35	SILVIA FERRETTI	
8	1518	00:49:46	SUSAN AVES	Springfield Striders RC
9	3010	00:49:55	HELEN CLARE	
10	2291	00:50:49	RUTH GAINSFORD	Coltishall Jaguars RC
F60				
1	650	00:44:52	CLAIRE BROWN	Wymondham AC
2	8452	00:50:02	ANNA COULBORN	Great Yarmouth Road Runners
3	4623	00:51:44	LIZ HIGHTON	
4	2753	00:51:54	SALLY CROCKETT	
5	2595	00:52:10	KATE BRYSON	Beccles Triathlon Club
6	2267	00:53:10	JANE YARDY	Norwich Road Runners
7	3359	00:53:33	JULIE READ	
8	1971	00:54:28	SUE COOKE	
9	4262	00:55:26	CHERYL GOYMER	Beccles Triathlon Club
10	3043	00:57:07	ALISON HOWES	
F65				
1	2090	00:51:32	LINDA CUSACK	Thetford AC
2	3226	00:51:44	JANE FREEMAN	Norfolk Gazelles AC
3	2332	00:53:30	ANNE MILLETT	Norwich Road Runners
4	3214	00:54:29	ELAINE HUDSON	Norfolk Gazelles AC
5	2490	00:55:56	ANGIE BEAR	
6	5169	00:56:30	CHRISTINE WILLIAMS	Wymondham AC
7	3470	00:58:22	PATRICIA TUTTLE	Waveney Valley AC
8	4890	00:58:34	ROSALIE NIESCIEROWICZ	
9	4473	00:58:48	SUSAN MOORE	Norfolk Gazelles AC
10	4009	00:59:17	SARAH GIDLOW	
F70				
1	5160	01:00:11	HEATHER HOLLISTER	
2	5353	01:01:59	JOAN RAMSAY	
3	5740	01:04:05	BRENDA FEE	Barnet & District AC
4	6909	01:04:12	EVA OSBORNE	Wymondham AC
5	8405	01:04:22	LESLEY OLIVER	
6	3435	01:06:05	JACQUELINE WOOD	Dereham Runners & AC
7	8031	01:07:36	DENISE GROOMBRIDGE	
8	6234	01:09:05	ELIZABETH LETZER	North Norfolk Beach Runners
9	7278	01:11:12	ELIZABETH HANCOCK	
10	7775	01:11:20	BERYL KNOWLES	Norwich Road Runners