

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
Top 10 Male				
1	1	00:31:30	Logan Smith	City Of Norwich AC
2	52	00:31:31	Norman Shreeve	Cambridge & Coleridge AC
3	35	00:31:45	Luke Alden	City Of Norwich AC
4	59	00:32:11	William Mahoney	City Of Norwich AC
5	7	00:32:18	Adrian Mussett	Colchester Harriers AC
6	5	00:32:29	Reuben Andrews	City Of Norwich AC
7	38	00:32:38	Michael Eccles	Bure Valley Harriers
8	23	00:33:35	Kim Bowling	Aldershot Farnham & District
9	28	00:33:45	Jacob Ocal	City Of Norwich AC
10	9	00:33:58	James Senior	City Of Norwich AC
Top 10 Female				
1	1696	00:35:36	Mabel Beckett	City Of Norwich AC
2	2	00:35:45	Anya Culling	Best Athletics
3	8	00:36:50	LEANNE Finch	
4	10	00:37:24	Eleanor Grubb	City Of Norwich AC
5	6	00:37:28	Jo Andrews	Bungay Black Dog RC
6	4	00:37:44	Iona Lake	City Of Norwich AC
7	111	00:37:56	Harriet Carr	Wymondham AC
8	176	00:38:32	Kate Murrell	Norwich Road Runners
9	72	00:39:06	Amy BECK	Bure Valley Harriers
10	288	00:39:15	Alison Armstrong	Wymondham AC
MS				
1	1	00:31:30	Logan Smith	City Of Norwich AC
2	52	00:31:30	Norman Shreeve	Cambridge & Coleridge AC
3	35	00:31:44	Luke Alden	City Of Norwich AC
M40				
1	38	00:32:37	Michael Eccles	Bure Valley Harriers
2	36	00:34:12	John Hudson	Norwich Road Runners
3	21	00:34:32	Daniel Middleton	
M45				
1	17	00:34:12	Neil Adams	North Norfolk Beach Runners
2	34	00:34:39	Kevin Holland	Wymondham AC
3	121	00:35:32	Mitchell Dann	City Of Norwich AC
M50				
1	7	00:32:17	Adrian Mussett	Colchester Harriers AC
2	45	00:36:14	Adam Baker	Orion Harriers
3	116	00:37:25	Matt Collier	Norfolk Gazelles AC
M55				
1	150	00:39:21	Michael Steward	
2	1605	00:41:03	Todd Lake	
3	377	00:43:00	Stewart Robins	Ryston Runners
M60				
1	251	00:39:31	Peter Clarke	Diss and District AC

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2	272	00:40:39	Steven Elvin	
3	310	00:40:48	Andrew Millis	
M65				
1	426	00:42:39	Phil Hurr	Bure Valley Harriers
2	252	00:43:39	Dale Hurren	
3	763	00:44:23	Martin Howard	Norwich Road Runners
M70+				
1	1175	00:44:51	KEVIN YOUNGS	Norfolk Gazelles AC
2	1567	00:49:05	John Shippey	
3	1580	00:50:30	Mike Corker	
FS				
1	1696	00:35:33	Mabel Beckett	City Of Norwich AC
2	2	00:35:44	Anya Culling	Best Athletics
3	8	00:36:46	LEANNE Finch	
F40 (40 - 44 Years)				
1	176	00:38:22	Kate Murrell	Norwich Road Runners
2	288	00:39:01	Alison Armstrong	Wymondham AC
3	72	00:39:01	Amy BECK	Bure Valley Harriers
F45 (45 - 49 Years)				
1	6	00:37:26	Jo Andrews	Bungay Black Dog RC
2	82	00:39:22	cat cummings	City Of Norwich AC
3	314	00:42:18	Alexandra Smith	Wymondham AC
F50				
1	616	00:44:38	Sam Ashford-Thomas	
2	1224	00:46:26	Kerry Kitchener	
3	5107	00:47:21	Nicola Goddard	
F55				
1	193	00:42:24	PHILIPPA TAYLOR	Helpston Harriers AC
2	956	00:44:30	Sandra Roberts	Coltishall Jaguars RC
3	1098	00:46:09	Catherine HENERY	City Of Norwich AC
F60				
1	781	00:48:14	CLAIRE BROWN	Wymondham AC
2	1595	00:48:20	Paula Carr	Great Yarmouth Road Runners
3	1158	00:49:05	Anna Coulborn	Great Yarmouth Road Runners
F65				
1	2190	00:50:17	Linda Cusack	Thetford AC
2	1542	00:50:32	Anne Ellen	Norfolk Gazelles AC
3	3109	00:54:03	Elaine Hudson	Norfolk Gazelles AC
F70+				
1	3825	00:55:22	Christine Williams	Wymondham AC
2	4115	00:57:36	Anne Graveling	
3	5019	00:58:26	Naomi Stanford	Serpentine RC
Overall Results By Chip Time				
1	1	00:31:30	Logan Smith	City Of Norwich AC

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2	52	00:31:30	Norman Shreeve	Cambridge & Coleridge AC
3	35	00:31:44	Luke Alden	City Of Norwich AC
4	59	00:32:10	William Mahoney	City Of Norwich AC
5	7	00:32:17	Adrian Mussett	Colchester Harriers AC
6	5	00:32:29	Reuben Andrews	City Of Norwich AC
7	38	00:32:37	Michael Eccles	Bure Valley Harriers
8	23	00:33:35	Kim Bowling	Aldershot Farnham & District
9	28	00:33:44	Jacob Ocal	City Of Norwich AC
10	9	00:33:56	James Senior	City Of Norwich AC
11	62	00:34:06	James Quinlan	Aldershot Farnham & District
12	19	00:34:07	Tom Collier	
13	24	00:34:08	Harry Smith	City Of Norwich AC
14	22	00:34:10	Ian Beeden	
15	36	00:34:12	John Hudson	Norwich Road Runners
16	17	00:34:12	Neil Adams	North Norfolk Beach Runners
17	20	00:34:17	Martyn Bath	
18	21	00:34:32	Daniel Middleton	
19	39	00:34:33	Connor Braithwaite	Tyne Bridge Harriers
20	34	00:34:39	Kevin Holland	Wymondham AC
21	11	00:34:45	Jack Stuttle	Coltishall Jaguars RC
22	1616	00:34:46	Scott Burrell	Clapham Chasers
23	48	00:34:48	George Hatton	Newark AC
24	136	00:34:54	John Rospin	
25	41	00:35:01	Samuel Cornforth	City Of Norwich AC
26	15	00:35:02	Andrew Bunn	
27	55	00:35:07	Lloyd Williams	Norwich Road Runners
28	112	00:35:20	William Watkins	
29	29	00:35:20	Aidan Banfield	Wymondham AC
30	106	00:35:29	Ben Wales	City of Hull AC
31	95	00:35:31	Chris Millsted	
32	121	00:35:32	Mitchell Dann	City Of Norwich AC
33	142	00:35:33	Tommy Chapman	
34	1696	00:35:33	Mabel Beckett	City Of Norwich AC
35	32	00:35:39	Ed Plager	
36	33	00:35:40	Lee Barber	Framlingham Flyers
37	97	00:35:42	Oliver Gilbert	Bungay Black Dog RC
38	2	00:35:44	Anya Culling	Best Athletics
39	66	00:35:46	Christopher Meadows	Lowestoft Road Runners
40	88	00:35:48	Rowan STRINGER	
41	108	00:35:48	Aaron Wright	
42	115	00:35:48	Simon Cook	Lowestoft Road Runners
43	124	00:35:48	Joey Bendall	
44	50	00:35:52	William Tucker	Grantham AC
45	105	00:35:52	Jacob Kenworthy	Wymondham AC
46	96	00:35:52	Kevin Watkinson	Wymondham AC
47	182	00:35:58	Shaun Aldous	Bungay Black Dog RC

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
48	146	00:36:00	Benjamin Beynon	
49	143	00:36:05	Niall Simmonds	
50	131	00:36:07	Jack Teuten	Bungay Black Dog RC
51	18	00:36:10	Josh Castlo-Hall	Wymondham AC
52	75	00:36:10	Alex Griffiths	Norwich Road Runners
53	45	00:36:14	Adam Baker	Orion Harriers
54	229	00:36:22	Wesley Hoolahan	
55	90	00:36:22	Ewan Winzor Saile	
56	216	00:36:29	Tom Bamford	
57	25	00:36:30	Dominic Blake	Reepham Runners
58	220	00:36:30	Perry Payne	
59	12	00:36:40	Laurie Woods	Bure Valley Harriers
60	68	00:36:41	Francis Colledge	South West Road Runners
61	65	00:36:42	Tom Galley	Lowestoft Road Runners
62	74	00:36:46	Matthew Lightfoot	Bungay Black Dog RC
63	87	00:36:46	Ashley Briggs	
64	8	00:36:46	LEANNE Finch	
65	53	00:36:47	Samuel Coyne	City Of Norwich AC
66	71	00:36:51	Daniel Smith	Coltishall Jaguars RC
67	81	00:36:51	Jamie Rose	
68	208	00:36:55	Adam Bradshaw	
69	122	00:36:58	Daniel Cook	Rugby & Northampton AC
70	102	00:36:59	Jonathan Stockwell	City Of Norwich AC
71	40	00:36:59	Nick Marriage	City Of Norwich AC
72	125	00:36:59	Jorge Longman	
73	78	00:37:00	Ross Kozyrko	
74	445	00:37:05	Dean Terry	
75	104	00:37:07	Billy Wheeler	Wymondham AC
76	120	00:37:08	John-David Fisher	Norfolk Gazelles AC
77	109	00:37:08	Marc Coles	Norwich Road Runners
78	284	00:37:12	Simon Wright	Norwich Road Runners
79	286	00:37:13	Jim Tubb	
80	432	00:37:16	Gary Siggers	
81	49	00:37:19	Will Dorsett	
82	10	00:37:21	Eleanor Grubb	City Of Norwich AC
83	116	00:37:25	Matt Collier	Norfolk Gazelles AC
84	6	00:37:26	Jo Andrews	Bungay Black Dog RC
85	31	00:37:28	Daniel Harrison	Great Yarmouth & District AC
86	128	00:37:30	Julian Drewe	Bungay Black Dog RC
87	67	00:37:30	Harry Neale	Norfolk Gazelles AC
88	80	00:37:34	James Jarmy	Lonely Goat RC
89	4	00:37:37	Iona Lake	City Of Norwich AC
90	44	00:37:38	Christopher Mickleburgh	Aylsham Runners
91	77	00:37:39	Joe Pennington	London Heathside
92	145	00:37:39	Richard Johnson	Bure Valley Harriers
93	1609	00:37:45	Tom Newman	City Of Norwich AC

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
94	133	00:37:46	Daniel Conway	City Of Norwich AC
95	99	00:37:46	Chris Bullock	Wymondham AC
96	111	00:37:51	Harriet Carr	Wymondham AC
97	37	00:37:53	Chris Leek	Framlingham Flyers
98	163	00:37:56	Josh Russell	Norwich Road Runners
99	164	00:37:57	Jordan Hipperson	
100	212	00:38:01	Karl Brown	
101	98	00:38:03	Matt Howard	Norwich Road Runners
102	316	00:38:03	Matt Webster	Wymondham AC
103	141	00:38:04	Alex Armes	Great Yarmouth Road Runners
104	1682	00:38:04	Thibault Le Guezec	
105	231	00:38:06	Sam Evans	
106	1676	00:38:08	Kevin Shreeve	Greenwich Tritons Triathlon Club
107	201	00:38:13	Steven McNicholas	Wymondham AC
108	103	00:38:13	Simon Bales	Bure Valley Harriers
109	372	00:38:14	Tobias Wright	
110	577	00:38:14	Matthew Hodgson	
111	230	00:38:18	James Pitcher	
112	107	00:38:18	Ashley Waterson	
113	126	00:38:19	Elliott Taylor	City Of Norwich AC
114	113	00:38:19	Adam Parke	
115	305	00:38:21	Tom Hull	
116	176	00:38:22	Kate Murrell	Norwich Road Runners
117	132	00:38:32	Scott Morrison	Herne Hill Harriers
118	458	00:38:33	Lewis Fleming	
119	144	00:38:33	Ryan Oakes	Ryston Runners
120	140	00:38:33	Nick Herbert	Harpenden Arrows
121	196	00:38:35	Shay Walpole	Norwich Road Runners
122	73	00:38:35	Alistair Shearer	Wymondham AC
123	155	00:38:37	Ryan Higgins	
124	92	00:38:37	Paul Fairchild	Wymondham AC
125	60	00:38:39	Stewart Woods	Framlingham Flyers
126	414	00:38:41	Edward Stenner	
127	1602	00:38:42	Nick Kent	
128	70	00:38:42	Byron McGill	Bungay Black Dog RC
129	100	00:38:42	Steven Garland	Harling Athletic Club
130	688	00:38:45	Daniel Yallop	
131	190	00:38:45	William George	Aylsham Runners
132	147	00:38:46	Connor Drew	
133	605	00:38:48	Stephen Bonnot	
134	335	00:38:48	Ben Nockolds	
135	114	00:38:48	Nicholas Wittred	
136	241	00:38:48	Oliver Thomson	
137	185	00:38:51	Harry Woods	
138	355	00:38:54	Thomas Abbs	
139	210	00:38:54	Sureshkumar Muthusamy	Lowestoft Road Runners

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
140	288	00:39:01	Alison Armstrong	Wymondham AC
141	72	00:39:01	Amy BECK	Bure Valley Harriers
142	225	00:39:01	Jack Bartle	Reading AC
143	168	00:39:02	Aston Martin	Norwich Road Runners
144	1594	00:39:04	Phil Whiting	Norfolk Gazelles AC
145	263	00:39:04	Martin Farr	Lowestoft Road Runners
146	227	00:39:04	Matthew Plane	
147	180	00:39:06	Dominic Doggett	
148	301	00:39:07	Kevin Wright	Wymondham AC
149	93	00:39:08	Jonathan Bennett BENNETT	Fulham Running Club
150	544	00:39:08	Daniel Read	
151	177	00:39:11	Dominic Clues	
152	171	00:39:12	Mark Matless	
153	254	00:39:14	Mark Goddard	
154	205	00:39:14	Rosanna Andrews	Rugby & Northampton AC
155	150	00:39:21	Michael Steward	
156	217	00:39:21	Oliver Brown	
157	82	00:39:22	cat cummings	City Of Norwich AC
158	162	00:39:23	Ellery Bishop	
159	411	00:39:24	Dominic Marray Woods	West Norfolk AC
160	195	00:39:25	Ross Palgrave	Wymondham AC
161	174	00:39:25	James Ord	Ryston Runners
162	691	00:39:28	Jonathan Ede	
163	159	00:39:28	Darren Stephenson	
164	345	00:39:28	Daniel Cable	
165	332	00:39:29	Justin Burton	
166	459	00:39:29	Garry Smith	
167	194	00:39:31	Shaun Braybrook	Wymondham AC
168	251	00:39:31	Peter Clarke	Diss and District AC
169	424	00:39:32	Samuel Taylor	Kent AC
170	206	00:39:33	Jason isaac Brandy	
171	248	00:39:36	Gareth Seville	Wymondham AC
172	416	00:39:37	Daniel Guest	
173	696	00:39:39	Laurynas Misevicius	
174	323	00:39:41	Hamish Muirden	
175	589	00:39:42	Sam Rutterford	
176	151	00:39:43	Ben Hughes	
177	223	00:39:46	Lee Forder	Norwich Road Runners
178	247	00:39:47	Mark Mantle	
179	309	00:39:48	Matthew Wigg	
180	2240	00:39:48	Craig Blakemore	
181	385	00:39:49	Josh Brown	Wymondham AC
182	3697	00:39:49	Thomas Whiting	City Of Norwich AC
183	127	00:39:51	Stephen Winstanley	
184	228	00:39:51	Steve Ely	
185	118	00:39:51	Robert Wapshott	Hallamshire Harriers Sheffield

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
186	295	00:39:53	Paul Oakley	Horsham Joggers
187	663	00:39:53	Sam Smith	
188	207	00:39:55	Dougal Toms	
189	260	00:39:55	Hannah MAHER	
190	430	00:39:56	Andrew Buck	
191	444	00:40:02	Tom Read	
192	1008	00:40:04	Andrew Knell	
193	236	00:40:05	Tony Gowing	
194	1406	00:40:07	Soren Royds	
195	972	00:40:08	Jack wright	
196	258	00:40:12	Ollie Farmer	
197	392	00:40:13	Guy Humphrey	
198	191	00:40:13	Lee Wilson	
199	376	00:40:13	Pete Seadon	
200	302	00:40:15	Monty Mulholland	
201	391	00:40:16	Antony Riches	
202	337	00:40:17	Mark Hurren	
203	297	00:40:18	Stuart Fryer	
204	425	00:40:21	Nathaniel Anderson	
205	451	00:40:21	Tom Luxton	
206	473	00:40:22	Tom Charles	
207	532	00:40:25	Lee Oakley	
208	262	00:40:25	Shaun Long	
209	156	00:40:25	Filip Schubert	
210	299	00:40:28	Will McMorris	
211	343	00:40:29	George Sanders	
212	153	00:40:30	Marc Evans	Norwich Road Runners
213	267	00:40:32	Ryan Halloway-Churchill	Norfolk Gazelles AC
214	1687	00:40:32	Daniel Grigg	
215	639	00:40:34	Anthony Cassels	Ryston Runners
216	1694	00:40:35	Jonas Diete	
217	154	00:40:35	George Edwards	London Heathside
218	1613	00:40:36	Cem Stubbs	Eton Manor AC
219	289	00:40:37	Ben Churchman	Diss and District AC
220	272	00:40:39	Steven Elvin	
221	1022	00:40:41	Sophia Tucker	Grantham AC
222	265	00:40:42	Adam Baker	
223	261	00:40:43	Paul Ward	Bure Valley Harriers
224	546	00:40:44	James Cain	
225	952	00:40:46	Sean Donoghue	
226	310	00:40:48	Andrew Millis	
227	321	00:40:48	Chris Fryer	Great Yarmouth Road Runners
228	245	00:40:49	Richard Hancock	
229	469	00:40:51	Liam Frost	
230	438	00:40:52	Steven Griffiths	
231	238	00:40:52	Chris Vernon	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
232	237	00:40:53	Morgan Lingley	
233	192	00:40:54	Jason Mattless	Dereham Runners & AC
234	820	00:40:55	Jay Vos	
235	184	00:40:56	Westley Walker	Haverhill Running Club
236	462	00:40:59	Kierran Haynes	
237	388	00:41:00	Paul Fisher	
238	209	00:41:01	Craig Speirs	Norfolk Gazelles AC
239	275	00:41:01	Claire Kent	Wymondham AC
240	578	00:41:03	Franklyn Plume	Coltishall Jaguars RC
241	1605	00:41:03	Todd Lake	
242	672	00:41:06	Wesley Belsten	
243	733	00:41:06	Sam Burrows	
244	215	00:41:08	Chris Yeates	City Of Norwich AC
245	396	00:41:09	David Waters	Aylsham Runners
246	264	00:41:09	Mark Moore	
247	437	00:41:09	Perry Kelf	
248	1115	00:41:10	Dominic Smith	
249	282	00:41:10	Mark Garrett	Norwich Road Runners
250	383	00:41:11	Lloyd Chettle	Great Yarmouth Road Runners
251	239	00:41:12	Robert Gillett-Ratley	
252	334	00:41:13	David Powles	Wymondham AC
253	350	00:41:13	Benjamin Whitbourn	
254	694	00:41:15	Tom Cowell	
255	370	00:41:15	Michael Dean	
256	375	00:41:18	Aaron Porter	
257	246	00:41:18	Daniel Mayes-Dally	
258	281	00:41:18	Philip Green	Stowmarket Striders RC
259	494	00:41:18	James Francis	
260	827	00:41:19	Liam Bannon	Norfolk Gazelles AC
261	677	00:41:20	Francisco Javier Gómez Pliego	
262	909	00:41:21	Richard Luddington	
263	422	00:41:23	Jack Sutton	
264	336	00:41:26	Sandy Telfer	Tri-Anglia Triathlon Club
265	235	00:41:27	chris linehan	
266	197	00:41:27	Laurence Wright	
267	338	00:41:29	Matthew Tye	Harleston Running Club
268	918	00:41:30	James Dunnett	
269	361	00:41:31	Jon Wiles	Harleston Running Club
270	203	00:41:32	Lewis Howlett	
271	468	00:41:33	Archie Buck	
272	256	00:41:34	Torben Jessen	Folkestone RC
273	30	00:41:36	Tom Persich	
274	500	00:41:36	George Crane	
275	94	00:41:36	Rory Judd	
276	661	00:41:38	Eleanor Phillips	City Of Norwich AC
277	359	00:41:38	Matthew Brown	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
278	409	00:41:39	Paul Bliss	
279	1979	00:41:40	Chloe Webb	
280	506	00:41:41	Jamie Smith	Norwich Road Runners
281	896	00:41:41	James Canham	Wymondham AC
282	287	00:41:41	Mark Armstrong	Wymondham AC
283	317	00:41:43	Lewis Flatt	
284	213	00:41:43	Chris Mower	Saint Edmund Pacers
285	906	00:41:43	Jason Cole	
286	187	00:41:45	Simon Brighten	
287	157	00:41:45	James Bowman	
288	160	00:41:47	Stephen Hough	
289	592	00:41:47	William Coulson	
290	525	00:41:47	Ross Ashton	City Of Norwich AC
291	783	00:41:49	Matthew Richardson	Harleston Running Club
292	395	00:41:50	Davd Rose	
293	585	00:41:50	Westley Byford	Thetford AC
294	510	00:41:51	David Crotch	Norwich Road Runners
295	471	00:41:51	Tim Ford	Aylsham Runners
296	457	00:41:52	Jonathan Abbs	
297	567	00:41:55	Aaron O'Driscoll	
298	603	00:41:56	Josh Mackenzie	
299	885	00:41:56	Lee Johnson	Ryston Runners
300	402	00:41:57	David Asker	Norwich Road Runners
301	404	00:41:57	Graham Lucas-Hill	
302	380	00:41:58	David Stevens	
303	1046	00:41:58	Joel Metcalf	
304	856	00:41:58	Gavin Symonds	
305	660	00:41:58	Ady Penfold	
306	200	00:41:59	Abigail Topley	
307	693	00:42:01	Trevor Kuhrt	
308	398	00:42:02	Philip Brockington	
309	333	00:42:03	Scottie Bruce	
310	1671	00:42:04	Rob Riley	Hyde Park Harriers
311	558	00:42:05	Steven Young	
312	439	00:42:05	Daniel Gardiner	Bungay Black Dog RC
313	240	00:42:06	Ollie Fray	
314	448	00:42:08	Chris Wong	
315	269	00:42:09	Steve Newman	Bungay Black Dog RC
316	27	00:42:09	Bobby Harrison	
317	1674	00:42:10	Ismail Bell	
318	356	00:42:10	Sebastian Polomski	
319	2221	00:42:12	Michelle Himsworth	
320	1076	00:42:13	Cormac O'Driscoll	
321	319	00:42:13	Paul Rose	
322	580	00:42:13	Brett Patterson	
323	498	00:42:14	Joanne Watkins	Bure Valley Harriers

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
324	178	00:42:14	Edward Cotton	Norfolk Gazelles AC
325	760	00:42:15	Paul Gallop	
326	915	00:42:17	Adrian Slattery	Great Yarmouth Road Runners
327	314	00:42:18	Alexandra Smith	Wymondham AC
328	378	00:42:19	Liam Cannon	
329	569	00:42:19	Stephen Shaw	
330	539	00:42:20	Richard Thomson	
331	1482	00:42:21	George Seamons	
332	290	00:42:21	Thomas West	
333	595	00:42:24	Toby Armiger	
334	193	00:42:24	PHILIPPA TAYLOR	Helpston Harriers AC
335	249	00:42:28	Marcus Pearson	
336	403	00:42:28	John Axtell	
337	268	00:42:29	Dan Goodwin	
338	85	00:42:30	Thomas Jordan	Bure Valley Harriers
339	175	00:42:30	Tom Crawshaw	
340	911	00:42:30	Mark Bloomfield	
341	354	00:42:31	Frank Burniston	
342	61	00:42:35	Connor Rouse	Lonely Goat RC
343	744	00:42:35	Stuart Smith	
344	347	00:42:36	João Duarte	
345	283	00:42:37	Jason Hurst	Wymondham AC
346	232	00:42:37	Neil Walpole	City Of Norwich AC
347	419	00:42:38	Jonathan Kemp	Tri-Anglia Triathlon Club
348	426	00:42:39	Phil Hurr	Bure Valley Harriers
349	596	00:42:39	Stephen Ramm	Tri-Anglia Triathlon Club
350	980	00:42:39	Adam Dolling	
351	1048	00:42:40	Becky Willett	Norwich Road Runners
352	348	00:42:42	Mark Ewin	
353	658	00:42:42	Samuel Pickford	
354	381	00:42:43	Jason Elrick	Thetford AC
355	1265	00:42:43	Harley Evans	
356	1005	00:42:45	Theo Sanders	
357	1356	00:42:46	Robin Markowitsch	
358	876	00:42:48	Chris Luddington	
359	1086	00:42:48	Ben Davies	23 Mile Club
360	1318	00:42:48	Stephen Belderbos	
361	681	00:42:48	Jonathan Brasnett	
362	421	00:42:48	Yin Lo	
363	371	00:42:48	Peter Morgan	Wymondham AC
364	832	00:42:49	Douglas Hustler	
365	608	00:42:50	Matt Earl	
366	1523	00:42:50	Edmond Hapchina	
367	460	00:42:50	Alan Diaper	Great Yarmouth Road Runners
368	656	00:42:51	Daniel Luedke	
369	386	00:42:51	Spencer Singleterry	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
370	266	00:42:51	Karl Coulson	Great Yarmouth Road Runners
371	1021	00:42:51	Matthew Grimwood	
372	757	00:42:52	James Crisp	Lowestoft Road Runners
373	446	00:42:52	Cassie Moden	
374	64	00:42:53	Mitchell Bunn	
375	481	00:42:53	Matthew Paul	
376	1107	00:42:55	Katy Dickinson	
377	860	00:42:56	James Hoyle	
378	889	00:42:56	Steven Middleton	Lonely Goat RC
379	387	00:42:56	Roger Higgins	
380	738	00:42:59	Jonny Ray	
381	436	00:42:59	Elliot McCurley	
382	211	00:42:59	Jack Harris	
383	548	00:43:00	Winnie Lai	City Of Norwich AC
384	377	00:43:00	Stewart Robins	Ryston Runners
385	704	00:43:00	Iain Mills	
386	697	00:43:01	Ashley Yellop	Norwich Road Runners
387	986	00:43:03	Evan Simpson	
388	949	00:43:03	James Deacon	
389	330	00:43:05	Richard Dade	City Of Norwich AC
390	587	00:43:05	Daniel Gatward	
391	485	00:43:06	Luke Bailey	
392	1370	00:43:06	Kelvin Willimott	
393	418	00:43:07	Jason Beeton	Thetford AC
394	277	00:43:07	Zoe Chase	Waveney Valley AC
395	561	00:43:08	Daniel Tarr	
396	379	00:43:08	James Loughlin	
397	659	00:43:10	Nick Gurney	Norwich Road Runners
398	346	00:43:10	Daniel Maskell	
399	509	00:43:11	Joshua Cadwallader	
400	941	00:43:12	Adrian Martin	Norfolk Gazelles AC
401	415	00:43:12	Jason Tuttle	
402	1093	00:43:13	Gerard Swinley	
403	408	00:43:13	Darren Liversidge	
404	1736	00:43:14	Edward Jennings	
405	682	00:43:15	Mark Robinson	Lonely Goat RC
406	324	00:43:15	Matt Baldry	Lowestoft Road Runners
407	1229	00:43:17	David Granger	
408	651	00:43:18	Daniel Garner	Ipswich Jaffa RC
409	935	00:43:19	Isabella Williams	City Of Norwich AC
410	1302	00:43:19	Freddie Cox-Hartigan	
411	547	00:43:20	Daniel Ponder	
412	582	00:43:21	Matthew Adams	Wymondham AC
413	461	00:43:22	Tyrone Young	
414	553	00:43:22	Luke Cornish	Norwich Road Runners
415	389	00:43:22	Justin Walker	Ryston Runners

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
416	534	00:43:22	Katherine Trehane	Norfolk Gazelles AC
417	947	00:43:24	Chris Greenough	Tri-Anglia Triathlon Club
418	1240	00:43:25	Callum Davenport	Norfolk Gazelles AC
419	925	00:43:25	Thomas Harris	
420	349	00:43:25	Jamie Wales	City Of Norwich AC
421	583	00:43:26	Joey Clements	
422	604	00:43:27	Matthew Cotton	
423	754	00:43:27	Jason Peck	Norfolk Gazelles AC
424	838	00:43:27	Kevin Powles	Wymondham AC
425	304	00:43:27	Tom Messenger	
426	313	00:43:28	Richard Oot	
427	676	00:43:28	John Remblance	
428	990	00:43:29	Tom Smith	
429	937	00:43:29	George Barber	
430	504	00:43:29	Anton Perkins	
431	870	00:43:30	Elliot Rose	
432	476	00:43:31	Oliver Dack	
433	552	00:43:32	Clare Sandall	Norwich Road Runners
434	649	00:43:32	Samuel Kendrick	
435	776	00:43:32	Andrew Cornish	Holland Sports AC
436	365	00:43:33	Jason Brunt	Norfolk Gazelles AC
437	255	00:43:33	Peter Woods	Bure Valley Harriers
438	641	00:43:33	Greg Florence	
439	285	00:43:33	William Howard	North Norfolk Beach Runners
440	666	00:43:33	Cameron Liu	
441	472	00:43:33	Sam Cryan	
442	531	00:43:34	Eddie Warren	
443	574	00:43:34	Alex Hamblin	
444	1242	00:43:35	Ethan Rowden	
445	695	00:43:35	Alex Fage	
446	1369	00:43:37	Steven Cannell	
447	689	00:43:37	Nick Spacey	
448	966	00:43:38	Daniel Brocklehurst	Wymondham AC
449	252	00:43:39	Dale Hurren	
450	443	00:43:39	Matthew Smith	Bungay Black Dog RC
451	442	00:43:39	James Crossfield	Emersons Green Running Club
452	2924	00:43:39	Mark Sargeant	
453	963	00:43:39	Jo Delf	Wymondham AC
454	524	00:43:40	William Cutts	
455	1375	00:43:40	Matthew Moore	
456	1223	00:43:41	Spencer Vine	
457	803	00:43:41	James Wilkins	
458	551	00:43:41	Christopher Fuller	Saxmundham Sports Running & Fitness Club
459	537	00:43:42	Robert Duncan	
460	360	00:43:42	Royston Thorne	
461	1546	00:43:43	Dean Burrage	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
462	855	00:43:43	Chris Davies	
463	1296	00:43:44	George Wright	
464	5634	00:43:44	Scott Breakenridge	
465	559	00:43:45	Dan Tickner	Norwich Road Runners
466	1617	00:43:46	Jamie Copeman	West Norfolk AC
467	1120	00:43:46	Dominic Peterson	
468	1140	00:43:47	Emma Ray	
469	699	00:43:47	Fynn Cornish	Wymondham AC
470	91	00:43:47	Michael Wilkinson	Wymondham AC
471	1337	00:43:48	Shaun Dack	
472	410	00:43:49	Lee Fairweather	
473	997	00:43:49	Paul Gardner	
474	931	00:43:49	Alex Snow	
475	898	00:43:50	Gregory Stevenson	
476	2124	00:43:50	Ryan Head	
477	974	00:43:50	David Riglar	
478	1257	00:43:50	Mark Griffin	
479	1200	00:43:51	Andrew Broadley	
480	173	00:43:52	Charli Smith	
481	724	00:43:52	Mark Robinson	
482	802	00:43:53	Owen Hudson	
483	1405	00:43:53	Taylor Jones	
484	627	00:43:54	Shaun Cleworth	Norwich Road Runners
485	662	00:43:54	Nathan Capps Jenner	
486	308	00:43:56	Jake Skitmore	
487	928	00:43:56	Mark Bailes	
488	367	00:43:56	Thomas Carter	
489	1174	00:43:56	Tom Braddock	
490	789	00:43:57	Jim Fitch	
491	622	00:43:57	Jon Rowden	Tri-Anglia Triathlon Club
492	2496	00:43:57	Louis Strehlow	
493	615	00:43:57	Martijn Muntingh	City Of Norwich AC
494	753	00:43:58	Samuel Grimmer	
495	480	00:43:58	Callum McVeigh	
496	1078	00:43:58	Mike Howe	
497	2253	00:43:58	Callum Cameron	
498	1447	00:43:59	Dan Heverson	
499	872	00:43:59	Michael Wong	
500	499	00:44:00	Matthew Laband	
501	325	00:44:01	Daniel Stocks	Saint Edmund Pacers
502	625	00:44:02	Jason Corner	
503	667	00:44:02	David Neeve	Harleston Running Club
504	1037	00:44:02	Ross Hollingsworth	
505	528	00:44:03	Dean Howard	North Norfolk Beach Runners
506	634	00:44:04	jacob stares	
507	719	00:44:05	Hannah Tolley	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
508	2254	00:44:05	Daniel Johnstone	
509	527	00:44:05	Matt Goode	Wymondham AC
510	1346	00:44:05	Colin Burns	
511	807	00:44:05	Jacob Last	Dereham Runners & AC
512	904	00:44:08	Sam White	
513	1348	00:44:09	Craig McCann	
514	657	00:44:09	Jack Webb	
515	874	00:44:09	tom durrell	
516	833	00:44:10	Daryl London	
517	1455	00:44:11	Steven Cleveland	Norwich Road Runners
518	515	00:44:11	Abigail Cossey	
519	2462	00:44:11	Tom Anstiss	
520	478	00:44:11	Mark Ogden	
521	452	00:44:12	Jude Mtonga	
522	400	00:44:12	Rob Blackman	Saint Edmund Pacers
523	623	00:44:12	Tom Vale	
524	2596	00:44:12	Adam Glover	
525	490	00:44:13	Andrew Thomas	Great Yarmouth Road Runners
526	1095	00:44:13	James Halls	
527	1014	00:44:14	Christopher Carter	Norfolk Gazelles AC
528	518	00:44:14	Ben Burgess	
529	1291	00:44:14	Kieran Rudrum	
530	487	00:44:16	Stephen Knock	
531	3390	00:44:16	Patrick Matthews	
532	890	00:44:17	Gav Smith	
533	665	00:44:18	Paul Browne	
534	1045	00:44:18	James Moy	
535	2975	00:44:20	Barley Woodcock	
536	635	00:44:21	Ian Callaghan	Lincs Run Club
537	877	00:44:22	Barry Lynn	
538	824	00:44:22	Pete Brooks	Norwich Road Runners
539	599	00:44:23	matthew halliday	
540	763	00:44:23	Martin Howard	Norwich Road Runners
541	1785	00:44:23	Ben Howes	
542	775	00:44:24	Roly Cook	Norwich Road Runners
543	1212	00:44:24	Leo Dudley	
544	762	00:44:24	Michael Quantrill	Waveney Valley AC
545	1299	00:44:25	Martin Wicks	
546	609	00:44:25	Fred Rednall	Attleborough Athletics Academy
547	626	00:44:27	Andy Palmer	Norwich Road Runners
548	1288	00:44:27	Thomas Osborne	
549	1043	00:44:27	Jack Elliott	
550	932	00:44:28	Laurie Whitehair	
551	512	00:44:29	David Burton	Norwich Road Runners
552	1051	00:44:29	Ryan McNally	
553	1234	00:44:29	Harry Grimsey	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
554	956	00:44:30	Sandra Roberts	Coltishall Jaguars RC
555	1537	00:44:31	Steven Tuttle	
556	809	00:44:31	Tom Allenby	Norfolk Gazelles AC
557	535	00:44:32	Alan Bullock	
558	529	00:44:33	Dick Cheung	
559	2450	00:44:33	Martin Hardy	
560	1869	00:44:33	George Hewkin	
561	328	00:44:34	Nathan Edwards	
562	1331	00:44:34	James Fullam	
563	1449	00:44:34	Percy Brown	
564	556	00:44:35	Jack Cheung	
565	2023	00:44:35	Joe Page Brown	
566	778	00:44:36	Benjamin Moon	
567	826	00:44:36	Roseanna Allen	
568	1948	00:44:36	Amber Dunne	
569	1294	00:44:36	Natasha Blyth	
570	996	00:44:37	Ross Kimball	
571	616	00:44:38	Sam Ashford-Thomas	
572	440	00:44:38	Joseph Dye	
573	919	00:44:39	Miles Yaxley	
574	1377	00:44:39	Adam Johnson	
575	716	00:44:40	Richard Stanley	
576	933	00:44:40	Thomas Hunnisett	Saxmundham Sports Running & Fitness Club
577	280	00:44:41	Vashti MacDonald-Clink	Cambridge & Coleridge AC
578	1601	00:44:41	Darren Armstrong	North Norfolk Beach Runners
579	857	00:44:41	Tom Pullinger	Harleston Running Club
580	1295	00:44:42	samuel osborne	
581	188	00:44:42	Gregg Hopper	
582	795	00:44:42	Neil Oxbury	
583	611	00:44:42	Bradley Poole	
584	977	00:44:43	Jamie Marrison	
585	1013	00:44:43	Nick Cleaver	
586	586	00:44:43	Jimmy Seymour	
587	714	00:44:44	Mark Townsend	Norwich Road Runners
588	1386	00:44:45	Johnj Baxter	
589	785	00:44:45	Chris Ashling	
590	148	00:44:47	Haydn Lyon	
591	881	00:44:47	Pierre delhougne	Tri-Anglia Triathlon Club
592	1096	00:44:48	Claire Woodcroft	Wymondham AC
593	859	00:44:49	Sammy Cordeaux	City Of Norwich AC
594	813	00:44:49	Alex Holland	Victoria Park Harriers and Tower Hamlets AC
595	4707	00:44:49	Jason Loates	
596	344	00:44:49	Tom Leeder	
597	550	00:44:50	Luke Jarvis	
598	987	00:44:50	Daren Peacock	Brandon Fern Hoppers
599	1226	00:44:50	Henry Skinner	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
600	1175	00:44:51	KEVIN YOUNGS	Norfolk Gazelles AC
601	717	00:44:51	George Chesney	
602	732	00:44:51	Nick Ross	Norfolk Gazelles AC
603	644	00:44:51	Ben Frith	
604	486	00:44:52	Hayley Parker	
605	560	00:44:52	George Tarr	
606	1836	00:44:52	Ian McDermott	Ipswich Jaffa RC
607	646	00:44:52	Will Layton	
608	495	00:44:53	Steve Parry	
609	1354	00:44:54	Adam Gilbertson	
610	607	00:44:54	Richard Crewe	Thetford AC
611	1425	00:44:54	Nathan Estall	
612	1352	00:44:55	Rhys Vertigans	
613	2837	00:44:56	Viraf Captain	
614	816	00:44:56	Craig Skipper	Wymondham AC
615	1700	00:44:56	Connor Watkins	
616	492	00:44:57	Graham O'Hara	
617	242	00:44:58	Shaun Rose	
618	1177	00:44:58	Charlie Blandy	
619	946	00:44:59	Chris Chorley	Bungay Black Dog RC
620	1082	00:44:59	Andrew Curson	Norfolk Gazelles AC
621	306	00:44:59	Chris Drake	
622	1134	00:44:59	Philip Nicholson	Norwich Road Runners
623	965	00:45:00	Anthony Kendrick	
624	851	00:45:00	Joseph Gilman	
625	1409	00:45:00	Oliver McCormack	
626	562	00:45:00	ROBBIE STARLING	Wymondham AC
627	736	00:45:00	Paul Freestone	
628	2738	00:45:01	Casey Barrett	
629	835	00:45:01	Marc Bicker	
630	810	00:45:01	William Hobson	
631	878	00:45:03	Annie Draper	
632	1618	00:45:03	William Robb	Norfolk Gazelles AC
633	3760	00:45:03	Shaun Earl	
634	614	00:45:03	Frances Cooke	Bure Valley Harriers
635	1141	00:45:05	Cath Watts	Norfolk Gazelles AC
636	503	00:45:05	Graham Tracy	
637	652	00:45:05	Edward Brisley	
638	976	00:45:05	James Walker	
639	788	00:45:06	Timothy Bishop	
640	955	00:45:06	Carl Hammond	
641	565	00:45:06	Luke Wiltshire	
642	429	00:45:07	Tom West	
643	747	00:45:07	Martin Jackson	
644	1282	00:45:07	Thomas Annable	
645	1244	00:45:08	Ian Chapman	Norwich Road Runners

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
646	780	00:45:08	Craig Frosdick	
647	470	00:45:08	Claire Lawrenson	Norfolk Gazelles AC
648	1233	00:45:09	Billy Dunthorne	
649	1137	00:45:09	Andrew Leggett	
650	1496	00:45:09	Paul Spooner	
651	1692	00:45:10	Kailum D'eath	
652	837	00:45:10	Glenn Orford	Bungay Black Dog RC
653	455	00:45:11	Adam Leech	
654	1211	00:45:11	Harry Cowper Johnson	
655	519	00:45:12	Charles Carter	
656	710	00:45:13	Thomas English	
657	545	00:45:14	Scott Wreford	
658	1854	00:45:14	Iain Inglis	
659	654	00:45:15	Olivia Stock	
660	866	00:45:15	Russell Parkins	
661	1032	00:45:16	Owen Rhodes	
662	814	00:45:18	Ralph Cox	
663	234	00:45:18	Paul Scott	
664	1040	00:45:18	Jordan Humm	
665	1159	00:45:18	Andy Goodson	
666	1247	00:45:19	Russ Haddow	
667	441	00:45:19	Timothy Levitt	Biggleswade AC
668	2274	00:45:19	Tom Bezance	
669	1033	00:45:21	Kieren Donnelly	
670	1464	00:45:22	Joe Faulkner	
671	1179	00:45:22	Simon Smith	North Norfolk Beach Runners
672	597	00:45:22	David Rank	Victoria Park Harriers and Tower Hamlets AC
673	488	00:45:23	Sophie Barnard	Bungay Black Dog RC
674	1122	00:45:23	Darren MATTHEWSON	Lonely Goat RC
675	853	00:45:24	Danny Sharpe	
676	1429	00:45:26	Elizabeth Goodliffe	North Norfolk Beach Runners
677	1551	00:45:26	Ivan Cuturello	
678	594	00:45:26	James Pedley	
679	929	00:45:27	Simon Ottaway	Tri-Anglia Triathlon Club
680	610	00:45:28	Lee Oxbury	Norfolk Gazelles AC
681	730	00:45:28	Neil Rivers	Dereham Runners & AC
682	353	00:45:29	Jamie Shanahan	
683	786	00:45:29	James Youngs	Stowmarket Striders RC
684	687	00:45:29	Scott Smart	Lonely Goat RC
685	1038	00:45:30	Nikos Sola	
686	2181	00:45:30	Daryl Aldous	
687	1058	00:45:31	jack davies	
688	1024	00:45:31	Ellen Jack	City Of Norwich AC
689	342	00:45:32	Michal Grucelski	
690	1069	00:45:32	Stuart Thompson	
691	1342	00:45:33	Luke Channell	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
692	449	00:45:34	Scott Littleton	
693	521	00:45:34	Lee Symonds	Great Yarmouth Road Runners
694	233	00:45:34	Ben Stone	Great Yarmouth Road Runners
695	339	00:45:34	Levi de Belgeonne	
696	1268	00:45:34	Rosanne Eales	Great Yarmouth Road Runners
697	1060	00:45:35	Will Barker	
698	818	00:45:35	Mark Stone	Great Yarmouth Road Runners
699	647	00:45:36	Craig Stoker	
700	1015	00:45:36	Rikki James	
701	2068	00:45:36	Tom Dutton	
702	1977	00:45:37	Shaun Hurr	Bure Valley Harriers
703	612	00:45:37	Robin Maingay	
704	1359	00:45:38	Andrew Green	
705	1044	00:45:38	Amanda Mortimer	Ipswich Jaffa RC
706	1690	00:45:39	James Watson	
707	4721	00:45:40	Milo Abbiss	
708	1693	00:45:41	Bertrand PERREAU DOUSSAU DE GUYONNET	
709	1246	00:45:41	Joel Broad	
710	784	00:45:41	Nick Richards	
711	1934	00:45:41	Alex Stabler-hall	
712	1394	00:45:41	Alex Piper	
713	840	00:45:41	Oliver Thompson	Wymondham AC
714	1012	00:45:42	Eleanor Stevens	City Of Norwich AC
715	7665	00:45:43	Nora Ostergaard	
716	393	00:45:43	James Barnes	
717	971	00:45:43	Mark Bircham	
718	637	00:45:43	David Ince	
719	1325	00:45:43	Lily Alger	
720	1071	00:45:44	GARY MANN	
721	467	00:45:45	Lee Glacken	
722	1453	00:45:45	Will Abbs	
723	1832	00:45:45	Stephen Hall	Waveney Valley AC
724	638	00:45:46	Lewis Spurgin	
725	894	00:45:46	Paul Cross	
726	950	00:45:47	Norma Ortiz	
727	1678	00:45:47	Lisa Greengrass	Wymondham AC
728	1498	00:45:48	Tom Lardner	
729	475	00:45:48	Natasha Moore	
730	916	00:45:49	Sam Dearing	
731	7282	00:45:50	Bethany Jackson	
732	985	00:45:50	Juliet Garnham	Stowmarket Striders RC
733	1835	00:45:51	Mark Webster	Harleston Running Club
734	601	00:45:51	Paul Banks	Lowestoft Road Runners
735	1160	00:45:51	Darren Beard	
736	1190	00:45:52	Jonathan Dickens	
737	1615	00:45:53	Brittain Kevin	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
738	669	00:45:53	andrew erskine	
739	921	00:45:53	Stacy Tovell	
740	1604	00:45:53	Rick Bisset	
741	773	00:45:54	Maryanne Peters	
742	1426	00:45:54	Karl Coutts	Redway Runners
743	624	00:45:54	Charles Joscelyne	
744	1149	00:45:54	Roger Madle	
745	1089	00:45:54	Joe Palmer	
746	758	00:45:55	Richard Wood	
747	653	00:45:56	James Gosden	
748	731	00:45:56	Shaun Conway	
749	5569	00:45:56	Beverley Jones	
750	1068	00:45:56	Josh Smith	
751	748	00:45:56	Gareth Thomson	
752	1355	00:45:56	Karl harper	North Norfolk Beach Runners
753	1128	00:45:57	Jon Goodson	
754	2007	00:45:57	Richard Chester	
755	705	00:45:57	Amii Andrews	
756	895	00:45:57	Jason Gibbons	Aylsham Runners
757	722	00:45:57	Stuart Harper	
758	1064	00:45:57	Robyn Macrae	
759	1167	00:45:58	Matthew Trollope	Lonely Goat RC
760	1266	00:45:58	Mark Crookes	Bure Valley Harriers
761	868	00:45:58	Simon Elliott	
762	1258	00:45:58	Sam Bence	
763	278	00:45:59	Stephen Dixon	Wymondham AC
764	1874	00:46:00	Tom Walters	
765	181	00:46:00	Sean Thompson	Wymondham AC
766	1178	00:46:00	Michael Beard	Bungay Black Dog RC
767	170	00:46:00	Juliette Watkinson	Wymondham AC
768	1144	00:46:00	Shannon Brown	
769	600	00:46:01	Barry Wharf	
770	1324	00:46:01	Mark Taylor	
771	42	00:46:01	Matt Crossman	Abingdon AC
772	2040	00:46:01	Chris Wells	
773	886	00:46:02	Sarah Thompson	
774	852	00:46:02	Jack Jillings	
775	1487	00:46:03	Richard Stenning	
776	406	00:46:03	Daisy Mattless	
777	1423	00:46:03	Will Bond	
778	1215	00:46:03	Joe Parker	
779	1465	00:46:03	Neftaly Cruz Mireles	
780	1142	00:46:04	Gemma Johnson	
781	474	00:46:04	Matt Nelson	
782	1168	00:46:04	Charlotte Lucy Hodgson	Norwich Road Runners
783	270	00:46:04	Marcus Westgate	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
784	1097	00:46:04	John Wilson	
785	4821	00:46:04	Andy Rea	
786	1907	00:46:05	Jamie North	
787	1983	00:46:06	Kevin Brown	
788	484	00:46:06	Andrew Bailey	
789	466	00:46:07	Chris Baker	Aylsham Runners
790	1547	00:46:07	Mark Ollett	
791	1833	00:46:08	Samuel Chick	
792	1443	00:46:08	John McIlroy	
793	1278	00:46:08	Emily-Rose Thompson	
794	1197	00:46:08	gavin small	
795	84	00:46:09	Lewis Wardale	
796	352	00:46:09	Claire Stroud	
797	1923	00:46:09	Ben Cliffe	
798	1098	00:46:09	Catherine HENERY	City Of Norwich AC
799	493	00:46:09	Simon Farrow	
800	1309	00:46:10	Greg Ward	Norwich Road Runners
801	900	00:46:10	Helen Terry	Norfolk Gazelles AC
802	1703	00:46:10	James Boulton	
803	1150	00:46:11	Faith Pearce	Norfolk Gazelles AC
804	862	00:46:11	Callum Stirling	
805	4714	00:46:12	Amy Walsh	
806	2337	00:46:12	Francesca Self	Norwich Road Runners
807	1383	00:46:12	Des Vanhinsbergh	
808	76	00:46:12	Chris Merrylees	North Norfolk Beach Runners
809	591	00:46:12	Tom Spurgeon	Waveney Valley AC
810	779	00:46:12	Chris Ellis	
811	507	00:46:13	Stacey harper	Norwich Road Runners
812	1248	00:46:13	Chris Parke	
813	808	00:46:13	Timothy Dixon	
814	1153	00:46:13	Matt Smith	
815	821	00:46:14	Peter Keogh	
816	1143	00:46:15	Barry Halkyard	Coltishall Jaguars RC
817	1920	00:46:15	Edward Orchin	
818	1871	00:46:16	Iain Hill	
819	2715	00:46:17	Daniel Jackman	
820	465	00:46:17	Aaron Stearman	
821	1138	00:46:18	Philip Semmence	Lonely Goat RC
822	1999	00:46:19	David Kiy	
823	1467	00:46:20	Michael Fisher	
824	1277	00:46:21	Andrew Wicks	Coltishall Jaguars RC
825	1477	00:46:21	Lewis Brooker	
826	2236	00:46:21	Sebastian Lambert	
827	1590	00:46:21	Roger Barber	
828	1549	00:46:21	Reece Williams	
829	797	00:46:21	John Bishop	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
830	1684	00:46:22	Anthony Howard	
831	219	00:46:22	John Dungar	Bure Valley Harriers
832	331	00:46:22	Jonathan Shackshaft	
833	902	00:46:23	Joel Shippey	
834	1292	00:46:24	Karl Arnold	
835	723	00:46:25	Alex Cook	
836	1224	00:46:26	Kerry Kitchener	
837	1100	00:46:26	Liam Scorer	Thetford AC
838	1770	00:46:27	Abbey Platten	
839	841	00:46:28	Lewis Garner	
840	590	00:46:28	Vince Butler	
841	2126	00:46:29	Paul Jenkins	
842	819	00:46:29	Armin Palmer	East Cornwall Harriers
843	2134	00:46:29	Martyn Riches	
844	413	00:46:30	Damian Hall	
845	119	00:46:30	Daniel Simmons	Tri-Anglia Triathlon Club
846	2996	00:46:31	Thomas Ramsay	
847	6066	00:46:31	Ellan Pegram	
848	1675	00:46:31	Arron Martindale	
849	1415	00:46:31	JANET SMITH	Ely Runners
850	715	00:46:32	Dan North	
851	166	00:46:32	Martin graveling	
852	1300	00:46:33	Archie Manton	
853	1592	00:46:33	Mark Collins	Great Yarmouth Road Runners
854	740	00:46:33	Richard Moore	
855	1230	00:46:33	Rhys Medlar	
856	1057	00:46:33	James Rhodes	
857	1564	00:46:34	Gareth Joubert	
858	340	00:46:34	Ben Moore	
859	1301	00:46:34	Glyn Manton	Norwich Road Runners
860	501	00:46:34	Michael Small	
861	1203	00:46:34	Adam Buffin	
862	1560	00:46:34	Graham Moss	
863	405	00:46:35	James Stock	
864	910	00:46:35	Ashish Patel	West Bromwich Harriers
865	692	00:46:35	Jono Marval	Gade Valley Harriers
866	1568	00:46:35	Eden Simmonds	
867	575	00:46:35	Grant King	Dereham Runners & AC
868	850	00:46:35	James Reeve	
869	568	00:46:35	Sarah Stubbs	City Of Norwich AC
870	2570	00:46:36	Daniel Rix	
871	1459	00:46:36	Adrian Sweeney	
872	1219	00:46:37	Matt Himsworth	
873	2076	00:46:37	Richard Miller	
874	729	00:46:38	Richard Brown	
875	1349	00:46:38	Julie Williamson	Ryston Runners

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
876	981	00:46:38	Harvey Debenham	
877	1843	00:46:38	Gary Todd	
878	1400	00:46:39	Matthew Smith	
879	831	00:46:39	Lee Robinson	
880	2952	00:46:40	Marc Gridley	
881	1722	00:46:40	Justin Pearce	
882	628	00:46:41	Ian Bailey	
883	1460	00:46:41	David Newstone	
884	1980	00:46:42	Max Moerkerk	
885	1536	00:46:42	Zac Sowter	Tri-Anglia Triathlon Club
886	1088	00:46:43	Phil Hopgood	
887	2739	00:46:43	Mel Hall	
888	2415	00:46:44	Joshua Lincoln	
889	804	00:46:44	David Whitby	
890	483	00:46:45	Adam Barnard	
891	2940	00:46:45	Paul Guille	Norwich Road Runners
892	920	00:46:46	Ben Guyton	
893	417	00:46:46	Richard Parry	
894	845	00:46:47	Chris Doggett	Norfolk Gazelles AC
895	1163	00:46:47	Steven Newson	Norfolk Gazelles AC
896	1913	00:46:47	Brooke Clarke	Norwich Road Runners
897	4029	00:46:47	Jay Mcindoe	
898	2140	00:46:48	Dan Thacker	
899	110	00:46:48	Hannah Colby	City Of Norwich AC
900	1118	00:46:48	Neil Dennis	Stowmarket Striders RC
901	1225	00:46:48	Mark Stewart	Waveney Valley AC
902	2880	00:46:48	Jack Jarvis	Norfolk Gazelles AC
903	684	00:46:49	Alex Tuya	
904	984	00:46:50	Alan Colby	Ryston Runners
905	4754	00:46:50	Keziah Hopkins	
906	936	00:46:50	David Van Den Bergh	
907	2529	00:46:50	Will Johnson	
908	1982	00:46:51	Jonathan Fray	
909	668	00:46:51	Clare Bland	
910	1374	00:46:53	Steven Allpress	
911	2322	00:46:53	Chris Jackson	
912	907	00:46:53	Mark Elden	Bungay Black Dog RC
913	1708	00:46:54	Hannah John	Wymondham AC
914	307	00:46:54	Tom Dilrew	Richmond Running Club
915	800	00:46:54	George Shiplee	
916	1575	00:46:54	Denis Hellebrandt	
917	3602	00:46:55	CHRISTIAN ISAACSON	Great Yarmouth Road Runners
918	311	00:46:55	James Conley	
919	1971	00:46:56	Georgie Smith	
920	640	00:46:56	Rebecca Oettle	Newmarket Joggers
921	1274	00:46:56	kevin mann	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
922	1213	00:46:56	Peter Aldred	
923	1227	00:46:57	Olivia Smith	
924	1427	00:46:57	Graham Jackson	
925	1105	00:46:57	angela cole	
926	725	00:46:57	Ness Dent	North Norfolk Beach Runners
927	1202	00:46:58	Maddy Marriage	
928	726	00:46:58	Gav Dent	North Norfolk Beach Runners
929	765	00:46:58	James Page	
930	1582	00:46:59	Alex Knight	
931	817	00:46:59	Robbie Gillett	
932	312	00:46:59	David Thomson	
933	1558	00:46:59	SEAN COCKRELL	
934	1169	00:47:00	Christopher Dent	
935	1000	00:47:00	Karl Horton	
936	749	00:47:00	Richard Manington	
937	3442	00:47:01	Kathryn Kitching	
938	2069	00:47:03	Chris Fisher	
939	390	00:47:03	Andrew Ayers	
940	279	00:47:04	Phillip Bray	
941	2964	00:47:04	Adam Thompson	
942	1571	00:47:04	Brian Bannon	
943	1716	00:47:05	Matthew White	
944	1512	00:47:05	Kevin Hyden	
945	2731	00:47:05	Martin Herrmann	
946	1563	00:47:05	Tom Storey	
947	1072	00:47:05	George Webster	
948	1002	00:47:07	Emily Woodfield	
949	1109	00:47:07	Stephen Dye	Defra AC
950	357	00:47:07	Barry Smith	Bungay Black Dog RC
951	3443	00:47:07	Phil Godden	
952	1206	00:47:07	Dan Bell	
953	680	00:47:08	Corin Thoday	Reepham Runners
954	901	00:47:08	Paul Jones	Wymondham AC
955	1479	00:47:08	Sarah-Jane Smith	Runners-Next-the-Sea
956	1587	00:47:09	Tess Andrews	Bungay Black Dog RC
957	1788	00:47:09	Christopher Noller	Tri-Anglia Triathlon Club
958	1018	00:47:09	James Brady	
959	1507	00:47:09	Luke Pedley	
960	650	00:47:09	Olly Farrow	Norfolk Harriers RC
961	871	00:47:09	Nicholas Eley	Coltishall Jaguars RC
962	829	00:47:10	Myles Payne	
963	1333	00:47:10	Adam McPhee	
964	930	00:47:10	Scott Williams	
965	1027	00:47:11	Michal Smigielski	
966	1472	00:47:11	Luke Sutherland	
967	1214	00:47:11	Stephanie Hudson	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
968	554	00:47:12	Lee Phillips	Lowestoft Road Runners
969	1245	00:47:12	Benjamin Tubby	Wymondham AC
970	1372	00:47:12	scott haynes	City Of Norwich AC
971	2092	00:47:12	Daniel Gentle	
972	244	00:47:12	James Ashworth	
973	1284	00:47:12	Michael Armes	Norwich Road Runners
974	698	00:47:13	Luke Allen	
975	3112	00:47:13	Jamie Thompson	
976	1827	00:47:13	Peter Fox	
977	1404	00:47:13	Angus Mackie	
978	1085	00:47:13	Christopher Parsons	
979	1539	00:47:14	David Knight	Tri-Anglia Triathlon Club
980	764	00:47:14	Laura Parry	City Of Norwich AC
981	805	00:47:15	Ben Watson	
982	1162	00:47:15	Daniel Coomber-Alford	
983	891	00:47:16	Alan Dawson	Tri-Anglia Triathlon Club
984	1543	00:47:17	Alexander Read	
985	2123	00:47:18	Matthew Forrester	Aylsham Runners
986	1135	00:47:18	Colin Foreman	Waveney Valley AC
987	648	00:47:18	James Bradfield	
988	2318	00:47:18	Joshua Brett	
989	1192	00:47:19	Philip Priest	Diss and District AC
990	1972	00:47:19	Matthew Smith	
991	712	00:47:19	Bradley Watker	
992	2343	00:47:19	António Eduardo Torre	Norwich Road Runners
993	3452	00:47:20	Naten Chatrath	
994	579	00:47:20	Matthew Jones	City Of Norwich AC
995	584	00:47:20	Jason Sparkes	
996	1306	00:47:21	Nathan Cooper	
997	362	00:47:21	Daniel Palfrey	Great Yarmouth Road Runners
998	555	00:47:21	Paolo De Marco	Norfolk Gazelles AC
999	1783	00:47:21	Ben Carver	
1000	1376	00:47:21	Jack Bobbin	
1001	5107	00:47:21	Nicola Goddard	
1002	701	00:47:21	Karen Archbold	Lowestoft Road Runners
1003	1310	00:47:22	Ian Hawkes	Waveney Valley AC
1004	433	00:47:22	Sam Barker	
1005	964	00:47:22	Katy Oldman	Lowestoft Road Runners
1006	1237	00:47:22	Sarah Keeble	
1007	549	00:47:22	Tom Johnson	
1008	1114	00:47:23	Joanne Jackson	Beccles Triathlon Club
1009	1747	00:47:23	Dougie Barber	Coltishall Jaguars RC
1010	1196	00:47:24	Stephen Ryan	March AC
1011	1743	00:47:24	Chris Hill	
1012	673	00:47:24	Richard Lovett	
1013	2945	00:47:24	Ashley Desde-Vincent	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1014	1540	00:47:25	Luke Church	
1015	686	00:47:25	Joe Sampson	
1016	1042	00:47:25	Matt windle	
1017	678	00:47:26	Oliver Crocker	
1018	1597	00:47:27	Nickolas Goodge	Bungay Black Dog RC
1019	703	00:47:27	Mark Holroyd	
1020	1431	00:47:28	Benjamin Foxcroft	
1021	793	00:47:28	Ben Pascoe	Dereham Runners & AC
1022	2751	00:47:28	Calum Page	
1023	4908	00:47:28	Yvonne Woods	
1024	2574	00:47:32	Tony Beales	Wymondham AC
1025	3270	00:47:32	Richard Rhodes	Beccles Triathlon Club
1026	1287	00:47:32	Stephen Alger	
1027	1184	00:47:32	Jeremy Hook	
1028	1090	00:47:33	Steven Rix	Dereham Runners & AC
1029	2662	00:47:33	Marcus Pead	
1030	777	00:47:33	Natalie Drake	North Norfolk Beach Runners
1031	854	00:47:33	Lee Duneclift	
1032	2312	00:47:33	Miguel Hernaez	
1033	791	00:47:33	Alex George	
1034	517	00:47:33	Wayne ramsbottom	Dereham Runners & AC
1035	1885	00:47:33	Ian Beggs	
1036	2141	00:47:33	Helen Thacker	
1037	1735	00:47:34	Heather Bush	
1038	1028	00:47:35	Chris Peck	Waveney Valley AC
1039	511	00:47:35	Liam Killington	
1040	1545	00:47:35	Nicholas Custance	
1041	1493	00:47:36	Alan Duncan	
1042	752	00:47:36	Liam Quadling	
1043	1882	00:47:36	Johann Beckford	
1044	1866	00:47:36	Chris Burton	
1045	2442	00:47:36	Kerry Robertson	
1046	2038	00:47:37	Glen Robinson	Norwich Road Runners
1047	815	00:47:37	Marcus Sajnog	
1048	5755	00:47:37	Ashley Collins	
1049	2642	00:47:37	Chau Lui Lam	
1050	1204	00:47:37	Aaron Wooldridge	
1051	1298	00:47:37	Sean Reeve	Harleston Running Club
1052	989	00:47:38	Bartosz Tomaszewicz	
1053	798	00:47:38	Simon Bransby	Norwich Road Runners
1054	2325	00:47:39	Reuben Noller	
1055	708	00:47:39	Mercedez Butler	
1056	1157	00:47:39	Rob Stevens	
1057	957	00:47:39	Nick Hubbard	
1058	1463	00:47:40	Michael Ford	
1059	2116	00:47:41	Andrew Spencer	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1060	1598	00:47:42	Emma Plane	
1061	3393	00:47:42	Lewis Neale	
1062	1367	00:47:42	Simon Askew	
1063	1778	00:47:42	Matthew Webb	
1064	1312	00:47:42	DOMINIC CONQUEST	
1065	7495	00:47:43	ABI LUMMIS	
1066	1787	00:47:43	Robert Pointer	
1067	2641	00:47:44	Steph Hall	
1068	1155	00:47:44	Adam Smith	Tri-Anglia Triathlon Club
1069	2226	00:47:45	Andrew Clark	
1070	1490	00:47:45	Tim Key	
1071	1418	00:47:45	Christopher Rickman	
1072	1965	00:47:46	Tilly Meyrick	
1073	1322	00:47:46	Nicholas Hudson	Coltishall Jaguars RC
1074	1669	00:47:47	Jason Brickley	
1075	1889	00:47:47	Mark Bagley	Attleborough Athletics Academy
1076	1834	00:47:48	Rebecca Willis	
1077	2346	00:47:48	Richard Cornelius	
1078	1280	00:47:48	Penny Studley	Great Yarmouth Road Runners
1079	1805	00:47:48	GILL WIGLEY	
1080	1880	00:47:49	Tom Burch	
1081	1139	00:47:49	Richard WALKER	Norfolk Harriers RC
1082	1816	00:47:49	Patrick Mace	Norwich Road Runners
1083	1444	00:47:49	Sam Wheatman	
1084	1457	00:47:49	Kevin Mace	Norwich Road Runners
1085	3079	00:47:49	Corbin Griffen	Wymondham AC
1086	6018	00:47:50	Mark Chick	
1087	6492	00:47:50	Simon Mitchell	
1088	363	00:47:50	Simon Muskett	
1089	1271	00:47:51	Edward Seaman	
1090	1397	00:47:51	Sam Burnham	
1091	1840	00:47:51	Matt Fisher	
1092	523	00:47:51	Jason Kent	
1093	2220	00:47:52	Mike Burton	Attleborough Athletics Academy
1094	1249	00:47:52	Kirsty Parke	
1095	1123	00:47:53	Adrian Jones	
1096	2340	00:47:53	Ben Wilson	
1097	1209	00:47:54	Louise Hudson	Dereham Runners & AC
1098	1368	00:47:54	Benjamin Askew	
1099	1938	00:47:54	Nathan Gardiner	
1100	887	00:47:54	Shaun Sparkes	
1101	1113	00:47:54	David Bell	
1102	801	00:47:54	Mark Winfield	
1103	768	00:47:55	Marc Grady	Norwich Road Runners
1104	1503	00:47:55	Tim Seville	
1105	897	00:47:56	Tom Pennington	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1106	1852	00:47:56	Mitchell Wesley	
1107	1791	00:47:56	Robert Groves	Reepham Runners
1108	1941	00:47:56	Mark Bellamy	
1109	2281	00:47:57	Ian Arrowsmith	
1110	3865	00:47:57	Jurgens Nortje	Wymondham AC
1111	149	00:47:57	Daniel Critoph	Waveney Valley AC
1112	1080	00:47:57	Jo Ross	Norfolk Gazelles AC
1113	522	00:47:58	Julian Smith	Coltishall Jaguars RC
1114	1550	00:47:58	Gary Cheesman	
1115	671	00:47:58	Jake Brownbill	
1116	2439	00:47:58	Amy Belham	
1117	617	00:47:58	Alexander Kington	Sutton Runners
1118	1906	00:47:59	Andrew Savory	
1119	2935	00:47:59	John Fisk	
1120	1430	00:47:59	Paul Dungay	
1121	598	00:47:59	Daniel Percival	
1122	1305	00:48:00	jonathan gale	
1123	1683	00:48:01	Peter Stillings	
1124	1458	00:48:01	Ben Snelling	
1125	1992	00:48:02	James Byrne	
1126	1721	00:48:02	Brett Cornish	Norwich Road Runners
1127	1939	00:48:02	Louise Gardiner	
1128	739	00:48:03	Rachel Miller	Norwich Road Runners
1129	842	00:48:03	Andy Bobbin	
1130	1151	00:48:03	Edward Wood	
1131	1478	00:48:03	Frank Campling	Norwich Road Runners
1132	2479	00:48:04	Neil Park	
1133	1403	00:48:04	Ian Simpson	
1134	2707	00:48:05	Pat Wallace	
1135	1380	00:48:05	Gareth Thompson	
1136	1079	00:48:05	Neil Duncan	
1137	1524	00:48:05	Jonathan Orbell	
1138	1136	00:48:06	Paul Parker	
1139	2328	00:48:06	Danny Gowing	
1140	761	00:48:06	Peter Minns	
1141	3299	00:48:07	James Ingham	
1142	1077	00:48:07	Keiron Steele	
1143	2109	00:48:08	Aaron Ward	
1144	1263	00:48:08	Chris Goodwin	
1145	508	00:48:09	Craig Harris	Ryston Runners
1146	1577	00:48:09	Ramsay Gashut	
1147	243	00:48:10	Lee Wicks	
1148	407	00:48:10	Richard Day	
1149	1483	00:48:10	David Hender	Norwich Road Runners
1150	6467	00:48:10	Chris Utton	
1151	2282	00:48:11	Caroline Goves	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1152	1442	00:48:11	Tommy Salmon	
1153	1925	00:48:11	James Taylor	
1154	1327	00:48:11	Hannah Pool	
1155	880	00:48:11	Adrian Leddy	
1156	2752	00:48:11	Emma Wilkins	
1157	771	00:48:12	Paul Pitcher	Waveney Valley AC
1158	1207	00:48:12	Alex Morris	City Of Norwich AC
1159	1555	00:48:12	edward pinch	Tri-Anglia Triathlon Club
1160	924	00:48:12	Harry Crowe	
1161	1382	00:48:13	Simon Day	
1162	520	00:48:13	Pete Thompson	
1163	2397	00:48:13	Daniel Peake	
1164	781	00:48:14	CLAIRE BROWN	Wymondham AC
1165	1470	00:48:14	Martin Truelove	
1166	3332	00:48:16	Daniel Minister	North Norfolk Beach Runners
1167	982	00:48:17	Max Oppenheim	
1168	2987	00:48:17	James Hyde	
1169	942	00:48:17	David Mower	Waveney Valley AC
1170	1489	00:48:17	James Chaplin	
1171	1208	00:48:18	Nick Smith	
1172	5002	00:48:18	Stefan Griffiths	
1173	1949	00:48:18	Jake Fancote	
1174	1340	00:48:18	Daniel Bean	
1175	3509	00:48:19	Edward Jacobs	
1176	3820	00:48:19	Leo White	
1177	1595	00:48:20	Paula Carr	Great Yarmouth Road Runners
1178	2511	00:48:20	Eneko De Marcos	
1179	4064	00:48:20	Clive Mardon	
1180	2330	00:48:21	Jim Flatt	
1181	1969	00:48:21	George Allen	
1182	2528	00:48:21	Joey Millar	
1183	1960	00:48:21	Maud Bissey	
1184	3603	00:48:21	Luke Fish	
1185	3309	00:48:21	Andy Pridmore	
1186	1890	00:48:22	Ruth Chadwick	Dereham Runners & AC
1187	1927	00:48:23	Andrew Richards	
1188	1611	00:48:23	Marco Gasparetto	
1189	1054	00:48:23	John Nolan	
1190	750	00:48:23	Thomas Rivett	North Norfolk Beach Runners
1191	1864	00:48:23	Calvin Gibson	
1192	1452	00:48:24	James Cundell	
1193	613	00:48:24	Adam Pearce	
1194	2336	00:48:24	Beth Brigham	
1195	2002	00:48:24	Robert harmer	
1196	1283	00:48:24	Simon King	
1197	2950	00:48:24	Alex Hall	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1198	2542	00:48:24	Scott Prentice	
1199	117	00:48:24	Dean Preston	
1200	1164	00:48:25	Natalie Kendall	
1201	1822	00:48:25	stephen hutchinson	
1202	1165	00:48:25	James kendall	Norfolk Gazelles AC
1203	2114	00:48:25	Ian Dallain	
1204	1515	00:48:27	Graham Worsfold	
1205	399	00:48:27	Adrian Jay	Aylsham Runners
1206	1250	00:48:27	Paul Eves	
1207	1901	00:48:27	Richard Rance	
1208	1959	00:48:27	Oliver Whitehouse	
1209	1520	00:48:27	Richard Huggins	
1210	1251	00:48:27	James Bates	
1211	2245	00:48:28	John Bolton	
1212	1552	00:48:28	John Cashen	
1213	2056	00:48:28	Dan Osborne	
1214	2164	00:48:28	Dean Cook	
1215	1222	00:48:29	Angela Ransome	Lonely Goat RC
1216	1110	00:48:29	Lloyd Davis	
1217	1099	00:48:29	Helen Clare	
1218	1102	00:48:29	Matthew Seaman	
1219	541	00:48:30	Chris O'Connor	
1220	1125	00:48:30	Angela Perkins	
1221	1281	00:48:30	Dominic West	
1222	1210	00:48:30	Tim Seely	
1223	848	00:48:30	Cora O'Mahony	Norfolk Gazelles AC
1224	1267	00:48:30	Nicola Seager	
1225	1579	00:48:31	Josh Bothe	
1226	1505	00:48:31	David Bradbeer	
1227	1260	00:48:32	Shane Eke	
1228	846	00:48:32	Darren Littleboy	
1229	1146	00:48:32	Michael Austin	
1230	1332	00:48:32	Chris Johnson	Coltishall Jaguars RC
1231	2763	00:48:32	Ben Lloyd	
1232	1957	00:48:33	Thomas light	
1233	1954	00:48:33	Keith James	
1234	830	00:48:33	David Welsh	Norwich Road Runners
1235	734	00:48:33	Leon Egmores	
1236	1533	00:48:33	Mark Willeard	
1237	2540	00:48:34	Catherine Crocker	
1238	1073	00:48:34	chris dann	
1239	1850	00:48:34	Robert Hardman	
1240	1262	00:48:35	Joshua Woolnough	
1241	563	00:48:36	Matthew Rowe	
1242	1818	00:48:36	Sam Keeley	
1243	1303	00:48:36	ADAM WIGLEY	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1244	1473	00:48:36	Mark Walpole	
1245	873	00:48:36	William Bennet	Ealing Eagles Running Club
1246	1796	00:48:37	Sam Cole	
1247	794	00:48:37	Craig Knights	Tri-Anglia Triathlon Club
1248	1358	00:48:37	Kate Woodcock	
1249	3011	00:48:37	Aidan Bull	
1250	1795	00:48:37	Tom Cole	
1251	2266	00:48:37	Lucy Clark	
1252	1194	00:48:37	Ilona Utting	Wymondham AC
1253	1908	00:48:38	James McSweeney	Ely Runners
1254	1786	00:48:38	Rachel Beare	
1255	1195	00:48:38	Paul Greengrass	Victoria Park Harriers and Tower Hamlets AC
1256	1039	00:48:40	Ben Edwards	
1257	169	00:48:40	Mark Clues	Tri-Anglia Triathlon Club
1258	1888	00:48:40	Nick Dove	
1259	3304	00:48:41	Mark Smith	Thetford AC
1260	940	00:48:41	Lewis Draycott	
1261	1922	00:48:41	Gediminas Jurkaitis	
1262	1847	00:48:41	Mark Farr	
1263	533	00:48:41	Dominic Whittaker	
1264	2106	00:48:42	William Gibson	
1265	2285	00:48:42	Chris Browne	
1266	2840	00:48:42	Tony Pelan	
1267	4121	00:48:42	Christopher Hamlin	Tri-Anglia Triathlon Club
1268	822	00:48:42	William Beck	
1269	1339	00:48:42	David Brewster	Felixstowe RRC
1270	298	00:48:42	James Cooper	
1271	735	00:48:42	Sophie Redgrave	
1272	618	00:48:43	Rich Kleiser	
1273	1790	00:48:43	Katherine Turton	
1274	3472	00:48:43	Tyler Read	
1275	8347	00:48:43	Ryan Kennedy	
1276	844	00:48:44	Amelia Button	
1277	1434	00:48:44	Brandon Gallie	
1278	1433	00:48:44	Tom Mitchell	
1279	769	00:48:45	Nicholas Richardson	
1280	1955	00:48:45	Ian Wilson	
1281	1709	00:48:46	Orlagh Ferris	
1282	1772	00:48:46	Christopher Burt	
1283	745	00:48:47	Sam Harbrow	
1284	2501	00:48:47	Julie Lincoln	
1285	1351	00:48:48	Gary Turner	
1286	2825	00:48:48	Graham Wise	
1287	839	00:48:48	Dan Archer	
1288	1466	00:48:48	JULIAN BLAKE	Harling Athletic Club
1289	923	00:48:49	Ernest Blas	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1290	1685	00:48:49	Shane Loftus	
1291	2980	00:48:49	Kevin Johnson	
1292	1269	00:48:49	Callum Rhodes	
1293	2080	00:48:49	Anthony Fullam	
1294	2486	00:48:50	Matt Racher	
1295	572	00:48:50	carl shipee	
1296	2288	00:48:50	Tom Grayling	
1297	3672	00:48:51	Marek Zdan	
1298	633	00:48:51	Daisy Abbott	
1299	1323	00:48:52	Jason Black	
1300	1326	00:48:52	Santino Piccoli	
1301	2055	00:48:54	Chris Woodcock	Lowestoft Road Runners
1302	806	00:48:54	Iain Hill	
1303	2394	00:48:55	Ben Abbott	
1304	1476	00:48:56	Wes McIntosh	
1305	1435	00:48:56	Noel Hubbard	
1306	593	00:48:56	Frankie Evans	
1307	834	00:48:56	Nathan May	City Of Norwich AC
1308	1884	00:48:56	Stuart Whiley	
1309	2298	00:48:57	Linda Pettit	
1310	3790	00:48:57	Adam Nicholson	
1311	1238	00:48:57	Laura Adams	
1312	1742	00:48:58	Lindsay Black	Beccles & Bungay Harriers
1313	1510	00:48:59	Jane Williams	Harling Athletic Club
1314	214	00:48:59	Simon Bryant	
1315	1591	00:48:59	David Cooper	
1316	2204	00:49:01	Danny Sweatman	
1317	1191	00:49:01	John Higgs	
1318	1995	00:49:01	Matt Isherwood	
1319	1419	00:49:02	William Abbs	
1320	1565	00:49:02	Stuart Charlesworth	Norfolk Gazelles AC
1321	5022	00:49:03	Ross Catchpole	
1322	1863	00:49:03	Bernard Brett	
1323	2153	00:49:03	Hope Paganini	
1324	2283	00:49:03	Tobias Ellenor	
1325	2347	00:49:03	Shaune Gooch	Norwich Road Runners
1326	1909	00:49:03	Emily King	
1327	1899	00:49:04	Dominik Drzymala	Norwich Road Runners
1328	1388	00:49:04	Mark Sellick	
1329	1319	00:49:04	Kyle Canning	
1330	1158	00:49:05	Anna Coulborn	Great Yarmouth Road Runners
1331	1513	00:49:05	stuart maher	
1332	1152	00:49:05	Stuart Green	
1333	1596	00:49:05	Alistair Laidlaw	
1334	1567	00:49:05	John Shippey	
1335	1347	00:49:06	James Hooton	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1336	1255	00:49:06	Ashley Hickson-Lovence	
1337	770	00:49:07	James Bool	Great Yarmouth Road Runners
1338	1408	00:49:07	Scott Taylor	
1339	1413	00:49:07	Georgie Manly	
1340	1031	00:49:07	Kieran Harris	
1341	2539	00:49:07	Gemma Edwards	
1342	2426	00:49:07	Stuart Kirk	
1343	1307	00:49:08	Jonny clark	Three Counties Running Club
1344	2161	00:49:08	James Robertson	
1345	3450	00:49:08	Andrew Shorter	
1346	5290	00:49:09	Tom Lackey	
1347	1881	00:49:09	James Holland	
1348	2378	00:49:09	Nick Atling	
1349	1839	00:49:09	Will Gosling	
1350	1132	00:49:10	david Thomas	Norwich Road Runners
1351	1752	00:49:11	Rachel Birrell	Wymondham AC
1352	2460	00:49:11	James Clark	Norfolk Gazelles AC
1353	482	00:49:11	Joe GILBERT	
1354	858	00:49:11	Alex Gregory	
1355	1749	00:49:11	Warren Newell	Lonely Goat RC
1356	630	00:49:12	William Kitchener	
1357	3427	00:49:12	Mark Adams	
1358	2835	00:49:12	Carl Barron	
1359	945	00:49:12	Daniel Collins	
1360	1053	00:49:13	Thomas Woods	
1361	7333	00:49:13	Claire Jeary	Norfolk Harriers RC
1362	542	00:49:14	Lucian Iftimie Hau	
1363	1522	00:49:14	Louis Scott	
1364	3400	00:49:14	Joe Trafankowski	
1365	1148	00:49:15	Dominic Atkinson	
1366	1104	00:49:15	Karl Steward	
1367	4024	00:49:16	Lauren Stafford	
1368	2113	00:49:16	Christopher Reeve	
1369	2193	00:49:16	Luke White	
1370	3401	00:49:17	Danny Thomas	
1371	1004	00:49:17	Michael Durrant	
1372	1583	00:49:17	Ryan Bullock	
1373	2117	00:49:17	Scott Hayes	
1374	4775	00:49:17	Andrew Adams	
1375	5206	00:49:17	Eileen Dudley	
1376	1468	00:49:17	Cleveland Bennett	
1377	158	00:49:17	Matt Jenkins	Norwich Road Runners
1378	2307	00:49:17	James Richardson	Norwich Road Runners
1379	3824	00:49:17	Harry Smith	
1380	3172	00:49:18	Amelia Whiting	Norfolk Gazelles AC
1381	1052	00:49:18	Nick Taylor	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1382	1474	00:49:18	Jason Buckley	
1383	5119	00:49:18	Craig Rush	
1384	1494	00:49:19	Andrew French	
1385	828	00:49:20	Philip Beck	
1386	2718	00:49:20	Ellie Sutton	
1387	2990	00:49:20	Louis Rogers	
1388	4986	00:49:21	Thomas Catchpole	Lonely Goat RC
1389	1321	00:49:21	Martin Jones	Wymondham AC
1390	1566	00:49:21	Ben Steed	
1391	1944	00:49:22	Matthew Laws	
1392	2264	00:49:22	Kevin Finch	
1393	2246	00:49:23	Ken Lowe	
1394	7834	00:49:23	Kirk Vincent	
1395	2734	00:49:23	Faith Carlton	
1396	2089	00:49:23	Steve Barkey	
1397	1316	00:49:23	Eva Wilkes	
1398	2391	00:49:23	Travis Cullum	
1399	3126	00:49:24	Christopher Blagden	Saxmundham Sports Running & Fitness Club
1400	3164	00:49:25	Alison Riches	
1401	4635	00:49:26	George Gorrod	
1402	1530	00:49:26	Alex Tutt	
1403	782	00:49:27	Iain Dawson	Tri-Anglia Triathlon Club
1404	1699	00:49:27	James Wallington	
1405	2156	00:49:27	Robert Last	Dereham Runners & AC
1406	2905	00:49:28	William Gorrod	
1407	1501	00:49:28	Neculai Robota	
1408	2066	00:49:28	Terry Collins	
1409	3501	00:49:28	Samuel Patrick	
1410	8462	00:49:28	Sean Lambert	
1411	2403	00:49:29	Abi Davis	
1412	2546	00:49:29	Gavin Critchell	
1413	1509	00:49:29	Rebecca Bone	Great Yarmouth Road Runners
1414	2354	00:49:29	Daniel Moore	
1415	2042	00:49:29	Nico Paganini	
1416	1691	00:49:30	Julian Allaker	
1417	1462	00:49:31	Daniel Easton	Springfield Striders RC
1418	2633	00:49:31	Andrew Smith	Thetford AC
1419	4026	00:49:31	Lottie Wakeling	
1420	2179	00:49:31	Ian Pope-Gardner	
1421	2396	00:49:32	Rebecca Hall	
1422	2097	00:49:33	Hannah Wake	
1423	4100	00:49:33	Nigel Cronin	Bushfield Joggers
1424	1410	00:49:33	Charlie Ridd	
1425	1315	00:49:33	Robert Quinlan	
1426	993	00:49:33	Howard Preston-bloom	
1427	5006	00:49:34	Lisa Poole	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1428	3300	00:49:34	Tom Dove	
1429	883	00:49:34	James MacKay	
1430	2323	00:49:34	Andrew Oldridge	
1431	978	00:49:34	John Drewry	
1432	1610	00:49:34	Spare Number	
1433	6620	00:49:35	James Jewson	
1434	2516	00:49:35	Alex Mhandu	
1435	751	00:49:36	Matt Wickham	
1436	4594	00:49:37	Luke Davis	
1437	293	00:49:37	Chris Kidd	
1438	2180	00:49:37	steven middeton	
1439	4053	00:49:37	Nairn Black	
1440	2242	00:49:37	Harry Farr	
1441	3843	00:49:38	James Grantham	Harling Athletic Club
1442	5570	00:49:39	Louis Sam	
1443	1753	00:49:39	Alasdair Birrell	
1444	4259	00:49:39	William Hawes	
1445	2289	00:49:41	Mark Tuttle	
1446	3403	00:49:41	Ben Drewry	
1447	2146	00:49:41	Owen Reynolds	
1448	2576	00:49:41	Sam Percy	
1449	1873	00:49:41	Dominic Tyler	
1450	1588	00:49:41	Trent Terry	Wymondham AC
1451	1336	00:49:42	Ryan Hills	
1452	1723	00:49:42	Phil Henry	
1453	1745	00:49:42	Matthew Freezer	Dereham Runners & AC
1454	1381	00:49:42	Oliver Harman-Howes	
1455	2212	00:49:43	Daniel Howes	
1456	2051	00:49:43	Sarah Circuit	Coltishall Jaguars RC
1457	905	00:49:43	Richard Wade	
1458	4968	00:49:43	Rob Feast	
1459	4099	00:49:43	Chris Bergin	
1460	1933	00:49:44	Edgar Fernandez	
1461	3435	00:49:44	Matthew Clarke	
1462	711	00:49:44	Simon Baxter	
1463	741	00:49:44	Matthew Parkes	
1464	1317	00:49:44	Robert Stevens	
1465	823	00:49:44	Mark Potter	
1466	3319	00:49:44	Judy Crooks	Norwich Road Runners
1467	1738	00:49:44	Ben Bussens	
1468	1746	00:49:44	John Norman	
1469	3034	00:49:45	Freya Penn	
1470	1500	00:49:45	Adrian Hollis	Dereham Runners & AC
1471	2112	00:49:46	Lucy Andrews	
1472	505	00:49:46	Simon Ray-Jones	Norfolk Gazelles AC
1473	2883	00:49:46	Christian Lingley	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1474	2517	00:49:47	Peter Crowley	
1475	2074	00:49:47	Chloe Webster	Norwich Road Runners
1476	4073	00:49:47	Dennis English	
1477	1311	00:49:47	Matthew Jermy	
1478	2374	00:49:47	THOMAS DAVIS-SMITH	Norfolk Gazelles AC
1479	1059	00:49:48	Kevin Raisborough	
1480	1797	00:49:49	Matthew Chedgey	
1481	1853	00:49:49	Nick Green	
1482	1883	00:49:49	PHIL NEWTON	Three Counties Running Club
1483	2001	00:49:50	Matthew Stocks	
1484	3447	00:49:51	Richard Hart	
1485	2050	00:49:51	Mark Circuit	
1486	2105	00:49:51	Chloe Ward	
1487	2891	00:49:52	Ben Warminger	
1488	530	00:49:52	Nigel Whiteley	
1489	1794	00:49:53	Andrew Lane	Wymondham AC
1490	1814	00:49:54	Barry Smith	Ryston Runners
1491	3175	00:49:54	Connor Pells	
1492	3463	00:49:55	Leo Blyth	Norfolk Harriers RC
1493	2408	00:49:55	Chris Swanston	
1494	3369	00:49:55	Joseph Mayes	
1495	1502	00:49:56	Antony Fairclough	
1496	2331	00:49:56	Peter Charman	
1497	2045	00:49:58	Amy Kenworthy	
1498	2319	00:49:58	Nathan Parkinson	
1499	3977	00:49:58	Dom Miller	
1500	1586	00:49:58	Andy Fleet	Thetford AC
1501	2044	00:49:58	Campbell McMorran	
1502	2449	00:49:59	David Watkins	
1503	1750	00:49:59	Bruce Sigrist	
1504	6673	00:50:00	Sean Curran	
1505	1707	00:50:00	John Harrison	
1506	2967	00:50:00	James Worth	
1507	6471	00:50:00	Dan Muttock	
1508	1544	00:50:00	Ella Wakeley	Rutland Running & Triathlon Club
1509	1845	00:50:00	Anna Ball	
1510	4698	00:50:01	James Gladden	
1511	2009	00:50:01	Steve Woolston	
1512	2448	00:50:01	Kaloyan Valchev	
1513	1858	00:50:02	Lauren Day	Three Counties Running Club
1514	364	00:50:02	Jonathan Tucker	
1515	4107	00:50:02	Leilah Gooding	Aberystwyth AC
1516	1129	00:50:02	Martin Davila-Smith	Lonely Goat RC
1517	1103	00:50:02	andy rowles	Dereham Runners & AC
1518	1491	00:50:02	Maydean Brown	Great Yarmouth Road Runners
1519	2620	00:50:03	Nick Parry	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1520	4875	00:50:03	Wil Holman	
1521	4554	00:50:03	Summer Simmons	
1522	1831	00:50:03	Karina Beckett	
1523	4777	00:50:03	James Mair	
1524	1799	00:50:03	stuart sadler	
1525	2673	00:50:04	Ollie Butcher	
1526	1985	00:50:04	Paul Johnson	
1527	2745	00:50:04	Kate Hodds	
1528	720	00:50:04	Robert Skedgell	Victoria Park Harriers and Tower Hamlets AC
1529	2436	00:50:04	Joseph Meades	
1530	6087	00:50:04	Daniel Green	
1531	2029	00:50:05	Jamie Read	
1532	1485	00:50:05	Martin Scent	
1533	1541	00:50:05	Michael Strefford	
1534	2972	00:50:05	Liam Winter	
1535	2526	00:50:05	Lee West	
1536	713	00:50:06	James Pallant	Lonely Goat RC
1537	1856	00:50:06	Paul Mattin	
1538	2564	00:50:06	Richard Woodard	
1539	1761	00:50:07	Grace Ellis	
1540	1828	00:50:07	Barry Williams	
1541	8442	00:50:07	Gavin Lloyd	
1542	4523	00:50:07	Shaun Oastler	
1543	1186	00:50:07	Laura Ward	Harleston Running Club
1544	3604	00:50:08	Rebecca Bond	
1545	2370	00:50:08	Debbie Jacob	Diss and District AC
1546	1335	00:50:09	Ben Rout	Norwich Road Runners
1547	2128	00:50:10	Ryan Lythgoe	
1548	2060	00:50:10	Michael Waters	
1549	2194	00:50:11	Liam Powers	
1550	2601	00:50:11	Marcus Paterson	
1551	6536	00:50:11	Richard Underhill	
1552	1792	00:50:12	Gary Linder	North Norfolk Beach Runners
1553	2243	00:50:12	Sean Kemp	
1554	2894	00:50:12	Anne-Marie Wilson	
1555	2495	00:50:12	Kieran MacSweeney	
1556	5648	00:50:13	Peter Morris	
1557	1998	00:50:13	Andrew Charge	Great Yarmouth Road Runners
1558	1461	00:50:14	Mary Pinching	
1559	3752	00:50:14	Tom Meazey	
1560	2032	00:50:15	Amy Webb	
1561	755	00:50:15	stefan goodswen	
1562	2162	00:50:15	MattheW Pummell	
1563	2594	00:50:15	Chris Wiseman	
1564	2869	00:50:15	Jonathan Green	
1565	3009	00:50:16	Michael Punt	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1566	888	00:50:16	Danny Burton	
1567	2447	00:50:16	Tracy Williamson	
1568	2008	00:50:16	Katie Hunt	
1569	3163	00:50:17	Jade Baber	Tri-Anglia Triathlon Club
1570	2190	00:50:17	Linda Cusack	Thetford AC
1571	2072	00:50:17	John Douglas-Field	
1572	2747	00:50:17	Charlotte Pounder	
1573	2603	00:50:17	Alex Ware	
1574	1286	00:50:17	James Doggett	
1575	3507	00:50:18	Daniel Lorne	Lonely Goat RC
1576	2131	00:50:18	Stephen Warncken	
1577	1437	00:50:18	jacob norton	
1578	6229	00:50:18	Joe Prendergast	
1579	1576	00:50:19	Richard Nolan	
1580	322	00:50:19	Tomasz Kwiatkowski	
1581	2613	00:50:19	Martin Trick	
1582	341	00:50:20	Marek Halicki	
1583	1001	00:50:20	Will Easter	
1584	1606	00:50:20	Toby Newton	
1585	2803	00:50:20	Lucy Mcdowie	Ryston Runners
1586	675	00:50:21	Max Emerson	
1587	2579	00:50:21	Gavin sargent	Great Yarmouth Road Runners
1588	3148	00:50:21	Simon Caley	
1589	2453	00:50:21	Carl Eastick	
1590	3244	00:50:22	Matt Westbury-Jones	
1591	2232	00:50:22	Matias Martin-Baeza	
1592	958	00:50:22	James Wright	
1593	2104	00:50:23	Brett Melling	
1594	1081	00:50:23	Peggy Baldwin	Bure Valley Harriers
1595	464	00:50:23	Stuart Coe	
1596	1026	00:50:24	William Robinson	
1597	5099	00:50:24	Tyler Rolfe	
1598	2262	00:50:24	Richard Povey	
1599	2867	00:50:24	Leanne Howling	
1600	2205	00:50:24	Sophie Pestle	
1601	1698	00:50:24	Lewis Evans	
1602	3643	00:50:24	Paul Stanbridge	
1603	3151	00:50:24	Declan Nicol	
1604	2082	00:50:25	Richard White	Saxmundham Sports Running & Fitness Club
1605	3961	00:50:25	James Rogers	
1606	2176	00:50:25	Michael Pickles	
1607	3080	00:50:25	Wendy Burgess	Wymondham AC
1608	1806	00:50:25	Dios Fernandez	Norwich Road Runners
1609	1730	00:50:26	Luke Peacher	
1610	4750	00:50:26	Marcus Boast	
1611	1290	00:50:26	Hannah Daniel	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1612	3387	00:50:26	Oliver Banks	
1613	2524	00:50:26	Will Wright	
1614	2856	00:50:27	Tiffany Atkinson	
1615	3417	00:50:27	Sam Peek	
1616	2679	00:50:27	Erin Jennis	
1617	4221	00:50:27	Sophie Moore	Wymondham AC
1618	1759	00:50:28	Sean Higginbotham	
1619	1766	00:50:28	Michael Burris	Thetford AC
1620	4293	00:50:28	Matthew Hamm	
1621	1951	00:50:28	Will Brown	
1622	1061	00:50:28	Craig Edwards	
1623	2692	00:50:29	Dennis Simpson	Norwich Road Runners
1624	2637	00:50:29	Jamie Tink	
1625	2017	00:50:29	Stuart Oxborough	Beccles Triathlon Club
1626	3894	00:50:29	Tom Taylor	
1627	2367	00:50:30	Kerry Alderton	
1628	1580	00:50:30	Mike Corker	
1629	2049	00:50:30	Dave Foulkes	
1630	2096	00:50:30	Fred Withers	
1631	1578	00:50:31	Andrew Hardy	
1632	3416	00:50:31	Gary Peek	
1633	1542	00:50:32	Anne Ellen	Norfolk Gazelles AC
1634	2472	00:50:32	Matt Williamson	
1635	1161	00:50:32	GARY INGREY	Three Counties Running Club
1636	2351	00:50:33	Michael Skazick	
1637	3278	00:50:33	Jamie Smith	
1638	4791	00:50:33	Thomas Lake	
1639	2600	00:50:33	Ellie- Marie Keeler	
1640	3208	00:50:34	Sophie Farrow	
1641	1570	00:50:34	James Babb	
1642	3662	00:50:34	Lauren Brown	
1643	2303	00:50:35	Chris Andrews	Lonely Goat RC
1644	954	00:50:35	John Parry	
1645	329	00:50:35	Harry King	Ipswich Jaffa RC
1646	1931	00:50:35	Robert Bakewell	GoodGym Race Team
1647	2759	00:50:35	Stephanie Hall	Coltishall Jaguars RC
1648	1877	00:50:36	Sue Chicken	Holme Pierrepont RC
1649	847	00:50:36	Tony Burkett	Norfolk Gazelles AC
1650	3600	00:50:36	Andrew Sutton	
1651	1612	00:50:37	Christopher Clarke	
1652	2276	00:50:37	Ian Minns	
1653	3817	00:50:37	Nick Smith	
1654	1757	00:50:39	Sam Bartram	
1655	3876	00:50:39	David Buck	Coltishall Jaguars RC
1656	3998	00:50:40	Robert Ellis	
1657	1801	00:50:40	Mark Stewart	Great Yarmouth & District AC

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1658	707	00:50:40	Paul Tripp	
1659	2028	00:50:40	Sarah Bird	
1660	2386	00:50:41	Dan Larter	
1661	1776	00:50:41	Hilary Byrne	Wymondham AC
1662	1070	00:50:41	Neil Timms	
1663	1841	00:50:41	Daniel Crowder	
1664	5257	00:50:41	Matthew Townsend	
1665	2591	00:50:41	James Harris	
1666	1514	00:50:42	James Roberts	
1667	2199	00:50:42	Fiona Williams	Great Yarmouth Road Runners
1668	2169	00:50:42	Barry Stocks	
1669	3986	00:50:42	GAVIN KERRISON	
1670	2407	00:50:42	Richard Sargeant	
1671	1608	00:50:43	SpareRupert Taylor	
1672	1446	00:50:43	John Downs	MY CLUB IS NOT LISTED
1673	1216	00:50:44	Richard Dolman	
1674	4189	00:50:44	Emma Ward	Diss and District AC
1675	3113	00:50:44	Owen Fox	
1676	1259	00:50:44	Stephen Reed	
1677	3326	00:50:44	Thomas Stead	
1678	2409	00:50:44	Malcolm Fisher	Dereham Runners & AC
1679	2427	00:50:44	Lewis Buxton	
1680	3887	00:50:45	David Sutton	
1681	2533	00:50:45	David Lane	
1682	557	00:50:45	Keith Blake	Wymondham AC
1683	2065	00:50:46	Michael Cole	
1684	2467	00:50:47	Aaron Marche	
1685	2275	00:50:47	Louise Thomas Minns	
1686	2827	00:50:48	Robert Rolka	Jogging Made Easy
1687	2936	00:50:48	Simon Snell	
1688	1007	00:50:48	jacob briggs	
1689	3259	00:50:48	Andy Sparrow	
1690	1232	00:50:48	Oliver Russell	
1691	2557	00:50:48	Charlotte wickham	
1692	4093	00:50:48	Ryan Findlay	
1693	5098	00:50:49	Jason Bennett	
1694	3406	00:50:49	Carl Bergdahl	Ipswich Jaffa RC
1695	1926	00:50:49	rowland holmes	
1696	2010	00:50:51	Will Tuttle	Lonely Goat RC
1697	1574	00:50:51	Louise Rout	
1698	1017	00:50:51	Jamie Ellwood	
1699	2052	00:50:51	Tony Harrison	
1700	1253	00:50:52	Brett Atkins	
1701	2062	00:50:52	Alex McQueen	
1702	1508	00:50:53	Karen Patterson	Norwich Road Runners
1703	3004	00:50:53	Thom Woods	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1704	4312	00:50:53	William Ayley-Dodd	Runners-Next-the-Sea
1705	3454	00:50:54	Damon Rudd	
1706	1055	00:50:54	Joe Matthews	
1707	1390	00:50:54	David Crow	
1708	3951	00:50:55	Christopher Gordon	
1709	2207	00:50:55	Sarah Cunningham	
1710	3561	00:50:55	Carly Grimmer	
1711	2549	00:50:56	John Young	
1712	3408	00:50:56	Molly Bergdahl	Ipswich Jaffa RC
1713	1821	00:50:56	Alexander Rolfe	
1714	4028	00:50:57	Lewis Skidmore	
1715	1034	00:50:57	matt walker	
1716	2222	00:50:57	Steve Sanders	
1717	1689	00:50:57	Brian Wilson	
1718	6343	00:50:57	Nicolas Graham	
1719	3312	00:50:57	Carl Marjoram	
1720	2432	00:50:59	Sebastian Kubiesa	
1721	2352	00:50:59	Andrew Hall	
1722	2025	00:50:59	Carl Newell	
1723	1548	00:50:59	Gemma Tracy	Norwich Road Runners
1724	1371	00:50:59	Grant Johnson	
1725	2071	00:50:59	Matt Johnson	
1726	3315	00:50:59	Tom Sawyer	
1727	861	00:50:59	James Snow	
1728	2919	00:51:00	Dominic Crook	
1729	2798	00:51:00	Daniel Emery	
1730	2316	00:51:00	Mathew Codling	
1731	3256	00:51:00	Chris Palmer	
1732	1760	00:51:00	Kevin Ward	
1733	2046	00:51:01	Neil Collins	
1734	1003	00:51:01	Mike Bretton	Waveney Valley AC
1735	1768	00:51:02	Benjamin Balfour	
1736	3086	00:51:02	Tom Crisp	
1737	2953	00:51:02	George Brockhouse	
1738	2189	00:51:02	Rafal Kasikowski	
1739	1734	00:51:03	Stephen Frost	Aberdeen AAC
1740	5317	00:51:03	Darren Tame	
1741	727	00:51:03	Ceri Theobald	Norfolk Gazelles AC
1742	1672	00:51:03	Jake Saville	
1743	3318	00:51:03	Archie Moss	
1744	2165	00:51:03	David Loxton	
1745	1364	00:51:03	Gary Stanley	Great Yarmouth Road Runners
1746	4471	00:51:03	Michaela Needham	
1747	2583	00:51:04	Kay Oxford	Hadleigh Hares AC
1748	479	00:51:04	Matthew Parkhouse	Norwich Road Runners
1749	2388	00:51:04	Kate Johnson	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1750	4838	00:51:04	Gary Fuller	
1751	3053	00:51:05	Amy Griffiths	
1752	3102	00:51:05	Michael Walker	
1753	2548	00:51:05	Thomas Hutt	
1754	1363	00:51:05	Darren Hart	
1755	2489	00:51:05	John Fensom	
1756	3381	00:51:06	Kay Midlane	
1757	1559	00:51:06	Dale Cooper	
1758	1504	00:51:07	Jack Ackers	
1759	4277	00:51:07	Diane Lain	
1760	2163	00:51:07	Richard Moyse	Great Yarmouth Road Runners
1761	6324	00:51:08	Nic Gordon	
1762	2503	00:51:08	Amandine Moores	
1763	2502	00:51:08	Mark Braybrook	
1764	2018	00:51:08	Christopher Stones	
1765	1304	00:51:08	Chris Scannell	
1766	2565	00:51:08	Owen Blakely	
1767	1036	00:51:09	Martin Cornish	
1768	6261	00:51:09	Shailesh Shah	
1769	1943	00:51:09	Damian Ashcroft	Bungay Black Dog RC
1770	1686	00:51:09	Hugo Persad	
1771	3283	00:51:10	ADAM KOBYLECKI	
1772	1809	00:51:11	Alexander FitzGerald	
1773	1379	00:51:11	Laurence Hinton	
1774	2776	00:51:11	Paddy Manning	Lonely Goat RC
1775	602	00:51:12	James Baird	
1776	2958	00:51:12	Alex Would	
1777	4264	00:51:12	Luke Moorhouse	
1778	5017	00:51:12	Rosy Gladstone	
1779	2215	00:51:13	Glen Allott	
1780	2279	00:51:13	ANDREW GRIFFITHS	
1781	2411	00:51:13	Michael Balls	Horley Harriers Running Club
1782	8339	00:51:14	James Hoskins	
1783	4061	00:51:14	Christine Borgeat	
1784	2125	00:51:14	Samantha Barry	Wymondham AC
1785	2227	00:51:14	Daren Harvey-cole	
1786	1171	00:51:14	David Doddington	Waveney Valley AC
1787	4710	00:51:15	Josh Bailey	
1788	8484	00:51:15	Richard Avery	
1789	1710	00:51:15	Holly Davis	
1790	2061	00:51:15	Glynn White	
1791	1701	00:51:15	Matt Meazey	
1792	1422	00:51:15	Matt day	
1793	8316	00:51:15	Andrew Hill	
1794	3218	00:51:16	Stuart Ford	
1795	3016	00:51:16	Harry Digby	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1796	2505	00:51:16	Edward Jary	
1797	1773	00:51:16	Spencer Ellis	
1798	5018	00:51:17	Alicia Masson	
1799	2437	00:51:18	Georgie Wood	
1800	1781	00:51:18	Robin Jones	Waveney Valley AC
1801	4597	00:51:18	Flora Andrews	
1802	1857	00:51:19	Simon Britcher	
1803	3848	00:51:19	Imogen Long	Waveney Valley AC
1804	514	00:51:19	Ruth Gaunt	Norwich Road Runners
1805	1855	00:51:19	Eleanor Watters	
1806	1910	00:51:19	Matthew Wright	
1807	3096	00:51:20	Vincent Cook	
1808	2708	00:51:21	Simon Parkinson	
1809	5004	00:51:21	Mike Smallwood	
1810	4690	00:51:22	Ella Woodcock	
1811	1820	00:51:22	Liam Buffin	
1812	5233	00:51:22	George Couzens	
1813	2863	00:51:23	Nick Bayfield	
1814	7997	00:51:23	Rory Ives	
1815	2509	00:51:23	Emma Meiring	Bungay Black Dog RC
1816	3796	00:51:23	Ruth Steele	Fordy Runs Running Club
1817	2443	00:51:23	Sam Gandy	
1818	2075	00:51:23	Jack Northwood	
1819	3155	00:51:23	Charley Walpole	
1820	2382	00:51:24	Sam Weller	North Norfolk Beach Runners
1821	7068	00:51:24	Rebecca Gedge	
1822	1341	00:51:25	Steve Whyte	
1823	1062	00:51:25	Theresa Dooley	Norfolk Gazelles AC
1824	2775	00:51:25	Sarah Herman	
1825	2991	00:51:26	Peter Hayward	
1826	3103	00:51:26	Kamil Hepak	
1827	709	00:51:26	BJ Kendall	Norwich Road Runners
1828	543	00:51:27	Ethan Hall	
1829	6972	00:51:28	Charlotte Flint	
1830	5003	00:51:28	Bhargav Trivedi	
1831	875	00:51:28	Charlie Vogwill	
1832	4569	00:51:29	Ellena White	Reepham Runners
1833	1993	00:51:29	Edward Notley	
1834	2898	00:51:29	Colin Fish	
1835	2615	00:51:29	Andrea Bell	
1836	926	00:51:29	David Hart	
1837	1063	00:51:30	Martin Law	Reepham Runners
1838	3792	00:51:31	Matthew Conway	
1839	2138	00:51:31	Gary Howes	
1840	2471	00:51:31	Mustafa Elsiddig	
1841	606	00:51:32	Alex Cork	Bungay Black Dog RC

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1842	2589	00:51:32	Louise Gatley	
1843	1436	00:51:32	Jack Lenton	
1844	2834	00:51:33	Tim Parr	
1845	1887	00:51:34	Neil Osborne	
1846	1802	00:51:34	sam larnder	
1847	4519	00:51:34	Richard Woods	
1848	3813	00:51:35	John Goldie	
1849	2115	00:51:35	Ben Wigger	
1850	1529	00:51:35	Daniel Rush	
1851	1892	00:51:36	AJ Johnson	
1852	2979	00:51:36	Daniel Walker	
1853	2135	00:51:36	Chris Howard	
1854	951	00:51:37	Philip Dunn	
1855	2727	00:51:37	Will Mitchell	
1856	2925	00:51:37	Graham Spencer	
1857	1911	00:51:37	Vicki Newton	Three Counties Running Club
1858	2756	00:51:37	Richard Greenwood	
1859	1231	00:51:38	Edward Aveling	
1860	2602	00:51:38	Kevin Denmark	Wymondham AC
1861	1780	00:51:38	Stephen Faragher	City Of Norwich AC
1862	3907	00:51:38	Connor Johnson	
1863	2311	00:51:38	katie davis	
1864	2728	00:51:38	Ria Bush	
1865	4255	00:51:39	Joshua Riding	
1866	1808	00:51:39	Susan Guest	Wymondham AC
1867	2423	00:51:39	Ben Fulcher	
1868	2544	00:51:40	Danielle Rackham	
1869	1823	00:51:40	Stuart Roberts	
1870	3721	00:51:40	Andrew Allen	
1871	2155	00:51:41	Gary Melton	
1872	3793	00:51:42	neil mcdonald	
1873	1917	00:51:42	Steve Brockes	
1874	2592	00:51:42	Laura Easter	
1875	7153	00:51:42	Millie Bradfield	
1876	1199	00:51:42	Dan Sparkes	
1877	2043	00:51:43	Matthew Wicks	
1878	4801	00:51:43	Clinton Button	
1879	4481	00:51:43	James Hawkins	
1880	3428	00:51:43	Jo Davies	
1881	2268	00:51:44	Jess Ball	
1882	1970	00:51:44	Jamie Davey	
1883	4057	00:51:45	Ashley Gray	
1884	1205	00:51:45	Daniel Savage	
1885	573	00:51:45	ANDREW WOODS	
1886	5144	00:51:46	Sam Brabazon	
1887	3398	00:51:46	Hannah Bradfield	Norfolk Gazelles AC

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1888	4674	00:51:46	Banice Frosdick	
1889	1275	00:51:46	Stewart Curson	
1890	2702	00:51:46	Andy Housego	
1891	2470	00:51:46	Chris Carman	
1892	2687	00:51:46	Russell Hack	
1893	2490	00:51:46	Lucy Brooks	
1894	3422	00:51:47	Jack Bartle	
1895	3220	00:51:47	Victoria Lynskey	
1896	3508	00:51:47	Caroline Pocock	Wymondham AC
1897	2035	00:51:48	Peter Barrett	Attleborough Athletics Academy
1898	2241	00:51:49	Darren Collison	
1899	4274	00:51:49	Ben Hawkes	
1900	2362	00:51:50	Tom Stevens	
1901	1154	00:51:50	Susan Aves	Springfield Striders RC
1902	3511	00:51:51	Perdita Dafforn	
1903	5984	00:51:51	Vincent Ho	
1904	2652	00:51:51	Richard Calver	
1905	2801	00:51:51	Greg Mills	
1906	2133	00:51:52	Emily Goodrich	
1907	2802	00:51:52	Steven Mills	
1908	2701	00:51:52	Abigail Walsgrove	
1909	3237	00:51:53	Jo Hipperson	
1910	2721	00:51:53	Andrew Nelson	
1911	1732	00:51:53	ANDREW HAMMOND	Norfolk Gazelles AC
1912	3093	00:51:53	Nick Wells	
1913	2506	00:51:53	Rachel Matthews	
1914	4705	00:51:53	Thomas Jermy	
1915	2013	00:51:54	Graham Fryer	Coltishall Jaguars RC
1916	1220	00:51:54	Olliver Fourte	
1917	1704	00:51:54	Jake Benton	
1918	2493	00:51:55	Ryan Britcher	
1919	6147	00:51:55	Tom Richardson	
1920	4645	00:51:55	Haydn orford	
1921	2487	00:51:55	Hilary Harmer	Reepham Runners
1922	1964	00:51:55	Glen Squire	
1923	3359	00:51:56	Kevin Matless	
1924	2461	00:51:56	Charlie Huggett	
1925	4444	00:51:56	Callum Scott	
1926	3834	00:51:57	Niall Scott	Wymondham AC
1927	1824	00:51:57	Megan Batchelor	Romsey Road Runners
1928	2640	00:51:57	Lisa Brine	
1929	1924	00:51:57	Ross Ward	Stamford Striders
1930	2681	00:51:57	Sinéad Taylor	
1931	718	00:51:57	NICK OVERY	
1932	5382	00:51:58	Danny Page	
1933	3303	00:51:58	Mandi Smith	Thetford AC

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1934	7503	00:51:58	Seb Butcher	
1935	6593	00:51:59	Lee Mortier	
1936	2686	00:51:59	Matthew Hinchliffe	
1937	1829	00:51:59	Tom Denby	
1938	5024	00:51:59	Wiliam Cobbold	
1939	4314	00:51:59	Thu Millsted	
1940	3829	00:51:59	Jonathan Clarke	
1941	2846	00:52:00	Chris Greeves	
1942	1974	00:52:00	Andy Trigg	
1943	2251	00:52:00	gavin pauling	
1944	2815	00:52:01	Daniel Stacey	
1945	2691	00:52:01	Gary Jones	Waveney Valley AC
1946	1399	00:52:03	Richard Hughes	
1947	2710	00:52:03	Lee Birmingham	Mossley Running Club
1948	1812	00:52:04	Chris Armes	
1949	2297	00:52:05	Emma Bolderstone	
1950	2921	00:52:05	Elizabeth Hughes	
1951	2122	00:52:05	Naomi Bowditch	
1952	2944	00:52:06	Samantha Ralph	
1953	2269	00:52:06	Rosie Thompson	
1954	5758	00:52:06	Josh Hancock	
1955	1252	00:52:07	Ben Grice	
1956	1726	00:52:07	Eleanor crossland	Shrewsbury AC
1957	1176	00:52:07	Stuart Baird	
1958	4076	00:52:07	Tom Quinton	
1959	1848	00:52:07	Trevor Elvin	
1960	3665	00:52:08	Danielle Howes	
1961	2909	00:52:08	Simon Stuteley	
1962	1516	00:52:08	Dharmesh Chandaria	
1963	3162	00:52:08	Richard Edwards	
1964	3410	00:52:08	Martin Hynes	
1965	1825	00:52:08	Julie Dale	
1966	1145	00:52:08	Symon Sims	
1967	2406	00:52:08	Michael Persich	Beccles & Bungay Harriers
1968	2983	00:52:09	daniel james	
1969	3385	00:52:09	Jefferson Creed	
1970	5163	00:52:09	Paul Quadling	
1971	5265	00:52:09	Stuart Spencer	
1972	167	00:52:10	Kate Bryson	Beccles Triathlon Club
1973	1411	00:52:10	Karolis Dedynas	
1974	2811	00:52:10	Steph Walsingham	Dereham Runners & AC
1975	2295	00:52:10	Darren Nockels	
1976	2787	00:52:12	Mark Smith	
1977	1984	00:52:12	jamie saunders	Norwich Road Runners
1978	4145	00:52:12	Liam Dougal	
1979	2020	00:52:12	Michelle Horgan	Great Yarmouth Road Runners

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
1980	721	00:52:13	Martin McConnell	
1981	2740	00:52:13	Karl Ottolangui	
1982	2234	00:52:13	Nick Harris	
1983	1272	00:52:13	Andrew Biss	
1984	1724	00:52:14	Adam Warr	
1985	3279	00:52:14	Ashley Watson	
1986	991	00:52:14	Sarah Crockett	
1987	2398	00:52:15	Ben Ranner	
1988	2429	00:52:15	Kevin Burrows	
1989	3305	00:52:15	Arabella Woodruff	
1990	994	00:52:16	Johnny Sinclair	
1991	3981	00:52:16	Kym Robertson	
1992	3791	00:52:16	Daniel Richmond	
1993	3239	00:52:17	Adele Edwards	
1994	2729	00:52:17	Megan Swain	Coltishall Jaguars RC
1995	2791	00:52:18	Joanna Clarke	
1996	1893	00:52:18	Ben Dring	
1997	2556	00:52:18	Richard Todd	
1998	849	00:52:19	Sam Yeomans	Norfolk Gazelles AC
1999	3436	00:52:19	Tiffany Lacey-Edwards	
2000	2458	00:52:19	karl Brady	Waveney Valley AC
2001	1952	00:52:19	Carla Da Silva	
2002	4072	00:52:19	Tom Marrison	
2003	2360	00:52:20	Ramon Navas Losada	
2004	2682	00:52:20	Tim Powter-Robinson	
2005	1826	00:52:20	Jonathan Pearson	
2006	2669	00:52:21	Jonathan Champion	Harleston Running Club
2007	3630	00:52:21	Tim Thrower	
2008	2872	00:52:21	Ashley Ocock	
2009	1739	00:52:21	Wayne Rostant	
2010	1711	00:52:22	Nathan Mason	
2011	3533	00:52:22	Beth Underwood	
2012	2779	00:52:22	Sarah Johnson	Three Counties Running Club
2013	2866	00:52:22	Lee Burridge	
2014	1218	00:52:23	Adam Walker	
2015	3351	00:52:23	Kamran Uddin	
2016	3121	00:52:23	Dominic Jarvis	
2017	3772	00:52:23	owen strowger	
2018	1183	00:52:23	Tom Boosey	
2019	2848	00:52:24	Andrew Menin	
2020	2680	00:52:24	Kelly Pick	
2021	4627	00:52:24	Michael Fairhead	
2022	1886	00:52:24	Matthew Parker	Ryston Runners
2023	5611	00:52:24	Katie Butler	
2024	513	00:52:25	Alex Gaunt	Norwich Road Runners
2025	2805	00:52:25	Stuart Smith	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2026	2118	00:52:25	Robert Todd	
2027	1728	00:52:26	Lee Roots	
2028	2626	00:52:26	Harry Ward	
2029	2019	00:52:26	Nigel Stallard-Mulford	Coltishall Jaguars RC
2030	5381	00:52:26	Greg Finch	
2031	1572	00:52:27	Tom Jones	Aylsham Runners
2032	7718	00:52:27	Hector Larner	
2033	865	00:52:28	Daniel Craske	
2034	1771	00:52:28	Melissa Sampson	Lonely Goat RC
2035	4447	00:52:28	Natalie King	
2036	2474	00:52:28	Todd Strehlow	Framlingham Flyers
2037	2041	00:52:28	Agne Sellers	
2038	979	00:52:29	James Stenner	
2039	3982	00:52:29	Scot Robertson	
2040	1581	00:52:29	Miraiker Wallace	
2041	1725	00:52:29	James Burrows	
2042	1448	00:52:30	Judith Ames	
2043	3592	00:52:30	Neil Stevens	
2044	893	00:52:30	James Larnder	
2045	3831	00:52:30	John Byrne	Wymondham AC
2046	3097	00:52:30	Nicholas Caley	
2047	3184	00:52:30	Sarah Larnder	
2048	1937	00:52:31	Thomas Bevan	
2049	1521	00:52:31	Steve Batt	
2050	3591	00:52:31	Louise Stevens	Wymondham AC
2051	3223	00:52:31	Helen Sides	
2052	2716	00:52:31	Jamie Nottage	
2053	2612	00:52:32	Susan Larke	
2054	2971	00:52:32	Michael Yates	
2055	2335	00:52:32	Michael Wilce	
2056	2329	00:52:32	Peter Buxton	Great Yarmouth & District AC
2057	2821	00:52:32	Anna Golamy	
2058	2334	00:52:32	Matthew Cox	
2059	2315	00:52:33	George Burton	
2060	1497	00:52:33	Marcus Jennings	Tri-Anglia Triathlon Club
2061	2384	00:52:33	Riley Weston	
2062	3461	00:52:34	William Gilder	
2063	4580	00:52:34	Mark Smith	
2064	2110	00:52:34	Alice Wright	Great Yarmouth Road Runners
2065	2518	00:52:34	Stephen Brimson	
2066	6976	00:52:35	Kieley Crane	
2067	7683	00:52:35	Ben Palmer	
2068	3082	00:52:35	Karl Tutt	
2069	4219	00:52:36	Nicholas Heaver	
2070	2982	00:52:36	Robert Johnson	
2071	2081	00:52:36	Stuart Cox	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2072	2575	00:52:36	Paul Ellis	
2073	1956	00:52:36	John Blease	
2074	2102	00:52:36	Laura Noakes	
2075	384	00:52:36	Joe Goodall	
2076	1677	00:52:36	Wayne Clough	
2077	1201	00:52:36	Leon Carrara	City Of Norwich AC
2078	2884	00:52:37	Andy Tubb	
2079	4540	00:52:37	Jake Cordner	
2080	766	00:52:38	Fiona Searson	
2081	3095	00:52:38	Neil Toplis	Lonely Goat RC
2082	3321	00:52:38	Lily Beel	
2083	3488	00:52:38	Thom Annison	
2084	8278	00:52:38	Megan Tooke	
2085	2768	00:52:38	Sophie Thomas	
2086	2304	00:52:38	Tony Wood	
2087	2499	00:52:38	Ben Chase	
2088	2292	00:52:39	Yvonne Barret	
2089	7263	00:52:39	Neil Bullen	
2090	2430	00:52:39	Laura Hibbert-Pim	
2091	3257	00:52:39	David Norman	
2092	3005	00:52:39	Tony Wakeling	
2093	3072	00:52:40	Nadine Jasinski	
2094	3363	00:52:40	Matt Sampson	
2095	1607	00:52:40	Daniel Clements	
2096	2026	00:52:40	Mark Bagnall	
2097	2859	00:52:41	Oliver Stone	
2098	2015	00:52:41	Sharon Burrell	Lonely Goat RC
2099	3101	00:52:42	Anthony Gravestock	
2100	2795	00:52:42	Gary Gannon	Norwich Road Runners
2101	7201	00:52:42	Tom Holmes	
2102	2926	00:52:42	Catherine Spencer	
2103	927	00:52:42	Oliver Willis	
2104	1868	00:52:42	Anthony Bryan	
2105	2198	00:52:43	Mat Ewing	Norfolk Harriers RC
2106	2355	00:52:43	Darren Barnes	
2107	2084	00:52:43	Chris Scott	
2108	4043	00:52:43	Michael Knell	
2109	1074	00:52:43	Adam Haylett	
2110	2392	00:52:44	Kelly Parry	
2111	6067	00:52:44	Rebecca Hunter	
2112	3039	00:52:44	Andrew Truswell	
2113	2416	00:52:44	Ross Durrant	
2114	1918	00:52:44	Lewis Carter	
2115	4733	00:52:45	Eleanor Adams	
2116	5275	00:52:46	Paul Seabrook	
2117	3867	00:52:46	Martyn Woodgate	Bungay Black Dog RC

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2118	1989	00:52:46	Claire Nobbs	
2119	2785	00:52:46	Chloe Stuteley	
2120	922	00:52:46	Aaron Smart	Lowestoft Road Runners
2121	4065	00:52:47	Jacob Golden	
2122	967	00:52:47	Lil Slaughter	City Of Norwich AC
2123	2531	00:52:47	Usmaan Bahadur	
2124	2271	00:52:47	Brendan Wilson	
2125	4443	00:52:48	Andy Scott	
2126	742	00:52:48	Phil Caley	Lonely Goat RC
2127	3885	00:52:48	Stephen Jones	
2128	8197	00:52:48	John Willis	
2129	3993	00:52:48	Paul Paul Giles	
2130	884	00:52:49	ardyn ross	
2131	5293	00:52:49	Adam Claxton	
2132	4647	00:52:49	Neil Anderton	Dereham Runners & AC
2133	2890	00:52:50	Selena Wright	
2134	2582	00:52:50	Daniel Barnston	
2135	2984	00:52:50	Mark Elms	
2136	2267	00:52:50	Scott Guyton	
2137	3075	00:52:52	Joshua Bird	
2138	1963	00:52:52	Russell Slattery	Thetford AC
2139	6108	00:52:52	Rhys Howard	
2140	1456	00:52:52	Nicholas Jones	
2141	7534	00:52:52	Richard Herrmann	
2142	2364	00:52:52	Niki Summers	
2143	2167	00:52:52	Anna Butcher	
2144	3459	00:52:52	Phil Tipping	
2145	2148	00:52:53	Lucy Mowatt	
2146	3057	00:52:53	Richard Hoolahan	
2147	1930	00:52:53	Chris Boden	
2148	4020	00:52:54	Liam Odonnell	
2149	5352	00:52:54	Nathan White	
2150	5590	00:52:54	Neil Dyke	
2151	2452	00:52:54	Matthew Powell	
2152	2380	00:52:55	Charlotte Harris Cook	Bure Valley Harriers
2153	2634	00:52:55	James Stinton	
2154	3632	00:52:55	Dianne Bird	Aylsham Runners
2155	2903	00:52:55	Simon Clarke	
2156	1975	00:52:56	Stanley Dunn	
2157	1800	00:52:56	MARK HARRISON	
2158	1777	00:52:57	James Wright	
2159	4778	00:52:57	Gareth Roberts	
2160	1108	00:52:57	Kiara Hamis	Norwich Road Runners
2161	2709	00:52:58	Ann Thomas	Great Yarmouth Road Runners
2162	3471	00:52:58	Barney Goodrum	Norfolk Gazelles AC
2163	2961	00:52:58	Richard Foweraker	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2164	2039	00:52:58	Mark Regan	Bungay Black Dog RC
2165	2341	00:52:58	Jason Povey	
2166	2651	00:52:58	Anita Krupinski	
2167	3458	00:52:59	Simon Howard	
2168	3277	00:52:59	Ryan Hare	
2169	3209	00:52:59	Amy Stanton	Thetford AC
2170	3897	00:52:59	Justin Hobbs	
2171	2723	00:52:59	Trevor Burton	
2172	2706	00:53:00	Rob Smith	
2173	3375	00:53:00	John Baker	
2174	4628	00:53:00	Sean Waltham	
2175	2233	00:53:00	Chris Lintern	
2176	7639	00:53:01	Claire Dyke	
2177	3462	00:53:01	Emily Gilder	
2178	2098	00:53:01	Lisa Harris	Ryston Runners
2179	3415	00:53:01	Scott Williams	
2180	2806	00:53:02	Jessica Swain	
2181	2882	00:53:02	Helen McQueen	
2182	1919	00:53:02	Richard Nunn	
2183	3231	00:53:03	Michael Ellis	
2184	5008	00:53:03	Matthew Elsey	
2185	1815	00:53:03	Mike Roughsedge	
2186	2774	00:53:04	Dr Navin Kumar Ghosh	
2187	1932	00:53:04	Matthew Snell	
2188	2497	00:53:04	Shane Kingdon	
2189	4030	00:53:05	Richard Cator	
2190	3618	00:53:05	Linzi Gray	
2191	3457	00:53:05	Mark Leon Garrod	
2192	5096	00:53:06	lewis griggs	
2193	2034	00:53:06	Paul McCarthy	
2194	3205	00:53:06	Julie Read	
2195	4258	00:53:06	Anna Goodchild	
2196	3310	00:53:07	Christopher Watson	Bungay Black Dog RC
2197	4473	00:53:07	Robert Conway	
2198	2916	00:53:07	Allan Kennedy	
2199	7983	00:53:08	Daniel Farrow	
2200	7278	00:53:08	Russell Parker	
2201	3246	00:53:08	Charles Clarke	
2202	2143	00:53:09	Charles Mathews	
2203	2933	00:53:09	Simon Yockney	
2204	5745	00:53:09	Richard Bond	
2205	4630	00:53:10	William Durrant	
2206	5247	00:53:11	Richard Squire	
2207	3146	00:53:11	Rory Hill	
2208	1362	00:53:11	Richard Gill	Lonely Goat RC
2209	2849	00:53:12	Jimmy Giggins	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2210	1395	00:53:12	Justin TURNER	
2211	1900	00:53:12	Daniel Parfitt	
2212	3071	00:53:12	James Steward	
2213	3232	00:53:13	Chris Poll	
2214	8414	00:53:13	Skye Birch	
2215	3437	00:53:13	Polly Willis	
2216	3281	00:53:13	Sunny Winter	
2217	2218	00:53:13	Jonathan Blagrove	
2218	4657	00:53:14	David Price	
2219	1741	00:53:14	Katie Allan	
2220	1706	00:53:14	James Kent	
2221	6990	00:53:15	James Lofty	
2222	2231	00:53:15	Girmaye Belay	
2223	428	00:53:15	Sam Willis	
2224	2760	00:53:15	Dylan Thomas	
2225	6553	00:53:15	Lindsay Pendle	
2226	1009	00:53:16	James Witham	
2227	2094	00:53:16	Leanne Botwright	Bure Valley Harriers
2228	5264	00:53:16	Ruth Hoyle	
2229	2631	00:53:16	Michelle Crane	
2230	2824	00:53:16	Nick Goddard	
2231	382	00:53:16	Amy Balaam	Bure Valley Harriers
2232	1182	00:53:16	Sarah Boosey	Norwich Road Runners
2233	2101	00:53:16	Laura Brine	Leighton Buzzard Athletic Club
2234	1528	00:53:17	Ruth Elsworth	Norwich Road Runners
2235	5732	00:53:17	Taylor Rush	
2236	4566	00:53:17	James Webster	
2237	1813	00:53:17	sabrina norton	Harleston Running Club
2238	3989	00:53:18	Jordan Baker	
2239	2597	00:53:18	Gary Snelling	
2240	2717	00:53:18	Steve Hope	
2241	2171	00:53:18	Joe Shailes	
2242	3496	00:53:18	Darren Hopkins	
2243	4664	00:53:19	Michele Margitson	
2244	1765	00:53:19	Amanda Hards	
2245	2137	00:53:19	Paul Hann	
2246	2291	00:53:19	Brian Black	
2247	2185	00:53:20	Jenna Lord	
2248	2993	00:53:20	Andrew Holmes	
2249	2960	00:53:20	James Taylor	
2250	2350	00:53:20	Alex Mills	
2251	1719	00:53:20	Adam Banner	
2252	2833	00:53:21	Lindsay Stansbury	
2253	2177	00:53:21	Tom Margitson	
2254	2280	00:53:21	Paul Reed	
2255	2554	00:53:21	Kimberly Carter	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2256	2476	00:53:22	Maria Hutson	
2257	2168	00:53:22	Lee Hannant	
2258	2606	00:53:23	Sean Thompson	
2259	3745	00:53:23	Peter Lang	Waveney Valley AC
2260	6468	00:53:23	Simon Clift	
2261	2079	00:53:23	sam jones	
2262	2671	00:53:23	Shane kelly	
2263	1124	00:53:23	Andrew Mundy	Wymondham AC
2264	2604	00:53:24	Matthew Field	
2265	1480	00:53:24	Sarah Cole	Wymondham AC
2266	456	00:53:24	Kathryn Heaney	Wymondham AC
2267	869	00:53:24	Kate Gooding	Wymondham AC
2268	4118	00:53:25	Luke Alderton	
2269	2722	00:53:25	James Griffiths	
2270	2111	00:53:26	Ron Bloomfield	
2271	3783	00:53:26	kevin ames	
2272	2830	00:53:26	George Mcwilliam	
2273	1126	00:53:26	Nick Holtzer	
2274	2844	00:53:26	Daren Maeer	
2275	3293	00:53:27	Alex Coburn	
2276	1486	00:53:27	James Heaney	Wymondham AC
2277	3023	00:53:27	Richard Savelli	
2278	743	00:53:27	toby Russell	
2279	4810	00:53:27	Liam Hobdell	
2280	2120	00:53:27	Nancy Barnard	
2281	4509	00:53:27	Kirk Price	
2282	3044	00:53:28	Jeremy Howard	
2283	1438	00:53:28	Blake Van Eeden	
2284	3646	00:53:28	Phillip Palmer	
2285	2078	00:53:28	Stephen Terry	Norfolk Gazelles AC
2286	2571	00:53:28	Angela Ocal	
2287	3013	00:53:29	Matthew Cork	
2288	1561	00:53:29	Darren Evans	
2289	3715	00:53:30	Robin Taylor	
2290	4110	00:53:30	Emma Pearson	
2291	257	00:53:30	Joe Marriott	
2292	5097	00:53:30	Dylan Powley	
2293	3227	00:53:30	Sharon Chatfield	Lowestoft Road Runners
2294	4682	00:53:30	Marcin Majszczyk	
2295	2767	00:53:30	Steph Ellis	Bure Valley Harriers
2296	4606	00:53:31	Jan Maurits Vlasbloem	
2297	3634	00:53:31	Simon Smyth	
2298	3322	00:53:31	Isabelle Temple	
2299	7571	00:53:31	Stephen Cunningham	
2300	2344	00:53:31	Liam Ray	
2301	2005	00:53:31	Tom Nurse	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2302	2778	00:53:32	Stuart Brewer	
2303	2012	00:53:32	Adam Seaman	
2304	4394	00:53:32	David John Potter	
2305	4393	00:53:32	Louis Cummins	
2306	2366	00:53:33	David Palmer	
2307	2252	00:53:34	Andrew Stebbings	
2308	3773	00:53:34	Cathy Tyrrell	
2309	2085	00:53:34	James Pritchard	
2310	3302	00:53:34	Thomas Bennett	
2311	3007	00:53:34	Paul Henery	City Of Norwich AC
2312	3335	00:53:35	Katie Lingwood	
2313	7107	00:53:35	Thomas Hopkinson	Aylsham Runners
2314	5667	00:53:35	Joshua Fulcher	
2315	2770	00:53:35	Chris Booth	
2316	6531	00:53:35	Darryl Hannan	
2317	4677	00:53:35	Simon Fuller	
2318	5025	00:53:36	Benedict Woodings	
2319	1865	00:53:36	Gary Aldred	Great Yarmouth Road Runners
2320	1091	00:53:37	Harley Peek	
2321	2159	00:53:37	Jack Tarrant	
2322	1715	00:53:38	Sarah Bradley	Norwich Road Runners
2323	2230	00:53:38	Richard Holland	
2324	2359	00:53:38	Lindsay Howlett	
2325	1023	00:53:38	Alistair Robinson	Bure Valley Harriers
2326	2817	00:53:38	Aidan Reilly	
2327	3134	00:53:38	Paul Gooch	
2328	1506	00:53:38	David Dickens	
2329	3289	00:53:39	David Brailey	
2330	2083	00:53:39	Claire Hews	
2331	7640	00:53:39	Matthew Morris	
2332	3655	00:53:40	Sophie Kendall	
2333	1680	00:53:40	Jamie Forshaw	
2334	2348	00:53:40	Stuart Smith	
2335	2063	00:53:40	Paul Richardson	Dereham Runners & AC
2336	1519	00:53:40	Andrew Tibble	Norwich Road Runners
2337	2048	00:53:40	Ella Rogers	London Heathside
2338	2562	00:53:40	Rhiannon Bond	
2339	4462	00:53:40	Natalie Beal	
2340	2087	00:53:40	Neil Flaxman	
2341	3464	00:53:42	Andy Haughton	
2342	1876	00:53:42	Nicholas Smith	
2343	2235	00:53:42	Carlos Nodar	
2344	3777	00:53:43	Oliver Pritchard	
2345	4837	00:53:43	Kieran Brady	
2346	3587	00:53:43	Rachel Gooding	
2347	3063	00:53:43	Oliver Whitby	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2348	2781	00:53:44	Howard Jones	
2349	2929	00:53:44	Claire Sleep	
2350	2424	00:53:45	Matt Sharp	
2351	2559	00:53:45	Will Warnes	
2352	5777	00:53:45	Shagor Chowdhury	
2353	4038	00:53:45	Bailey Findlay	
2354	4163	00:53:45	Dean Peek	
2355	3946	00:53:45	Lucy Philpott	
2356	5090	00:53:46	Danielle King	
2357	3176	00:53:47	James Broughton	
2358	1525	00:53:47	Deborah Blackwell	
2359	3129	00:53:47	John Palmer	
2360	3265	00:53:47	Harry Reilly	
2361	3478	00:53:47	Madeleine Smith	
2362	3613	00:53:47	Martyn Taylor	
2363	4769	00:53:47	Jacob Desborough	
2364	2695	00:53:48	William Corner	
2365	3556	00:53:48	Adrian Dyde	
2366	3089	00:53:48	Stuart Matheson	
2367	4101	00:53:48	Daniel Jeffrey	
2368	4062	00:53:49	Ross Hobart	
2369	3700	00:53:49	Ben Bonsey	
2370	3266	00:53:49	Genya Edwards	
2371	8044	00:53:49	Craig David	
2372	1228	00:53:50	Martin Taylor	
2373	7810	00:53:50	Evie Brandish	
2374	3090	00:53:50	Denise Ewart	
2375	2033	00:53:50	Simon Hilburn	
2376	4926	00:53:50	Roisin Delaney	
2377	2720	00:53:51	Simon Willis	
2378	3925	00:53:51	Kim Blazer	
2379	4841	00:53:51	Martin Horrex-Heys	
2380	2011	00:53:51	Denis Tuttle	Lonely Goat RC
2381	2839	00:53:51	Annie Hughes	Run Things Run Club
2382	5291	00:53:52	Joshua Powley	
2383	3157	00:53:52	Danielle Beuttell	
2384	2742	00:53:52	Paul Davis	
2385	8511	00:53:53	Adrian Vincent	
2386	3754	00:53:53	Stephanie Brown	
2387	2130	00:53:54	Neal Wolton-Harragan	
2388	4095	00:53:54	Malcolm Jones	
2389	2201	00:53:55	Neil Burwood	Waveney Valley AC
2390	3707	00:53:55	Stefan Rider	
2391	5509	00:53:56	Linda Green	
2392	2440	00:53:56	Wayne Hopkin	
2393	2712	00:53:57	Daniel Rogers	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2394	3394	00:53:57	Lucy Vanhinsbergh	
2395	3144	00:53:57	Nicola Holmes	
2396	3374	00:53:57	Monty Chamberlain	
2397	3440	00:53:58	Polly Ferris	
2398	3567	00:53:58	Emma Deeba	
2399	2284	00:53:58	Louise Rowe	Dereham Runners & AC
2400	2627	00:53:58	Olivia Nicholas	Beccles & Bungay Harriers
2401	1534	00:53:58	Ewan Wilson	
2402	2664	00:53:59	Vicki Symonds	Great Yarmouth Road Runners
2403	3800	00:53:59	Adam Fiddament	
2404	3032	00:53:59	Michele Alexander	Great Yarmouth Road Runners
2405	3382	00:53:59	Thomas Canning	
2406	2937	00:54:00	Victoria Stocker	
2407	2561	00:54:00	Ben Clark	
2408	3081	00:54:01	Laura Ridout	
2409	3041	00:54:01	Caroline Nunn	
2410	3927	00:54:01	Caroline Dickinson	
2411	2238	00:54:01	Peter Sharpe	Wymondham AC
2412	2614	00:54:02	George Marshall-Dutton	
2413	3222	00:54:02	Derek Jackson	
2414	3617	00:54:03	Matt Downton	
2415	4684	00:54:03	Richard Allen	
2416	3109	00:54:03	Elaine Hudson	Norfolk Gazelles AC
2417	2943	00:54:04	Calix Eden	
2418	4008	00:54:05	Tommy Taylor	
2419	3479	00:54:05	Paul Utting	
2420	6548	00:54:05	Chris Tyrrell	
2421	3485	00:54:06	Rob Booty	
2422	5205	00:54:06	Emily Cuthell	
2423	1518	00:54:06	Jonathan McManus	Norwich Road Runners
2424	5785	00:54:06	Sam Loaker	Abingdon AC
2425	1973	00:54:06	Graeme Wooden	
2426	2908	00:54:07	Leigh Gracie	
2427	2622	00:54:07	nicola morley	
2428	3055	00:54:08	Stuart Canwell	
2429	3477	00:54:08	Matthew Cubitt	
2430	3940	00:54:08	Sandra Dixon	
2431	3802	00:54:08	Gio Fernandez	
2432	2191	00:54:08	Alaine Fielding	
2433	3552	00:54:09	Mark Peel	
2434	2590	00:54:09	Lisa Stoner	
2435	6537	00:54:09	Oliver Whipp	
2436	943	00:54:09	Desmond Michael	Barnet & District AC
2437	4779	00:54:09	Charles Wilson	
2438	2659	00:54:09	Matt Barnes	
2439	3386	00:54:09	Alex Hagg	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2440	3996	00:54:10	Simon Hagg	Tri-Anglia Triathlon Club
2441	4624	00:54:10	Anna Wilson	
2442	54	00:54:10	Tom Lake	
2443	1396	00:54:10	Scott Steward-Smith	
2444	2948	00:54:11	George Cheeseman	
2445	1756	00:54:11	Gareth Williams	
2446	2616	00:54:11	Peter Norton	
2447	2966	00:54:12	Oliver Smith	
2448	2438	00:54:12	Amis Clifford	
2449	1702	00:54:13	Gemma Garland	
2450	2838	00:54:13	Matt Johnson	
2451	4956	00:54:13	Bronwyn Elsdon	
2452	2547	00:54:14	Martin Hanner	
2453	2107	00:54:14	Darren Kent	
2454	2183	00:54:14	Paul Cottrell	Norfolk Gazelles AC
2455	1526	00:54:14	Jurgen Long	
2456	1991	00:54:15	Richard Lain-Smith	
2457	2182	00:54:15	Danny Cottrell	
2458	1897	00:54:15	Oliver Boon	
2459	2875	00:54:16	Pamela Luna	
2460	3640	00:54:16	Tom Musgrove	
2461	2510	00:54:16	Javier Gonzalez Castro	
2462	3744	00:54:17	John Bennett	
2463	4578	00:54:17	Bill Downs	
2464	1173	00:54:18	Michael Green	Great Yarmouth Road Runners
2465	3181	00:54:18	Theodore Jones	
2466	1798	00:54:18	Robert Chappell	
2467	3296	00:54:18	Sacha Downs	
2468	1807	00:54:18	Rajesh Prakasam	
2469	2419	00:54:18	Richard Booth	
2470	5013	00:54:19	Oliver Barker	
2471	2635	00:54:19	Chloe Higenbottam	
2472	4573	00:54:19	Sam Aylmer	
2473	1912	00:54:19	Sally Crockett	
2474	3088	00:54:19	Haydn Orford	
2475	2741	00:54:19	Julie Price	City Of Norwich AC
2476	4480	00:54:19	Mark Willis	
2477	3094	00:54:20	Fay Wheeler	Tri-Anglia Triathlon Club
2478	3018	00:54:20	Gareth Everitt	
2479	2100	00:54:20	Tom Roe	
2480	2922	00:54:20	Stefan Baber	Tri-Anglia Triathlon Club
2481	4486	00:54:20	Alan Mickleburgh	
2482	3190	00:54:20	Jacek Staworzynski	
2483	3714	00:54:20	Andrew Grey	
2484	2568	00:54:21	Sammy-Jo Edwards	
2485	3910	00:54:21	Katie Wright	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2486	2395	00:54:21	Matt Stokes	
2487	1344	00:54:21	Shaun Mary	
2488	4286	00:54:22	Duncan Bradshaw	
2489	1239	00:54:22	Andy South	
2490	7433	00:54:23	Luke Shacklock	
2491	3198	00:54:23	Chris Baldwin	Norwich Road Runners
2492	2864	00:54:23	Nick Steven-Jones	
2493	3150	00:54:24	Matthew Robinson	
2494	3421	00:54:24	Alex Campbell	
2495	3361	00:54:24	Olivia Abbott	
2496	5341	00:54:24	Naomi Martindale	
2497	4128	00:54:24	Louise Farr	
2498	2755	00:54:25	Mark Whiting	
2499	4535	00:54:25	Daniel Carter	
2500	5481	00:54:26	Kelvin Norton	Runners-Next-the-Sea
2501	6360	00:54:26	Luke Morfitt	
2502	3638	00:54:26	Alan Dean	
2503	3226	00:54:26	Christina Sharpe	Wymondham AC
2504	7634	00:54:27	Kathy Findlay	
2505	4335	00:54:27	Neil Thrush	
2506	6277	00:54:27	Maddy Nutile	
2507	5781	00:54:27	Tom Dickerson	
2508	3668	00:54:27	Emma Evans	
2509	3551	00:54:28	Paul Clarke	
2510	3337	00:54:28	Simon Kettley	
2511	3413	00:54:28	Annalese Pitt	
2512	2769	00:54:28	Jacqui Munford	
2513	4507	00:54:29	Jason Brighton	
2514	2064	00:54:29	Beverley Luckins	
2515	4103	00:54:29	Frances Brown	
2516	3481	00:54:30	Harry Cresswell	
2517	4108	00:54:30	Hannah Rae Thomas	
2518	2628	00:54:30	Steve Gowing	
2519	6009	00:54:30	Paul Malcolm	
2520	2494	00:54:30	Stuart Claxton	
2521	5089	00:54:30	Steve Berry	
2522	2170	00:54:31	Sue Cooke	
2523	3695	00:54:31	Chris Wilson	
2524	4144	00:54:31	James Duthie	
2525	2175	00:54:31	Simon Parker	
2526	3260	00:54:31	Peter Thomas	
2527	2536	00:54:31	Jemma Collins	
2528	4529	00:54:31	Crosley Stokes	
2529	4530	00:54:32	Crystal Stokes	
2530	5555	00:54:32	Simon Coleman	
2531	3000	00:54:32	Jon Periam	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2532	3585	00:54:33	Trevor Rowlands	
2533	4256	00:54:33	Rae Goodacre	
2534	3170	00:54:33	Louie Watts	
2535	3756	00:54:33	David Ward	
2536	5195	00:54:33	Thomas Plane	
2537	5798	00:54:34	Paul Hawkins	Tri London
2538	2981	00:54:34	Lucy baker	Aylsham Runners
2539	1942	00:54:34	Hannah Halsey	
2540	799	00:54:34	David Nurse	Reigate Priory AC
2541	1450	00:54:34	George Bower	
2542	1755	00:54:34	Tiffinie Gowing	
2543	2886	00:54:34	Charles Moore	
2544	7727	00:54:34	Jamie Olney	
2545	2816	00:54:35	Tim Buttifant	
2546	3536	00:54:35	Georgina Hyden	
2547	3399	00:54:36	Paul Choak	
2548	5016	00:54:36	Rupert Fox	
2549	3473	00:54:37	Samuel Parsons	MY CLUB IS NOT LISTED
2550	4017	00:54:37	Tom Alexander-Williams	
2551	3750	00:54:37	Lisa Walters	
2552	1679	00:54:37	James Ames	
2553	4747	00:54:38	Kate Smith	
2554	2572	00:54:38	Gavin Flood	
2555	2418	00:54:38	Emma Wilder	
2556	2149	00:54:39	Martin Nicholson	
2557	4403	00:54:39	Barry Allen	
2558	2595	00:54:39	Vilma Vensloviene	Thetford AC
2559	3805	00:54:39	Rhianna Green	
2560	3482	00:54:39	Jon Heywood	
2561	3030	00:54:39	Mark Ramsden	
2562	3685	00:54:40	Dave Granger	Waveney Valley AC
2563	3348	00:54:40	Charlotte Taylor	
2564	3261	00:54:40	Andrew McCormack	
2565	2402	00:54:40	Julian Hanton	
2566	3541	00:54:40	Grant Miles	
2567	2888	00:54:40	Matt Smith	
2568	2475	00:54:41	Terry Hutson	
2569	1986	00:54:41	Sam Barton	
2570	7001	00:54:41	Danny Saunders	
2571	3110	00:54:41	Anna Wright	Norwich Road Runners
2572	3353	00:54:42	Danielle Crane	Norwich Road Runners
2573	4586	00:54:42	Phil Wakefield	Dereham Runners & AC
2574	5753	00:54:43	Graham Madge	
2575	1188	00:54:43	Peter Hannon	
2576	1471	00:54:43	Kelly Simmonds	
2577	6621	00:54:43	Sharen Madge	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2578	3117	00:54:44	Mark Sayer	
2579	4538	00:54:44	Michaela Larter	
2580	3611	00:54:44	Kevin Bull	
2581	3355	00:54:45	Katie Kew	Saint Edmund Pacers
2582	2632	00:54:45	Michelle Lightfoot	Bungay Black Dog RC
2583	8191	00:54:45	Christopher Bates	
2584	2850	00:54:45	Anna Terrington	
2585	1366	00:54:45	Nicola Jepson	Norfolk Harriers RC
2586	1846	00:54:46	Keith Yaxley	
2587	3159	00:54:46	Vicky Bailey	Norwich Road Runners
2588	3132	00:54:47	Judith Berry	Ryston Runners
2589	3040	00:54:47	Lindsay Neenan	
2590	2320	00:54:47	Seb Saunders	Shenley Striders
2591	3364	00:54:47	Jack Goddard	
2592	4640	00:54:47	Simon Carroll	
2593	2730	00:54:48	Mark Sanders	
2594	1670	00:54:48	Anthony Richens	
2595	3316	00:54:48	Anthony Moss	
2596	2239	00:54:49	Richard Ossitt	
2597	3367	00:54:49	Duncan Yuile	
2598	2485	00:54:49	Seth Atkin	City of Birmingham Striders
2599	7228	00:54:50	Roy Cooper	
2600	3182	00:54:50	Jonathan Howes	
2601	2744	00:54:50	Jane Freeman	Norfolk Gazelles AC
2602	4930	00:54:50	Wylliam James	
2603	3449	00:54:50	Jo Ruggles	
2604	3048	00:54:51	Valeria Kiss	
2605	2555	00:54:51	Sophia Horton-Jones	Dereham Runners & AC
2606	2876	00:54:51	ANTHONY CARNEY	
2607	5496	00:54:51	Harry Welford	
2608	1276	00:54:51	Kevin Stark	Great Yarmouth Road Runners
2609	7929	00:54:51	Carl Cantillon	
2610	4281	00:54:51	Sam Emmerson	
2611	3900	00:54:51	Archie Wade-Briggs	
2612	2946	00:54:51	Jonathan Brighton	
2613	1193	00:54:52	Guy Shearwood	Tri-Anglia Triathlon Club
2614	3833	00:54:52	Fiona Tucker	
2615	3966	00:54:52	Pawel Lukaszewicz	
2616	3899	00:54:52	Annie Sturrock	
2617	4701	00:54:52	Luke Bellamy	
2618	1673	00:54:52	Emily Barnston	
2619	2608	00:54:53	James Richmond	
2620	914	00:54:53	Dan Nichols	
2621	5719	00:54:54	Helen Pidgeon	
2622	3909	00:54:54	Lily woods	
2623	3908	00:54:54	Brian Donovan	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2624	913	00:54:54	Alexxandra Tills	
2625	3070	00:54:55	Simon Cutts	
2626	2754	00:54:56	Gail Thomas	
2627	6812	00:54:56	Sally Hart	
2628	2773	00:54:56	Craig Osben	
2629	4188	00:54:57	Rachel Boyce	
2630	3114	00:54:57	Robert Whalen	
2631	6487	00:54:57	Spencer Payton	
2632	3543	00:54:57	Jordan Sibley	Waveney Valley AC
2633	3920	00:54:58	Emma Cornish	Norfolk Gazelles AC
2634	2537	00:54:58	Eleanor Oxborough	
2635	3583	00:54:59	Richard Wallis	
2636	2629	00:54:59	Charlotte Stokes	
2637	2711	00:54:59	Connor Newstead	
2638	2954	00:54:59	Michael pointer	
2639	1997	00:54:59	Edward Savage	
2640	2931	00:54:59	Suzanne Beavis	Reepham Runners
2641	3631	00:54:59	Thomas Carding	
2642	938	00:55:00	Kasper Powles	
2643	2889	00:55:00	STUART GRIMSEY	
2644	3273	00:55:00	Jens Schweigart	
2645	3733	00:55:00	Natasha Phayre	Norfolk Gazelles AC
2646	3530	00:55:00	Chris Hartley	
2647	1562	00:55:01	Nigel Bradley	Wymondham AC
2648	7928	00:55:01	Raghul Sekar	
2649	1921	00:55:01	Stefan Payne	
2650	2899	00:55:02	Pierce Badger	
2651	2853	00:55:02	Jacob Rory Stirling	
2652	3008	00:55:02	Richard Taylor	
2653	7518	00:55:02	Matthew Harbord	
2654	2356	00:55:02	Andy Hibbins	
2655	2206	00:55:02	Simon Best	
2656	2762	00:55:03	Kerry Reynolds	
2657	3913	00:55:03	Matt Bradfield	
2658	2786	00:55:04	Leanne Heavens-Hunt	
2659	6175	00:55:04	Jemima Malcolm	
2660	4322	00:55:04	Cat Wardell	
2661	2800	00:55:04	Kerry Lymbery	
2662	2713	00:55:04	Richard Crossland	
2663	2211	00:55:04	James Sharpe	
2664	2902	00:55:06	Bethanie Weldon	Wymondham AC
2665	2412	00:55:06	Emma Chambers	
2666	3092	00:55:06	Philippa Rudd	Tri-Anglia Triathlon Club
2667	1727	00:55:06	Imogen Crossland	
2668	2654	00:55:07	Nigel Gilham	Bungay Black Dog RC
2669	4328	00:55:07	Julie Barnes	Fordy Runs Running Club

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2670	5774	00:55:07	Charlie Dugdale	MY CLUB IS NOT LISTED
2671	1593	00:55:07	Jamie Bowler	
2672	3554	00:55:08	Daniel Furr	
2673	2696	00:55:08	Naomi Kent	Great Yarmouth Road Runners
2674	4085	00:55:08	Matt Purling	
2675	2749	00:55:09	James Moss	
2676	3196	00:55:09	Robert Dennant	
2677	2670	00:55:09	Ashley Judd	
2678	4712	00:55:09	Tom Bailey	
2679	3120	00:55:09	sara Claxton	
2680	2976	00:55:09	Jamie Whitworth	
2681	3441	00:55:09	Mark Bailey	
2682	2870	00:55:10	Laura Halstead	
2683	2843	00:55:10	Karen Burgess	
2684	3051	00:55:10	Tony Millett	Norwich Road Runners
2685	3918	00:55:11	Katie Skipper	
2686	2229	00:55:11	Nathan Voller	
2687	3670	00:55:11	Jaqueline Reeve	
2688	3534	00:55:11	Lee Pavett	
2689	4424	00:55:11	Kai Ming Chan	
2690	1720	00:55:11	Connor Harwood	Norfolk Gazelles AC
2691	3934	00:55:12	Gina Steggall	
2692	3873	00:55:13	Thomas Owen	
2693	5239	00:55:13	Mike Ng	
2694	5395	00:55:13	Gary Asker	
2695	2584	00:55:14	Hayley Summerfield	
2696	4275	00:55:14	Nick Hawkes	
2697	2219	00:55:15	Catherine Dunbar	
2698	2339	00:55:15	Thierry Pigeanne	
2699	2317	00:55:15	Gary Funnell	
2700	3285	00:55:16	Gabriel Marchant	
2701	2541	00:55:16	Simon Self	
2702	3658	00:55:16	Kate Holtzer	Waveney Valley AC
2703	3597	00:55:16	Belle Watkins	Bure Valley Harriers
2704	2792	00:55:16	Simon Underhill	
2705	3145	00:55:16	Sophie Hudson	
2706	3475	00:55:17	Vinnie King	
2707	3187	00:55:17	Stephen Sweatman-Wright	
2708	4579	00:55:17	Daniel Bullion	
2709	6204	00:55:18	Joanne Bates	
2710	3653	00:55:18	Keeley Papworth	
2711	4210	00:55:18	Graham Kemp	Bungay Black Dog RC
2712	2724	00:55:18	Katherine Wright	North Norfolk Beach Runners
2713	2129	00:55:18	Sarah Russell	
2714	1532	00:55:18	Paul Peek	Waveney Valley AC
2715	5194	00:55:18	Max Underwood	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2716	1313	00:55:19	Gemma Minors	
2717	315	00:55:19	Daniel Tindall	
2718	5484	00:55:19	Ray Prescott	
2719	2321	00:55:19	Ross Dawson	
2720	3505	00:55:19	Fiona Springall	Waveney Valley AC
2721	4490	00:55:20	Martin Harvey	Fordy Runs Running Club
2722	2121	00:55:20	Nick Saunders	
2723	4741	00:55:20	Emily Barnard	
2724	4059	00:55:20	Lucie Hunter	
2725	3107	00:55:20	Kai Hewitt	
2726	4160	00:55:21	Franky Tripp	
2727	961	00:55:21	Amy Sewell	
2728	2969	00:55:21	Katrina Bavin	
2729	3392	00:55:21	Alex Ferris	
2730	2519	00:55:22	Kate Hutson	Ipswich Jaffa RC
2731	4094	00:55:22	James Hicks	
2732	3825	00:55:22	Christine Williams	Wymondham AC
2733	3012	00:55:22	Christie Williamson	
2734	2810	00:55:22	Ollie Douglas	
2735	3964	00:55:22	Natasha Blakely	
2736	2247	00:55:23	Kelly McGill	Thetford AC
2737	2361	00:55:23	Alix Howard	Dereham Runners & AC
2738	2345	00:55:24	Richard westley	
2739	3432	00:55:24	James Richards	
2740	2580	00:55:24	Shanon Hodgson	
2741	3798	00:55:25	Elisabeth Peck	
2742	3125	00:55:25	Stefan arsene	
2743	2195	00:55:26	Craig Rackham	
2744	4134	00:55:27	Chris Burgoyne	
2745	7113	00:55:27	Chelsey Chick	
2746	2513	00:55:27	Wayne Coleman	
2747	3526	00:55:28	Lynn Cook	
2748	3975	00:55:28	David Hutt	
2749	3118	00:55:28	Daniel Sayer	
2750	4577	00:55:28	Adam Barker	
2751	4621	00:55:28	Joe Welton	
2752	3307	00:55:28	Chris Goldsmith	
2753	2648	00:55:29	Edward Whall	
2754	4223	00:55:29	Jonathan Pett	
2755	2551	00:55:29	Morgan Haynes	
2756	5326	00:55:29	Nicola Byford	
2757	2761	00:55:30	Paul Stephens	
2758	3451	00:55:31	Paul Robbins	
2759	2422	00:55:32	Christopher High	
2760	4231	00:55:32	Kerry Clarke	Aylsham Runners
2761	3160	00:55:32	Dave Catchpole	Waveney Valley AC

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2762	2725	00:55:32	Lucy Cook	
2763	6305	00:55:32	Federico Alfano	
2764	2585	00:55:32	Barrie Shacklock	
2765	5360	00:55:32	mark quadling	
2766	2225	00:55:33	Jordan Bacon	
2767	2073	00:55:33	James Desborough	
2768	2508	00:55:33	Tom Harvey	
2769	2577	00:55:33	Aaron Cook	
2770	4766	00:55:34	Gabriel Glen	
2771	3395	00:55:34	Chloe Webb	
2772	4493	00:55:34	Clare Ansbro	
2773	2607	00:55:35	Amanda Brand	
2774	3358	00:55:35	Malgorzata Grucelska	
2775	3637	00:55:35	Thomas Matthews	
2776	1935	00:55:35	Elysa Lovett	
2777	8120	00:55:35	Jason Lofty	
2778	4331	00:55:35	Ben Vernon	
2779	4584	00:55:36	Robert Pyke	
2780	2643	00:55:36	Declan Marks	
2781	2428	00:55:36	Sharna Tate	
2782	1968	00:55:36	Lucy McNarry	
2783	1569	00:55:37	Roy Tait	
2784	4648	00:55:37	Amy Lake	
2785	2200	00:55:37	Darren Walsgrove	
2786	3194	00:55:37	Eilbhe MacKay	
2787	3852	00:55:37	Vanessa Munford	
2788	3221	00:55:37	Mark Lambert	
2789	3763	00:55:39	Sarah Marling	
2790	2522	00:55:39	rachel burt	
2791	3202	00:55:39	Sammi Carroll	
2792	4396	00:55:39	James Whitaker	
2793	3352	00:55:40	Sally Higgins	
2794	3729	00:55:40	Dennis Rogers	
2795	4209	00:55:40	Jodhie McCourt	
2796	2808	00:55:40	Stuart Chapman	Dereham Runners & AC
2797	3366	00:55:40	Sheli Blackburn	Harling Athletic Club
2798	1872	00:55:41	David Clark	
2799	2259	00:55:42	Rachele Kelsall	
2800	3821	00:55:42	Hannah Douglas	Norwich Road Runners
2801	4556	00:55:42	Ruth Tolbart	North Norfolk Beach Runners
2802	3379	00:55:42	Paul Whitehorn	
2803	2746	00:55:42	Emily Jordan	Bure Valley Harriers
2804	4045	00:55:43	Joseph Toal	
2805	2878	00:55:43	Daniel Frappell	
2806	3566	00:55:43	Alex Challis	
2807	2095	00:55:43	Colin Withers	Norwich Road Runners

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2808	4631	00:55:44	Jorge Cristobal Enriquez	
2809	2698	00:55:44	Stuart Andrews	
2810	2842	00:55:44	Jeremy Lee	
2811	2480	00:55:44	Vicky Cornforth	
2812	3943	00:55:44	Chris Groves	Tri-Anglia Triathlon Club
2813	3743	00:55:45	Peter Harwood	Norfolk Gazelles AC
2814	3748	00:55:45	George Thompson	
2815	2693	00:55:45	Allan Ledward	
2816	5764	00:55:45	Paul Youngman	Tri-Anglia Triathlon Club
2817	3521	00:55:45	Andrew Thorpe	
2818	2270	00:55:45	David Spurgeon	
2819	4236	00:55:46	Emma Pain	Aylsham Runners
2820	4054	00:55:46	Tom Brown	
2821	2401	00:55:46	Gregory Hannam	
2822	7171	00:55:46	Carlene Fenn	
2823	1488	00:55:46	Daniel Shanks	
2824	3161	00:55:46	Kerrie Lingwood	Aylsham Runners
2825	1762	00:55:46	Tracy Stevens	Wymondham AC
2826	1350	00:55:46	Andy Walter	Norfolk Gazelles AC
2827	4317	00:55:47	Charles Forsdick	
2828	2525	00:55:48	James Utting	
2829	4169	00:55:48	Ian Scales	
2830	6275	00:55:48	michael johnson	
2831	4423	00:55:49	Grace Parry	
2832	5591	00:55:49	ben nichols	
2833	4525	00:55:49	Claire Thirkettle	Norwich Road Runners
2834	3376	00:55:49	Paul Bilham	
2835	3684	00:55:50	Guy Houldsworth	
2836	2974	00:55:50	Carl Atkins	
2837	4876	00:55:50	Sharon Bracey	
2838	3271	00:55:50	Rob Brightwell	
2839	3836	00:55:51	Danny Fiske	
2840	4742	00:55:51	Holly Wardale	
2841	4034	00:55:51	Andy Thompson	
2842	4037	00:55:51	Stuart Sayer	Norwich Road Runners
2843	5627	00:55:51	Samantha Faulkner	
2844	5656	00:55:51	James Elliott	
2845	4268	00:55:51	Sophie Cross	
2846	3874	00:55:53	Daniel Pagan	
2847	1297	00:55:54	Robby West	
2848	3046	00:55:54	Rachel Dance	
2849	2753	00:55:54	Chris Bolderstone	
2850	5100	00:55:54	Tom Nichols	
2851	4590	00:55:54	Caroline Fernandez	
2852	3280	00:55:55	Charlotte Claydon	
2853	2997	00:55:55	Libby Middleditch	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2854	1094	00:55:56	Joseph Alexander-Phelan	
2855	3495	00:55:56	Shiela Vasquez	Boston & District AC
2856	3928	00:55:56	Alex Dickinson	
2857	2665	00:55:56	Harrison harper	
2858	4445	00:55:56	James Scott	
2859	3847	00:55:56	Edmund Bridge	
2860	5091	00:55:56	Jacob Stone	
2861	903	00:55:57	Dan Skipper	
2862	2300	00:55:58	Lorena Latisaite	
2863	4570	00:55:59	Tracey Mitchell	
2864	1531	00:55:59	Wayne Munns	
2865	3059	00:55:59	Lyndsey GIRLING	Diss and District AC
2866	4415	00:55:59	Charlie Wright	
2867	1112	00:55:59	Sonny Gardiner	
2868	3666	00:55:59	Louise Plunkett	
2869	3083	00:56:00	Rhian Gethin	
2870	2703	00:56:00	Chris Hyam	
2871	2563	00:56:00	Dale Larwood	
2872	4900	00:56:00	John Gibson	
2873	5716	00:56:01	Juan David Perez Perez	
2874	5208	00:56:01	Colin Lockwood	
2875	2649	00:56:01	Lily Johns	
2876	2877	00:56:01	Emma Hendrey	
2877	4243	00:56:01	SIMON EDWARDS	
2878	3084	00:56:02	Isaac Gethin	
2879	4709	00:56:02	Dominic Bill	
2880	2650	00:56:03	Susanna Johns	
2881	5572	00:56:03	Matthew Jackson	
2882	3739	00:56:03	D GRAY	Norwich Road Runners
2883	4245	00:56:04	Simone Stolworthy	
2884	4720	00:56:04	Simon Medler	
2885	3735	00:56:04	Sophie Smith	
2886	3448	00:56:04	Finbar Conway	
2887	2157	00:56:05	Naomi Kitchen	
2888	3774	00:56:05	Louise Firman	
2889	4736	00:56:05	Claire Punchard	
2890	6315	00:56:05	Blair Morrison	
2891	3169	00:56:05	Sammy Jackson	
2892	4663	00:56:05	Kathryn Jervis	
2893	3001	00:56:06	Isobel Holroyd	
2894	2959	00:56:06	Paul Dunn	
2895	7988	00:56:06	Jake Horscroft	
2896	2819	00:56:07	Michael Cartwright	
2897	2985	00:56:07	Ian Freel	
2898	4999	00:56:07	Katie Vipond	
2899	2647	00:56:08	Jon Holt	Lonely Goat RC

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2900	2688	00:56:08	Natisha Ramsbottom	Dereham Runners & AC
2901	2906	00:56:09	Steven Hewkin	
2902	5399	00:56:09	Steven Baldwin	
2903	4811	00:56:09	Louise Desmond	
2904	4833	00:56:09	Matthew Jack	
2905	1334	00:56:09	Philip Websdale	Dereham Runners & AC
2906	2645	00:56:10	Hayley Gerrard	Wikiwiki Tri Team
2907	3956	00:56:10	Simon Rouse	
2908	2349	00:56:10	Benjamin Hardie	
2909	3594	00:56:11	Darren David	Great Bentley Running Club
2910	2772	00:56:11	Alex Donnelly-Palmer	RunThrough
2911	3061	00:56:12	Mike Hardy	
2912	3344	00:56:13	Timothy Waddell	
2913	2217	00:56:13	Chas Campen	
2914	4548	00:56:13	William Templeton	
2915	8099	00:56:13	Sarah Foote	
2916	3038	00:56:13	Jonathan Keymer	
2917	4514	00:56:14	Tom Rockingham	
2918	6378	00:56:15	David Percival	Attleborough Athletics Academy
2919	4426	00:56:15	Paul Westgate	Great Yarmouth Road Runners
2920	5261	00:56:15	Lewis Markwell	
2921	2160	00:56:16	Vicki Tarrant	
2922	4568	00:56:16	Naomi Pearson	
2923	4300	00:56:16	Cecilia Basnett	
2924	7295	00:56:16	Connor Meeks	2 Dash
2925	4370	00:56:16	Julia Kennelly	Wymondham AC
2926	2885	00:56:17	Robert Hemmens	
2927	4582	00:56:18	Martyn Bond	
2928	6688	00:56:18	Victoria Chadwick	
2929	3042	00:56:18	Hope Middleton	
2930	4513	00:56:19	Amelia Hunt	
2931	6782	00:56:19	Rosey Halvey	Norwich Road Runners
2932	4611	00:56:20	Paul Harrod	Waveney Valley AC
2933	960	00:56:20	Chris Goodwin	
2934	2672	00:56:20	Ajay Jadhav	
2935	1842	00:56:20	Stephen Bunce	
2936	1111	00:56:20	Tom Clark	
2937	6505	00:56:21	Victoria Bowen	Bungay Black Dog RC
2938	3287	00:56:21	Martha Manning	
2939	3291	00:56:21	Susan Stirling	Wymondham AC
2940	3298	00:56:22	Heather Stokes	
2941	3588	00:56:22	Adam Wigley	
2942	5584	00:56:22	Andy Smith	Coltishall Jaguars RC
2943	3870	00:56:22	Brendan Audis	
2944	1804	00:56:22	Kieran Harrington-Ball	
2945	3673	00:56:22	Jordan Beales	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2946	5963	00:56:23	Deborah Pomphret	Harlow Running & Tri Club
2947	5283	00:56:23	Chi Kin Chiu	
2948	3249	00:56:23	Luke Johnson	
2949	5710	00:56:24	Michael Antill	
2950	3306	00:56:24	Giles Kerkham	Norwich Road Runners
2951	6654	00:56:24	Kieran Hyde	
2952	4055	00:56:24	Rachel Mather	
2953	4417	00:56:25	Ben Aylmer	
2954	3186	00:56:25	Adam Yaxley	
2955	4759	00:56:25	Izzy Windle	
2956	5189	00:56:25	Nigel Janes	
2957	2567	00:56:25	Aaron Nice	
2958	8030	00:56:26	Michael Rush	
2959	5677	00:56:26	Jon Myhill	
2960	3301	00:56:27	David Briars	
2961	6665	00:56:27	Kelsey Samson	
2962	5922	00:56:28	Ben Holman	
2963	2764	00:56:28	DAVID SHIRLEY	
2964	3525	00:56:28	amy mills	
2965	5416	00:56:29	Sam Brighten	
2966	1688	00:56:29	Billy Simmons	
2967	4410	00:56:29	Rachel Woodier	
2968	4208	00:56:29	Avril Squire	
2969	2956	00:56:30	Carl Jones	
2970	7280	00:56:30	Triona Ni Dhomhnaill	Norfolk Gazelles AC
2971	3241	00:56:30	Antonio Baiao	
2972	3282	00:56:30	Misty Smith	Ipswich Jaffa RC
2973	3549	00:56:30	Kate Ledwidge	
2974	4090	00:56:30	Charlotte Gilligan	
2975	2173	00:56:31	Alex Batt	
2976	5175	00:56:31	Andrew Smith	
2977	4380	00:56:31	Tracy Smith	
2978	3832	00:56:31	Richard Tucker	
2979	3123	00:56:31	Mike Harsley	
2980	1075	00:56:32	Scott Bemment	Clapham Chasers
2981	1916	00:56:32	Neil Batchelor	
2982	3972	00:56:33	Dave Stone	
2983	4489	00:56:33	Sarah Liddiard	
2984	3340	00:56:33	alistair danesh	
2985	4740	00:56:33	Ian Linnett	
2986	2208	00:56:33	Beka Howes	
2987	2988	00:56:34	Paul Wheeler	Norwich Road Runners
2988	4360	00:56:34	Pete Casson	
2989	5681	00:56:35	Luke Smith	
2990	5772	00:56:36	Vladimir Laptikhovsky	
2991	6287	00:56:36	Jeremy Haslett	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
2992	4914	00:56:36	James Stacey	
2993	6335	00:56:37	Jay Nichols	
2994	2674	00:56:37	Steve Mcgillivray	
2995	3851	00:56:37	benjamin Robinson	Norwich Road Runners
2996	948	00:56:37	Matt Hawkes	Lonely Goat RC
2997	4511	00:56:38	Jessica Pye	
2998	1131	00:56:38	Theresa Flint	Norwich Road Runners
2999	3599	00:56:38	Laura Mulley	
3000	5146	00:56:38	Rochelle Catchpole	Lonely Goat RC
3001	3500	00:56:38	Liam Davison	
3002	3969	00:56:39	Charly Willis	
3003	1940	00:56:39	Tom Edwards	
3004	3970	00:56:39	Jessica Brown	
3005	3869	00:56:39	Colin Browning	
3006	3212	00:56:40	Esther Skelhorn	Norfolk Gazelles AC
3007	3267	00:56:40	Steve Sharp	
3008	2249	00:56:40	Matt Downing	
3009	4262	00:56:41	Christine Hack	
3010	4066	00:56:41	Paul Newlove	
3011	4334	00:56:41	Patricia Tuttle	Waveney Valley AC
3012	5159	00:56:41	Nicola Edwards	
3013	2621	00:56:41	Shane Smith	
3014	3136	00:56:41	Hattie Atkinson Smith	
3015	3106	00:56:41	Simon Nicholls	Lonely Goat RC
3016	4123	00:56:42	Joe Evans	
3017	4408	00:56:42	Hannah Devine	Beccles & Bungay Harriers
3018	4917	00:56:42	Nicola Kaye	
3019	6174	00:56:43	Teresa Walker	
3020	3647	00:56:43	Sebastian Atkinson	
3021	2986	00:56:43	Thomas Riches	
3022	4667	00:56:43	Derek Wilson	
3023	3868	00:56:44	Kevin Chapman	Norwich Road Runners
3024	3576	00:56:44	Stephanie Fletcher	
3025	3827	00:56:44	Matthew Goodfellow	
3026	1585	00:56:45	Stephen Waters	
3027	4673	00:56:45	Peter Graves	
3028	2389	00:56:45	Mairi Houston	
3029	4175	00:56:46	Gracey Rye	
3030	7210	00:56:46	Alan Pagan	
3031	3404	00:56:46	Rebekah Elphick	
3032	4716	00:56:46	Alex Spinks	
3033	2865	00:56:46	Melissa Welton	
3034	3595	00:56:46	Martin Shelley	Fordy Runs Running Club
3035	2726	00:56:47	sam tungate	
3036	3490	00:56:47	Richard Moss	
3037	4482	00:56:47	Ross Lomax	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3038	4757	00:56:47	Harry Copeman	
3039	3502	00:56:48	Chris Mahoney	
3040	2145	00:56:48	Kyle Lees	
3041	4614	00:56:48	Jacob Tabbanor	
3042	3360	00:56:48	Louise Skoyles	
3043	2968	00:56:49	Phillip Starling	
3044	6962	00:56:49	Ami Reynolds	
3045	2425	00:56:49	Nadine Heseltine	
3046	5327	00:56:49	Bella Elsworth	
3047	3614	00:56:50	Sharon Cannell	Harleston Running Club
3048	4324	00:56:50	Ben Warrent	
3049	4170	00:56:50	Joanna Mullarney	
3050	4772	00:56:51	Martin Greiller	
3051	2385	00:56:51	Matthew Nichols	
3052	4075	00:56:51	Daniel Bycroft	
3053	4284	00:56:52	Maddy Adey	
3054	3391	00:56:52	Laura Harris	
3055	3064	00:56:52	Sarah Reynolds	
3056	3962	00:56:52	Dave Sadler	
3057	3154	00:56:53	Charlotte Murray-Smith	
3058	5566	00:56:53	Bronwyn Lingley	
3059	3243	00:56:53	Nigel Hodge	
3060	5904	00:56:54	William Waine	
3061	2860	00:56:54	Mike Hooper	
3062	4003	00:56:54	Alan Harris	
3063	1915	00:56:54	Andrea Carolina Olave Achury	
3064	2951	00:56:55	George Savva	
3065	3099	00:56:55	Ricky Frost	
3066	4372	00:56:55	Ben Lambert	
3067	5023	00:56:55	Lucy Riley	
3068	3491	00:56:56	James Buchan	
3069	3268	00:56:56	Lucie Harrowing	
3070	2735	00:56:56	Jamie Minors	
3071	4167	00:56:57	Donna Lorne	
3072	320	00:56:57	Steven Harrowing	Norfolk Harriers RC
3073	4494	00:56:57	Rikki George	
3074	2809	00:56:57	James O'Grady	
3075	4067	00:56:58	Dimitri K	
3076	4106	00:56:58	Laura North	
3077	6658	00:56:58	Horatio Page	
3078	5939	00:56:59	James Lusher	
3079	2277	00:56:59	Arthur Bland	
3080	3405	00:56:59	David Freeman	
3081	3701	00:56:59	Ka Fai Stephen Lau	
3082	1737	00:56:59	David Shade	
3083	5167	00:57:00	Joshua Fiddy	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3084	2818	00:57:00	THOMAS FLAHIVE	
3085	8424	00:57:00	Matthew Stanton	
3086	4713	00:57:01	Kate Jackson	
3087	2053	00:57:01	Sean Carr	
3088	4532	00:57:01	David Riley	
3089	2879	00:57:01	James Pratt	
3090	5499	00:57:01	Allan Bush	
3091	3971	00:57:01	John Cloney	Wymondham AC
3092	2188	00:57:02	Emily Linnell	
3093	4808	00:57:03	Cheryl Goymer	Beccles Triathlon Club
3094	6181	00:57:03	Roshan Chhetry	
3095	3661	00:57:03	Alina Sandu	
3096	4626	00:57:03	Laetitia King	Great Yarmouth Road Runners
3097	864	00:57:03	Gordon Knott	
3098	4987	00:57:03	Jake White	
3099	3047	00:57:04	Elizabeth Hall	
3100	5655	00:57:04	Ronan O'Sullivan	
3101	2639	00:57:04	Claire Forkes	
3102	3830	00:57:04	Kimberley Brewer	
3103	3236	00:57:05	Richard Watson	
3104	2656	00:57:06	Ollie Watkins	
3105	6770	00:57:06	Debbie Bannon	
3106	3054	00:57:07	Alison Fiddy	
3107	4119	00:57:07	Rebecca Sampson	
3108	3676	00:57:07	Louis Moyse	
3109	4253	00:57:08	John Adams	
3110	4830	00:57:08	James Kidd	
3111	2142	00:57:08	Robert Bulley	
3112	1389	00:57:09	Lee Myers	
3113	6183	00:57:09	Caroline Brown	
3114	3035	00:57:10	Katie Whitmore	Wymondham AC
3115	4450	00:57:10	Michael Ravenscroft	
3116	3487	00:57:10	Graham Rogers	
3117	4203	00:57:10	Mark Jolly	
3118	3017	00:57:11	David Luton	
3119	3568	00:57:11	Sophie Smith	
3120	6310	00:57:11	Jamie Peacock	
3121	3639	00:57:11	Jerry Ware	
3122	7908	00:57:11	Katie Lofty	
3123	3953	00:57:11	Sam Wood	
3124	4212	00:57:12	Kelly Piesse	Coltishall Jaguars RC
3125	5650	00:57:12	Glenn Russell	
3126	5318	00:57:12	David Royal	
3127	3373	00:57:12	Victoria Earl	
3128	2804	00:57:13	Matthew Armiger	Aylsham Runners
3129	6130	00:57:13	Hayley Preston	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3130	7713	00:57:13	Michelle Bede - Cox	
3131	3698	00:57:14	Stuart Smith	Waveney Valley AC
3132	4359	00:57:14	Lee Kiddell	
3133	4419	00:57:14	Julian Flatt	Lonely Goat RC
3134	3660	00:57:14	Harry Stannard	
3135	3958	00:57:14	ADAM BOUGHEN	
3136	2420	00:57:14	David Brown	
3137	6767	00:57:14	Emma Pells	
3138	3769	00:57:15	John Brierley	
3139	5631	00:57:15	Nick Paul	
3140	4659	00:57:15	Christy Rose	
3141	4111	00:57:15	Kirsty West	
3142	2006	00:57:16	Sarah Nelis	Wymondham AC
3143	5380	00:57:16	Daisy Smith	
3144	4087	00:57:16	Luke Houlding	
3145	3199	00:57:18	Sarah Barber	
3146	2456	00:57:18	Kevin Willoughby	
3147	3284	00:57:18	Martin Godfrey	
3148	2593	00:57:18	Andrew Loveday	
3149	4544	00:57:18	David Linford	
3150	8463	00:57:18	Amy Dines	
3151	6284	00:57:19	Donna Grant	
3152	3078	00:57:20	KEVIN RAYNER	
3153	4031	00:57:20	Tricia Walton	
3154	3677	00:57:21	Cathy Forth	
3155	4015	00:57:21	Chris Nichols	Norwich Road Runners
3156	6219	00:57:21	Lucy Benneworth	
3157	4016	00:57:21	Danielle Manthorpe	
3158	3560	00:57:21	Ken McErlain	
3159	7226	00:57:22	David Ball	
3160	3407	00:57:22	Laura Spratt	Attleborough Athletics Academy
3161	4637	00:57:23	Meike Phillips	
3162	7408	00:57:23	Steven Bennett	
3163	4537	00:57:23	Christine Barnett	Coltishall Jaguars RC
3164	2286	00:57:24	Jason Jeary	
3165	2588	00:57:24	Nick Applin	
3166	8195	00:57:25	Lee Vann	
3167	4021	00:57:25	Charlotte Packman	
3168	5903	00:57:25	Charlotte Hook	
3169	3974	00:57:26	Jodie Ibbbs	Diss and District AC
3170	3149	00:57:27	Alison Beales	
3171	4295	00:57:27	Glenn Seeger	
3172	2610	00:57:27	Rachael Hutchinson	
3173	4636	00:57:27	Telse Beckford	
3174	5334	00:57:27	Ed Hunter	
3175	3188	00:57:27	Matthew Symons	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3176	8470	00:57:28	Craig Farr	
3177	3605	00:57:28	Rosie Carlton	
3178	4755	00:57:28	Harrison Hunter	
3179	3942	00:57:29	Jonathan Mulley	
3180	5661	00:57:29	Paul Skippins	
3181	3573	00:57:29	Peter Forster	
3182	5488	00:57:29	Dan Davies	
3183	2618	00:57:30	Lisa Williamson	
3184	5093	00:57:30	Michael Brown	
3185	5313	00:57:30	Christopher Long	
3186	5668	00:57:30	Charlie Melton	
3187	5660	00:57:30	Caroline Skippins	
3188	4438	00:57:31	Amy Coby	
3189	4771	00:57:31	Luke Farrow	
3190	4240	00:57:31	Richard Truswell	
3191	3784	00:57:31	Steve Beck	
3192	3274	00:57:32	Tom Maingay	
3193	8144	00:57:32	Graham Wade	Thetford AC
3194	3087	00:57:33	Lindsay Smith	Coltishall Jaguars RC
3195	7674	00:57:33	Mark Goodacre	
3196	1401	00:57:33	Conor McCartney	
3197	4993	00:57:33	Emily Warner	
3198	700	00:57:34	Martin Farrimond	
3199	2463	00:57:34	Poppy Burnham	
3200	1170	00:57:34	Phoebe Boswell Hyde	
3201	3706	00:57:34	Barry Wells	Norwich Road Runners
3202	6266	00:57:35	Lorna Hemmant	Beccles & Bungay Harriers
3203	3189	00:57:35	Glenn Barkell	
3204	6089	00:57:35	Hannah Dennant	
3205	4934	00:57:35	Emma Sharples	
3206	6443	00:57:35	Darren Lawes	
3207	4850	00:57:36	Abigail Nelson	
3208	3380	00:57:36	Rebecca Ingham	
3209	3327	00:57:36	James Crisafulli	
3210	4115	00:57:36	Anne Graveling	
3211	4961	00:57:36	Stuart Ellison	
3212	3747	00:57:37	Matt Stevens	
3213	2294	00:57:37	Harrison Page	Lowestoft Road Runners
3214	2178	00:57:37	Anta Sharon Soris	
3215	3003	00:57:37	George Jeffries	
3216	6522	00:57:37	Jon Hooper	
3217	3201	00:57:38	Peter Wapshott	
3218	4388	00:57:38	Richard Pendergast	
3219	2372	00:57:38	Max Barnes	
3220	2371	00:57:39	Nicola Barnes	
3221	2832	00:57:39	Mark Hadley	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3222	6514	00:57:39	Emily Green	
3223	6473	00:57:40	Martin Watters	
3224	3624	00:57:40	Matty Bray	
3225	2624	00:57:40	Elise Aho	Wymondham AC
3226	5550	00:57:40	Andrew Haine	
3227	5415	00:57:40	John Brighten	
3228	4634	00:57:40	Gordon McAteer	
3229	3258	00:57:40	Sophie Sayer	
3230	7828	00:57:40	James Waller	
3231	3890	00:57:40	Ben Marshall	
3232	4097	00:57:41	Ryan Harris-Smith	
3233	8510	00:57:41	Claire Whistlecraft	
3234	8504	00:57:41	Teresa Whistlecraft	
3235	2911	00:57:41	Stephanie Pimlott	Waveney Valley AC
3236	3029	00:57:42	Daniel Scales	
3237	3026	00:57:42	Andy Major	
3238	7757	00:57:42	Sam Coulthard	
3239	4475	00:57:42	Lewis Garvey	
3240	3954	00:57:42	Kierstan Foreman	Norwich Road Runners
3241	2296	00:57:43	Steve Shipley	
3242	1987	00:57:43	Anthony Marett	
3243	2358	00:57:43	sarah lister	
3244	3738	00:57:44	Rick Page	
3245	5135	00:57:44	Konnar Smith	
3246	4919	00:57:44	Christopher Rivett	
3247	3027	00:57:44	Kevin Farrow	
3248	1731	00:57:45	Will Farrow	
3249	4287	00:57:46	Alanna Forrester	Aylsham Runners
3250	5938	00:57:47	Sarah Melton-Whitelam	Three Counties Running Club
3251	3895	00:57:47	Thomas Kerin	
3252	3396	00:57:47	Toby Parker	
3253	3650	00:57:47	Tracey Goodrum	Norfolk Gazelles AC
3254	6008	00:57:47	Emma Milligan	
3255	3167	00:57:48	Tonya Winsley	
3256	4889	00:57:48	Edward Bouckley	
3257	3468	00:57:48	James Norman	
3258	5216	00:57:49	Marian Crossland	City Of Norwich AC
3259	3544	00:57:49	Evie Palmer	Norwich Road Runners
3260	3504	00:57:49	Laura Watson	Runners-Next-the-Sea
3261	3024	00:57:50	Lucy RICHARDSON	Norwich Road Runners
3262	4386	00:57:50	John Elgood	
3263	6560	00:57:51	Kiera Braithwaite	
3264	3329	00:57:51	Elsie Friel	
3265	5754	00:57:52	Damian Leslie	
3266	3619	00:57:53	Teresa Futter	
3267	3480	00:57:53	Jake Gilman	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3268	7769	00:57:53	Bryony Radley	
3269	3704	00:57:53	Daniel Barnard	
3270	3233	00:57:53	Jasmine Fisher	
3271	3691	00:57:53	James Fasham	
3272	4193	00:57:53	Chris Lubbock	Runners-Next-the-Sea
3273	6637	00:57:53	Mark Cole	
3274	4309	00:57:53	Richard Cheeseman	
3275	3608	00:57:53	Amy Culham	
3276	4252	00:57:53	Steven Barker	
3277	8183	00:57:54	Lisa Trower	
3278	4783	00:57:54	Angela Man	MY CLUB IS NOT LISTED
3279	1217	00:57:54	Sam Kent	
3280	3815	00:57:54	Liam Mullen	Lowestoft Road Runners
3281	3941	00:57:55	Clare Gooch	Norwich Road Runners
3282	4725	00:57:55	Leila Mckenna	
3283	2481	00:57:55	Ray Knights	Waveney Valley AC
3284	3705	00:57:55	Fiona Dale	
3285	4081	00:57:55	Ian Sparkes	
3286	4629	00:57:55	John Venes	
3287	4124	00:57:55	Nigel Lyman	
3288	4737	00:57:56	Adam Waters	
3289	4022	00:57:56	Reece Baston	
3290	5763	00:57:56	Nick Mahn	
3291	4700	00:57:56	Emily Bracken	
3292	4329	00:57:56	carla Gilman	
3293	3931	00:57:57	Jordan Reed	
3294	8238	00:57:57	Holly Cross	
3295	4362	00:57:58	Ricky Creed	
3296	4122	00:57:58	Emily Bridges	
3297	5448	00:57:58	Andrew moss	
3298	6714	00:57:58	Jake Hursey	
3299	5462	00:57:59	David Male	
3300	2250	00:57:59	Adam Kimberley	
3301	4304	00:57:59	Duncan Partridge	
3302	3766	00:57:59	Lewis Allen	
3303	1584	00:57:59	Anthony Miller	
3304	7135	00:57:59	Kameron Bircham	
3305	3765	00:58:00	Antony Brind	
3306	5684	00:58:00	Ausra Kennedy	
3307	5149	00:58:00	Kimberley Powles	Wymondham AC
3308	6513	00:58:00	Ethan Taylor	
3309	2507	00:58:00	ROBBIE DOUGAL	
3310	3690	00:58:00	Hayley Gall	
3311	5854	00:58:01	Clare Lewis	
3312	4402	00:58:01	Ian Hill	
3313	292	00:58:01	Lewis Wilkins	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3314	2917	00:58:02	Sam Lincoln	
3315	6397	00:58:02	Josh Hubbard	
3316	3073	00:58:03	Darren Burden	
3317	3074	00:58:03	Emily Burden	
3318	3713	00:58:03	Jennifer Morgan	
3319	4882	00:58:03	Victoria Neville	
3320	5945	00:58:04	Leah Stenning	
3321	6945	00:58:04	Cat Playfair	
3322	351	00:58:05	Alex Walton	
3323	4191	00:58:05	Mark Clenshaw	
3324	3930	00:58:05	Clare Walton	
3325	6299	00:58:05	Roshan LAL	
3326	5589	00:58:05	Stephen Baker	North Norfolk Beach Runners
3327	2431	00:58:05	Aisling Hall	
3328	3903	00:58:06	Jasmine Carr-Daynes	Norwich Road Runners
3329	4211	00:58:07	Jennie Mead	
3330	7267	00:58:07	Chris Gladwell	
3331	3130	00:58:07	Charlotte Room	
3332	2957	00:58:08	Paul Fisk	Havering '90 Joggers
3333	4152	00:58:08	Morgan Newstead	
3334	3128	00:58:08	Katie Room	
3335	6642	00:58:09	Tracy Harvey	
3336	5021	00:58:10	Adam Waite	
3337	4068	00:58:10	Amy Debenham	
3338	2719	00:58:10	Fiona Curtis	Norfolk Gazelles AC
3339	4313	00:58:11	Richard Allsworth	
3340	3098	00:58:11	Sharon Pitcher	Waveney Valley AC
3341	4504	00:58:11	David Thornhill	
3342	6369	00:58:12	Scott Sizer	
3343	4689	00:58:12	Lara Small	
3344	7651	00:58:12	Alin Valica	
3345	4369	00:58:12	Elaine Kleinberg	Wymondham AC
3346	5629	00:58:12	Liam Ray	
3347	4824	00:58:12	Stephen Charman	
3348	3174	00:58:13	Peggy Hughes	
3349	7866	00:58:13	Maria Smith	
3350	4727	00:58:13	Andrew de Klerk	
3351	7568	00:58:13	Max Avery	
3352	8408	00:58:14	Victoria Lawrence	
3353	7099	00:58:14	Seth Rowden	
3354	3722	00:58:15	Danielle Gilbert	Wymondham AC
3355	2636	00:58:15	Carolyn Frosdick	
3356	3356	00:58:15	Michael Childs	
3357	7017	00:58:16	Katie Loftus	
3358	3807	00:58:17	Jonathan Mills	
3359	2812	00:58:17	Christopher Drumme	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3360	3292	00:58:17	Hannah Jarvis	
3361	3717	00:58:18	Laura Grixti	Norwich Road Runners
3362	2782	00:58:18	Jenny Boyle	
3363	5033	00:58:18	Ellie Reader	
3364	1779	00:58:18	Chris Boyle	
3365	4652	00:58:18	Emma Trett	
3366	6693	00:58:19	Simon Hartshorne	
3367	5157	00:58:19	Jason Rush	
3368	8434	00:58:19	Danni Birkin	
3369	5106	00:58:20	Lorraine Parker	Three Counties Running Club
3370	3776	00:58:20	Lyn Ottaway	Wymondham AC
3371	4071	00:58:20	Andrew Reeves	
3372	6891	00:58:20	James Day	
3373	8269	00:58:20	Diva Medeiros	
3374	3506	00:58:20	Ellie Plummer	
3375	6073	00:58:20	Steven Finney	
3376	4279	00:58:21	Mark Peacher	
3377	5124	00:58:21	Richard Waterfield	
3378	5289	00:58:21	Alicia Mccartin	
3379	912	00:58:21	Martin Doherty	Norfolk Gazelles AC
3380	3010	00:58:21	Victoria Pinch	Tri-Anglia Triathlon Club
3381	3179	00:58:21	Sara Margason	
3382	4204	00:58:21	Andrew Stevenson	
3383	4074	00:58:21	Kasim Raja	
3384	7870	00:58:22	Mark Cator	
3385	2459	00:58:22	Vicky Wood	Waveney Valley AC
3386	2841	00:58:22	David Drew	
3387	6110	00:58:23	Rose Byrne	
3388	2030	00:58:23	Ben Paige	
3389	3720	00:58:24	Stephen Higgs	
3390	3914	00:58:24	Jamie woods	
3391	1705	00:58:25	Daryl cable Cable	Waveney Valley AC
3392	4207	00:58:25	Gail Barnard	Waveney Valley AC
3393	5560	00:58:25	Hannah Balfour	
3394	3195	00:58:25	Wendy Smith	Norwich Road Runners
3395	664	00:58:26	Andreu Soler	
3396	3709	00:58:26	Jason Pilbrow	
3397	6442	00:58:26	Gene Miller	
3398	5019	00:58:26	Naomi Stanford	Serpentine RC
3399	2404	00:58:26	LUKASZ MIODUSZEWSKI	
3400	4235	00:58:26	Teresa Kieloch	
3401	2999	00:58:27	kevin belsey	
3402	3529	00:58:27	Rebecca Plater	
3403	2663	00:58:27	Jessica Smith	
3404	6398	00:58:27	Robert White	
3405	3699	00:58:27	Suzanne Nurse	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3406	7708	00:58:28	Luke Dickerson	
3407	8229	00:58:28	Ashley Hudson	
3408	6079	00:58:28	Lucy Blakey	
3409	5588	00:58:28	HELENA ROQUES	
3410	2203	00:58:29	Peter McNulty	
3411	3872	00:58:29	Chris Cubitt	
3412	5544	00:58:29	Sarah Sargeant	
3413	4619	00:58:29	Leona Broughton	Reepham Runners
3414	3263	00:58:29	lucy cutts	
3415	6794	00:58:29	Ricky Lai	
3416	3077	00:58:30	David Robinson	
3417	4406	00:58:30	Joanne Orford	Bungay Black Dog RC
3418	4330	00:58:30	Darren Crisp	
3419	8047	00:58:31	Thomas Rowley	
3420	3621	00:58:31	Garry Ward	
3421	538	00:58:31	Ollie Tallent	
3422	5408	00:58:31	Tan Cavendish	
3423	5407	00:58:32	Sarah Cowey	
3424	3519	00:58:32	Carys Bailey	
3425	3210	00:58:32	Ian Sears	
3426	4988	00:58:32	Emilie Clarke	
3427	8074	00:58:32	Steven Copplestone	
3428	5849	00:58:33	Nicholas Stevens	
3429	5292	00:58:33	Georgia Brown	
3430	5105	00:58:33	Daniel Pates	
3431	3514	00:58:33	Oliver Morgan	
3432	8114	00:58:34	Ruth Skinner	
3433	3797	00:58:34	Andrew Kelsall	
3434	5288	00:58:34	Aine Lincoln	
3435	3254	00:58:34	Katie Buckley	
3436	7888	00:58:35	Joanne Dewhurst	
3437	3732	00:58:35	Joe Woodley	Wymondham AC
3438	4781	00:58:35	Charlotte Richardson	Wymondham AC
3439	5402	00:58:35	Sara Tansley	
3440	2256	00:58:36	Maureen Rumsby	Norwich Road Runners
3441	4358	00:58:36	Andrew Slattery	
3442	4139	00:58:36	Xiaoxu Huang	
3443	3882	00:58:37	MEGAN KENDRICK	
3444	3333	00:58:37	James Clarke	Lowestoft Road Runners
3445	4186	00:58:37	Glenn Harcourt	
3446	7180	00:58:37	Neil Green	
3447	4246	00:58:38	Kate Atkins	Norfolk Gazelles AC
3448	2088	00:58:38	James Wright	Norfolk Gazelles AC
3449	2947	00:58:38	Gareth Jones	
3450	4091	00:58:38	Chris Grogan	
3451	3517	00:58:38	Thomas Rose	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3452	2441	00:58:38	Linus Marray-Woods	West Norfolk AC
3453	3582	00:58:38	Leanne clarke	
3454	1695	00:58:39	Claire Boyer	
3455	5294	00:58:39	Gemma Jennis	
3456	4911	00:58:39	Erika Dobbins	
3457	4704	00:58:39	Rich Fisher	
3458	2930	00:58:39	Clare Johnson	
3459	4397	00:58:39	Nicole Bates	
3460	5659	00:58:40	Joe Stevens	
3461	3845	00:58:40	Victoria Millington	
3462	3225	00:58:41	Stephanie Fare	
3463	5116	00:58:41	Zoe Johnson	
3464	5666	00:58:41	Asa Hardy-Brownlie	
3465	3528	00:58:42	Ashley Armstrong	
3466	6370	00:58:42	Jordan Wyatt	
3467	8188	00:58:42	Ruth Doherty	
3468	4888	00:58:42	Ian Gooch	
3469	3586	00:58:42	Finola MacAulay	
3470	4391	00:58:43	Jackie Eastaugh-king	Norwich Road Runners
3471	4265	00:58:43	Sadie Smith	
3472	3641	00:58:43	Adrian Carlton	
3473	3330	00:58:43	Mark Farley	
3474	6510	00:58:43	George Mills	
3475	4596	00:58:43	Bobbie Sauerzapf	Bungay Black Dog RC
3476	5245	00:58:44	David Petch	
3477	4832	00:58:44	Anna Bond	Norwich Road Runners
3478	5851	00:58:44	Emily Frost	
3479	4116	00:58:44	Rachel Welch	North Norfolk Beach Runners
3480	2638	00:58:44	Lee Forkes	
3481	2278	00:58:44	Alison Brister	
3482	4756	00:58:45	Sam Elliott	
3483	4561	00:58:45	Casey Lightfoot	
3484	4050	00:58:46	EMMA Crow	
3485	3341	00:58:46	Alice Gowing	
3486	3346	00:58:46	Adam Willis	
3487	3104	00:58:47	Victoria Lintin	
3488	5331	00:58:47	David Hardy	
3489	5005	00:58:47	Tom Carter	
3490	2793	00:58:48	James Hipperson	
3491	3678	00:58:48	Laura Bullimore	
3492	2881	00:58:48	Stuart Hatfield	Norwich Road Runners
3493	2949	00:58:49	Peter Emery	Tri-Anglia Triathlon Club
3494	5706	00:58:49	Nagine Ershadi	
3495	3994	00:58:50	Robert Haylett	
3496	4483	00:58:50	Sean O'Driscoll	
3497	4887	00:58:50	Luke Boddy	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3498	2893	00:58:50	Andrew Wade	Norwich Road Runners
3499	4506	00:58:50	Annie Leung	
3500	1996	00:58:50	George Price	
3501	2477	00:58:50	Wayne Halam	
3502	3331	00:58:50	John Tacey	
3503	5535	00:58:51	Benjamin Wright	
3504	5658	00:58:51	John Wiggett	
3505	4165	00:58:51	Shauna Martin	Norwich Road Runners
3506	5788	00:58:51	Cordelia Page	
3507	3516	00:58:51	Molly Cross	
3508	3652	00:58:51	Laura Cranny	
3509	4982	00:58:52	Nicholas Ginn	
3510	4229	00:58:52	Lee Youngs	Norwich Road Runners
3511	5746	00:58:52	Navanath Walunj	
3512	3354	00:58:52	Richard Ainslie	
3513	3819	00:58:53	Jonathan Coltman	
3514	4352	00:58:53	sally sandall	
3515	3976	00:58:53	Paul Gibbons	
3516	3135	00:58:54	Tim Gregory	
3517	3173	00:58:54	Victoria Hook	
3518	4435	00:58:54	Rob Blowers	Norfolk Gazelles AC
3519	4156	00:58:54	Ellis Lake	
3520	8411	00:58:54	Daniel Keeley	
3521	3610	00:58:54	Hannah Storey	
3522	4602	00:58:54	Beverley Read	
3523	5335	00:58:54	Tim Jones	
3524	3580	00:58:55	JILL COPELAND	
3525	4238	00:58:55	Lydia De'Ath	
3526	7276	00:58:55	Andrea Beck	Great Yarmouth Road Runners
3527	3688	00:58:55	Thomas Kirton	
3528	5578	00:58:56	Katie Harvey	
3529	3737	00:58:56	Anna Plunkett	
3530	2675	00:58:56	Courteney Jacobs	Great Yarmouth Road Runners
3531	4135	00:58:56	Robert Lee	
3532	2144	00:58:56	Lizzie Moulton	
3533	3384	00:58:57	Joanne D	
3534	5815	00:58:57	Michael Howes	
3535	5548	00:58:57	Rachel Woods	
3536	4154	00:58:58	Freddy Sheppard	
3537	4745	00:58:58	Florence Shippey	
3538	1867	00:58:58	Teresa Kelly	
3539	5420	00:58:58	Neil Barlow	
3540	3214	00:58:59	Debbie Nevard	Norwich Road Runners
3541	435	00:58:59	Stuart Haynes	
3542	3812	00:58:59	Lisa Bezance	
3543	6659	00:59:00	Donna Bye	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3544	6096	00:59:00	Darren Brewer	
3545	434	00:59:00	Becca Haynes	
3546	5147	00:59:00	Richie Mill	
3547	4213	00:59:00	Judith Wheeler	Collingwood AC
3548	4571	00:59:00	Jo Bygrave	Norwich Road Runners
3549	4665	00:59:00	Angie Bear	
3550	4230	00:59:00	Michelle Youngs	
3551	4870	00:59:00	Claire Goldstone	Brandon Fern Hoppers
3552	3216	00:59:01	Lauren Earrye	
3553	4404	00:59:01	Michael Barber	Tri-Anglia Triathlon Club
3554	2258	00:59:01	Jon Andrews	Waveney Valley AC
3555	4455	00:59:01	Lisa Butler	
3556	2465	00:59:01	Hugh Worsnop	Lonely Goat RC
3557	4456	00:59:01	Danny Canham	
3558	3949	00:59:01	Robert Dixon	
3559	7281	00:59:02	Christopher Adlem	
3560	5551	00:59:02	Alice Wakeley	
3561	7215	00:59:02	Claire Neil	
3562	3217	00:59:02	Michael Earrye	
3563	6409	00:59:02	Sophie Roques	
3564	5302	00:59:02	Adam Ward	
3565	3238	00:59:03	Nadia Lenzen	
3566	3537	00:59:03	Andrew Huggins	
3567	3558	00:59:03	Laura Johnson	Coltishall Jaguars RC
3568	4197	00:59:04	Aaron Hocking	
3569	5236	00:59:04	James Rayner	
3570	2197	00:59:04	Paul Smith	
3571	3031	00:59:04	Chris Kett	
3572	4282	00:59:04	Dawn Gibson	
3573	3674	00:59:05	Olivia Hodgson	Norwich Road Runners
3574	4669	00:59:05	Luke Seaman	
3575	1289	00:59:05	anthony hughes	
3576	1870	00:59:06	Nathaniel Woodward	
3577	3362	00:59:06	Tim Linstead	
3578	6136	00:59:06	Ashleigh Smith	
3579	3419	00:59:07	Mark Ahier	
3580	3388	00:59:07	Ellie Felton	
3581	6338	00:59:08	Toby Moss	Wymondham AC
3582	5242	00:59:08	Ross Allen	
3583	2003	00:59:09	Martin Yaxley	
3584	5417	00:59:09	Louise Triptree	
3585	3484	00:59:09	Adam Ray	
3586	4722	00:59:09	Martin Mccammon	
3587	5747	00:59:10	Joe Youngs	
3588	2598	00:59:10	Adam Mower	
3589	4371	00:59:10	Glen Scott	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3590	6440	00:59:10	Chelsea duncan	
3591	7508	00:59:11	Matthew Newson	
3592	4228	00:59:11	Cristina Flores	
3593	5474	00:59:12	Chantal Sargeant	
3594	4318	00:59:12	Daren Lines	
3595	5183	00:59:13	Nicky Hobson	Lonely Goat RC
3596	5778	00:59:13	Detroit Morton	
3597	6520	00:59:13	Abigail Gardner	
3598	5387	00:59:13	Paul Bray	
3599	3255	00:59:13	John Causer	
3600	4472	00:59:13	James Conway	
3601	3767	00:59:13	Alex Poll	
3602	2994	00:59:13	James Ducker	Lonely Goat RC
3603	4688	00:59:13	Adam Julian	
3604	1198	00:59:13	Aaron Leverett	
3605	4920	00:59:14	Linda Norris	
3606	4938	00:59:14	Philip King	
3607	4547	00:59:14	vernon Pedley	
3608	4077	00:59:14	Adrian Cole	Stowmarket Striders RC
3609	2796	00:59:14	John Gavin	
3610	3546	00:59:14	Simon Fields	
3611	4463	00:59:14	Karl Dodgson	
3612	4381	00:59:15	Adam Gretton	
3613	4354	00:59:15	Becky Gibbs	
3614	6263	00:59:16	James Nash	
3615	3810	00:59:16	Gemma Spink	
3616	5672	00:59:16	Mark Loader	
3617	3667	00:59:17	Katarina Terzieva	
3618	2923	00:59:17	Imogen Baker	
3619	8008	00:59:17	Alexis Upcott	
3620	5687	00:59:17	Ian Golden	
3621	5610	00:59:17	John Kirkum	
3622	4263	00:59:17	Sophie Edwards	
3623	4560	00:59:17	Charlotte Cork	
3624	3002	00:59:18	Erin Holroyd	
3625	4557	00:59:18	Shuna Rudd	
3626	655	00:59:18	Kevin Baker	
3627	2054	00:59:18	Ian George	
3628	3596	00:59:18	David Hannant	
3629	5370	00:59:19	Lauren Oliver	
3630	5362	00:59:19	Erin Castle	
3631	5215	00:59:19	Scott Maryan	
3632	2373	00:59:20	Rhoda Beck	Wymondham AC
3633	5604	00:59:20	James FORREST	
3634	2327	00:59:20	justin biddle	
3635	6268	00:59:21	Nina Dalziel	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3636	570	00:59:21	Isabelle Pendleton	
3637	5826	00:59:21	Lisa Stewart	
3638	3328	00:59:21	Patrick Friel	
3639	4261	00:59:21	Rachel Ryan	
3640	5968	00:59:21	Hayley Goffin	
3641	5912	00:59:21	Clare Harrold	
3642	4585	00:59:21	David Bryan	
3643	5645	00:59:21	Hannah Dagless	
3644	4367	00:59:22	Peter Dearnley	Norfolk Gazelles AC
3645	2016	00:59:22	Carri Vendy	Tri-Anglia Triathlon Club
3646	1976	00:59:22	Liam O'Sullivan	
3647	4301	00:59:23	Hazel Thacker	
3648	3531	00:59:23	Stephen Barker	
3649	792	00:59:23	Joe Brain	
3650	3402	00:59:23	Colin McKenzie	
3651	3524	00:59:24	Fay Starling	Wymondham AC
3652	4283	00:59:24	Amy Holt	
3653	7941	00:59:25	Martin Schmierer	
3654	3049	00:59:25	Rosie RUTHERFORD	
3655	3515	00:59:25	Anna Stevenson	
3656	3564	00:59:25	Hugo Stevenson	
3657	4859	00:59:25	Gwen O'Hara	
3658	3967	00:59:26	Sarah Ewing	
3659	477	00:59:26	Neil Vendy	Thetford AC
3660	5512	00:59:26	simon bowles	
3661	1357	00:59:26	Daniel Savino	
3662	3606	00:59:26	Louisa Rogers	
3663	3768	00:59:27	Matthew Wadsworth	
3664	3058	00:59:27	Kayleigh Crewe	Thetford AC
3665	3510	00:59:28	Tim Cheesman	Norfolk Harriers RC
3666	4227	00:59:28	Ian Davison	
3667	4576	00:59:28	James Gorman	
3668	4574	00:59:28	Bowen Riches	
3669	6252	00:59:29	Sophie Crook	
3670	5480	00:59:29	Daniel Robertson	
3671	3919	00:59:29	Rob Dye	Dereham Runners & AC
3672	4273	00:59:29	Ludovico Iaccarino	
3673	5933	00:59:30	Rosie Hall	
3674	4146	00:59:30	Becky Ottaway	
3675	5540	00:59:30	Siobhan Laskey	
3676	6529	00:59:30	Lauren Leggatt-Bulaitis	
3677	4732	00:59:30	Titus Brunton	Dereham Runners & AC
3678	5545	00:59:30	Kerrie Spooner	
3679	4915	00:59:31	Denise Mortimer	
3680	4296	00:59:31	Andrew Willington	
3681	5263	00:59:31	Charlotte Green	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3682	4247	00:59:31	Jon Witte	
3683	6465	00:59:32	Philip Vaughan-Williams	
3684	4670	00:59:32	Ginny Dix	
3685	253	00:59:32	Aaron Briggs	
3686	2813	00:59:33	Neil Dennis	
3687	3006	00:59:33	James Moncur-Brown	2 Dash
3688	4440	00:59:33	Joanne Minnis	Norfolk Harriers RC
3689	4155	00:59:33	Mark Fuller	
3690	5321	00:59:33	Jan Totterdale	Dereham Runners & AC
3691	7509	00:59:34	Matthew Buller	
3692	3589	00:59:34	Martin Robson	
3693	7968	00:59:34	Harriet Smithurst	
3694	3755	00:59:34	Jackie Watt	
3695	3987	00:59:34	Kevin Singleton	
3696	3037	00:59:34	Angela Bell	
3697	3929	00:59:34	Neil Mitchell	
3698	4731	00:59:34	Terry Brunton	Dereham Runners & AC
3699	6104	00:59:35	Kayleigh Judson	
3700	3365	00:59:35	Graham Hunt	
3701	4078	00:59:35	Connie Martinez	
3702	6098	00:59:35	Adam Holdsworth	
3703	5498	00:59:36	James Grey	
3704	5234	00:59:36	Kate Risely	
3705	3779	00:59:36	Tracy Walker	
3706	4270	00:59:36	Angela Hindle	
3707	3727	00:59:36	Katie Franks	
3708	2376	00:59:37	Kirsty Johnstone	Barnet & District AC
3709	3837	00:59:37	STEVEN CHILVERS	
3710	3835	00:59:37	Charlotte Patrick	Wymondham AC
3711	6288	00:59:37	Sian Burnett	
3712	4703	00:59:37	Layla Bedford	
3713	7582	00:59:37	rebecca macphee	
3714	5443	00:59:39	Richard Bream	
3715	1769	00:59:40	Amy Fulcher	Coltishall Jaguars RC
3716	4617	00:59:40	Tim Ratcliffe	
3717	5696	00:59:41	Sev Mokake	
3718	5682	00:59:41	Gary Powers	
3719	4898	00:59:42	Sheryl Kemp	
3720	5673	00:59:43	Andy Starkings	
3721	8235	00:59:43	Joanna Durrant	
3722	2309	00:59:44	Ben Howlett-Cobb	
3723	5109	00:59:44	Peter Sturman	
3724	4499	00:59:45	Jo Slade	
3725	2310	00:59:45	Ed Everson	
3726	8471	00:59:45	Dan Stead	
3727	2901	00:59:45	Nicola Weldon	Wymondham AC

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3728	5110	00:59:45	Thomas Wilkinson	
3729	2871	00:59:46	Calum MacRae	
3730	4222	00:59:46	Emma Yardy	
3731	3532	00:59:46	Ellie Clarke	
3732	3846	00:59:46	Marion Bensley	Coltishall Jaguars RC
3733	6203	00:59:47	Darren Clack	
3734	6233	00:59:48	Daniel Warford	
3735	1994	00:59:48	Heidi Pearson	
3736	4114	00:59:48	Nikhil Mhasal	
3737	5452	00:59:48	Emily Hawkins	
3738	4452	00:59:48	John Crowley	
3739	5982	00:59:48	Lindsay Cooper	
3740	6817	00:59:49	Spare Number	
3741	4946	00:59:49	Katrina Southey	
3742	3623	00:59:49	Emma Ward	
3743	3636	00:59:49	Jackie Lambert	
3744	4945	00:59:49	Ashlie Southey	
3745	5010	00:59:49	Spare Number	
3746	1499	00:59:49	Louis Bond	Norwich Road Runners
3747	4812	00:59:50	Kelly Smith	
3748	2605	00:59:50	Antony Bellingall	
3749	3538	00:59:50	Rose Taylor	
3750	6430	00:59:50	Katy Clark	
3751	5742	00:59:50	Hilary Hudgins	
3752	4340	00:59:51	Kevin Goodings	
3753	1811	00:59:51	Luke Townshend	
3754	3786	00:59:51	Dan Jones	
3755	1928	00:59:51	Andrew Bayliss	
3756	3736	00:59:52	Nuria Laiglesia Frances	Norwich Road Runners
3757	5160	00:59:53	Himan Amarawickrama	
3758	6237	00:59:53	Joanna Hubble	
3759	6402	00:59:53	April fuller	
3760	3753	00:59:53	Tom Symington	
3761	7039	00:59:53	Robert Selleck	Lonely Goat RC
3762	2932	00:59:53	Neil Burrage	
3763	8304	00:59:54	Jordan Mann	
3764	3728	00:59:54	JAMES CUSHING	
3765	2625	00:59:54	Samantha Barrs	
3766	4983	00:59:54	Helen Brockington	
3767	5670	00:59:55	Becky Smith	
3768	5582	00:59:55	Elizabeth Morgan	
3769	1894	00:59:55	Ian Morgan	
3770	4510	00:59:55	Jinhua Du	
3771	8113	00:59:55	Lisa George	
3772	4764	00:59:55	Alister James	
3773	3960	00:59:55	Katie Vickery	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3774	4333	00:59:55	Terry Seeger	
3775	2784	00:59:55	Jodie Causer	
3776	2766	00:59:56	Alex Browne	
3777	5009	00:59:56	Martyn Mansfield	
3778	5133	00:59:56	Alison O'Neill	
3779	6264	00:59:57	Ieva Sceponyte	
3780	5015	00:59:57	Martin Ferguson	
3781	2685	00:59:57	Tony Eves	
3782	8568	00:59:57	Gary Carruthers	
3783	5882	00:59:57	Wayne Manser	
3784	5800	00:59:57	Nigel Sayer	
3785	1451	00:59:58	Chris Matthews	Waveney Valley AC
3786	6683	00:59:58	Aleksandra Maczynska	
3787	3758	00:59:58	Hannah Dolman	
3788	3860	00:59:59	Nicola Shorten	
3789	6041	00:59:59	Katherine Martin	
3790	4533	00:59:59	Peter Hayes	Attleborough Athletics Academy
3791	3759	00:59:59	Victoria Dolman	
3792	3671	01:00:00	Chloe Oakley	
3793	3719	01:00:00	Amelia Ellis-Baumber	
3794	5173	01:00:01	Catherine Usher	
3795	4325	01:00:01	Daniel Peacock	
3796	6820	01:00:01	Spare Number	
3797	5315	01:00:01	Christopher Cooper	
3798	2469	01:00:01	Robert Highe	
3799	6646	01:00:01	Angela Veal	
3800	4384	01:00:02	Shajia Begum	
3801	8416	01:00:02	Kelly Tabiner	
3802	5674	01:00:02	Rachel Morris	
3803	3571	01:00:03	Owen Botten	
3804	3818	01:00:03	Allan McRoberts	
3805	5692	01:00:04	colin Oakley	
3806	5876	01:00:04	Janine Howes	
3807	5739	01:00:04	Michael Barker	
3808	2736	01:00:05	Blake Stone	
3809	7593	01:00:05	Karl Pask	
3810	2737	01:00:06	Tony Burch	
3811	4697	01:00:06	Nicola Wade	
3812	4660	01:00:06	Emily Burrows	
3813	4004	01:00:07	Helen Risebro	
3814	8325	01:00:07	Ekow Borsah	
3815	5981	01:00:07	Harriet Howes	
3816	5810	01:00:07	Alex Dickinson	
3817	4894	01:00:07	September Millett-Bangs	Fordy Runs Running Club
3818	3423	01:00:08	Rebecca Nicholson	
3819	4623	01:00:08	Nick Wright	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3820	3992	01:00:09	Matthew Chapman	
3821	6521	01:00:09	Ed Paxton	
3822	3334	01:00:09	Neil Docherty	
3823	4350	01:00:09	Emmalucy Wright	
3824	4642	01:00:09	Mitsue Coxeter	
3825	2914	01:00:09	Cheryl Hall	
3826	4981	01:00:10	James Ingham	
3827	4442	01:00:10	Gerry Kasprzok	
3828	3991	01:00:10	Sarah Chapman	
3829	6539	01:00:10	Kimberly Moy	
3830	4289	01:00:10	Patrick Daniel	
3831	4439	01:00:11	Lorna Jermyn	
3832	7269	01:00:11	Floyd Nundy	
3833	6682	01:00:11	John Barton	
3834	7053	01:00:12	Peter Wallace	
3835	1859	01:00:12	Sarah Jay	Aylsham Runners
3836	4285	01:00:12	James Somerfield	
3837	4782	01:00:13	Sharon Duneclift	
3838	4206	01:00:13	Claire Beckett	Lonely Goat RC
3839	7741	01:00:13	Mark Winterbottom	
3840	4592	01:00:13	Kevin Southwell	
3841	4035	01:00:14	Daniel Gapp	
3842	4436	01:00:14	Julia Mason	Norwich Road Runners
3843	5295	01:00:14	Faye Bullard	
3844	3692	01:00:14	Tim Bush	
3845	4466	01:00:14	Emma Silk	
3846	4080	01:00:15	Tim Bartram	
3847	4005	01:00:15	Anna Lefevre	
3848	5427	01:00:16	Stuart Bailey	
3849	4205	01:00:16	Debra Priest	Diss and District AC
3850	5258	01:00:16	Ciara Glennon	
3851	4528	01:00:16	Natilly Macartney	
3852	3411	01:00:16	Georgia Moyes	
3853	3892	01:00:16	Richard Pestano	
3854	6565	01:00:16	Georgina Wellstead	
3855	4192	01:00:17	Nikki Collins	
3856	3938	01:00:18	Raechel Heil	
3857	4803	01:00:18	Katherine Wilcockson	
3858	4109	01:00:18	Kevin Hanney	Norfolk Gazelles AC
3859	6550	01:00:18	Rachael Munby	
3860	4588	01:00:19	Tamsin Leah	
3861	5141	01:00:19	Rhys Grooms	
3862	5943	01:00:19	Richard Harrison	
3863	3761	01:00:19	Shelby Carr	
3864	5418	01:00:20	Colin Ford	
3865	4242	01:00:20	Hayley Green	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3866	3397	01:00:20	Joanna Burton	
3867	4181	01:00:21	Amy Poynton	
3868	5614	01:00:22	Elaine Albrow	Norwich Road Runners
3869	4804	01:00:22	karen davies	
3870	5368	01:00:22	Abi Sharp	
3871	2308	01:00:22	Jack Moore	
3872	3036	01:00:23	Jamie Mordecai	Lowestoft Road Runners
3873	4992	01:00:23	Andy Chan	
3874	6458	01:00:23	Alice Hickling	
3875	3290	01:00:24	Andzelika Abbs	
3876	4421	01:00:24	Louise Allen	
3877	4162	01:00:24	Chris Ducker	
3878	5724	01:00:25	Laura Browning	
3879	3649	01:00:25	Katie Warncken	
3880	2970	01:00:26	Steven Utting	
3881	8481	01:00:26	Gary Bean	
3882	3127	01:00:26	Melanie Blagden	Saxmundham Sports Running & Fitness Club
3883	3916	01:00:26	Michael Flower	
3884	5859	01:00:26	Elizabeth Taylor	
3885	7673	01:00:26	Helen Chilvers	
3886	3965	01:00:26	Jason Rust	
3887	7758	01:00:27	Lou Boyce	
3888	2187	01:00:27	Gary Hurrell	Norwich Road Runners
3889	6321	01:00:28	tim Evans	Coltishall Jaguars RC
3890	6526	01:00:28	Chloe Norman	
3891	4385	01:00:28	Amy-Jane Herrell	
3892	5725	01:00:28	James Ridgeon	
3893	3985	01:00:28	Laura Burton	
3894	6641	01:00:29	Paul Mansbridge	
3895	5356	01:00:29	Stan Farrow	
3896	5641	01:00:29	Natasha Burton	
3897	6903	01:00:29	Lisa Herrmann	Lonely Goat RC
3898	4790	01:00:30	Ben Aldous	
3899	5240	01:00:30	Robert Black	
3900	5575	01:00:30	Inca Sanchez Bower	
3901	5435	01:00:31	Jason Dear	
3902	4218	01:00:31	James Beecroft	
3903	7687	01:00:31	Oliver Colledge	
3904	728	01:00:31	Gabriel Mansbridge	
3905	4434	01:00:32	Nathan Corden	
3906	2214	01:00:32	Matthew Taylor	
3907	4343	01:00:32	Sophie Saunders	North Norfolk Beach Runners
3908	5711	01:00:33	Paul Young	
3909	3131	01:00:33	Sarah Dunsdon	
3910	5203	01:00:33	Ross Akers	
3911	7909	01:00:33	Charles Tweed	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3912	5941	01:00:33	Richard Cadman	Reepham Runners
3913	3883	01:00:34	Rob Bailey	Great Yarmouth Road Runners
3914	5654	01:00:34	Nelly Mardon	
3915	4267	01:00:34	Kelly Snelling	Norwich Road Runners
3916	8468	01:00:34	Barry Rice	
3917	3922	01:00:34	Louise Goodson	
3918	5752	01:00:34	Emily Crisp	
3919	3466	01:00:35	Katy Thompson	
3920	4422	01:00:36	Elizabeth Lord	
3921	6498	01:00:36	George Mason	
3922	4763	01:00:36	Steve Church	MY CLUB IS NOT LISTED
3923	4680	01:00:36	Yvette Stallwood	
3924	2057	01:00:36	Sarah Chowdhury	
3925	6199	01:00:36	Daniel Courtney	
3926	7737	01:00:37	Puja Dahal	
3927	7200	01:00:37	Jacq Mills	
3928	4955	01:00:38	ANTHONY OSBORNE	
3929	5154	01:00:39	Kerrie Northcut	
3930	7669	01:00:40	Alan Peter Daniels	
3931	3138	01:00:40	ROBERT GARNHAM	
3932	2257	01:00:40	Dariusz Fassihi	
3933	4726	01:00:40	Claire Woolliscroft	
3934	3137	01:00:41	JULIE GARNHAM	
3935	4179	01:00:41	tony Iudlam	Great Yarmouth Road Runners
3936	7424	01:00:42	Lewis Parr	
3937	2666	01:00:42	Julie Musk	
3938	5184	01:00:42	Hazel Taylor	
3939	4661	01:00:42	Sarah Eadle	
3940	3778	01:00:42	Michael Luff	
3941	4972	01:00:42	Anna Dean	Trafford Athletic Club
3942	5617	01:00:42	James McCormack	
3943	6462	01:00:42	Alex Gunn	
3944	5185	01:00:42	Gemma Agnew	
3945	4104	01:00:42	Daisy Luff	
3946	3875	01:00:43	Mark Smith	
3947	4643	01:00:43	Thomas Roques	
3948	4758	01:00:43	Ryan Evans	
3949	5320	01:00:43	Alice Boyd	
3950	5947	01:00:43	Colin Woodcock	
3951	5915	01:00:43	Howard Skoyles	
3952	2992	01:00:44	Hannah Carthy	
3953	5855	01:00:44	Andrew Smith	
3954	1495	01:00:45	Shaun Wilkinson	
3955	6506	01:00:45	Louise Adamson	Waveney Valley AC
3956	4542	01:00:45	John Bennett	
3957	4187	01:00:46	Stacey Terry	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
3958	6146	01:00:46	Ellen Richardson	
3959	2445	01:00:46	Chris sargisson	
3960	3710	01:00:46	Tracey Melville	
3961	4976	01:00:47	Louisa Cutts	
3962	7437	01:00:47	Juste Panavaite	
3963	4133	01:00:47	Jake Ballard	
3964	5298	01:00:48	Peter Hill	North Norfolk Beach Runners
3965	6656	01:00:48	Deborah Lawrence	
3966	6329	01:00:48	Penelope Pullinger	Harleston Running Club
3967	6144	01:00:48	Oliver Fulcher	
3968	4857	01:00:48	Nathan Saunders	
3969	5797	01:00:48	Melanie Sinclair	
3970	6446	01:00:49	Justyna Szymanska	
3971	4202	01:00:49	Thi Bolam	
3972	8382	01:00:49	Philip Howard	
3973	2022	01:00:49	Matt Smith	Tri-Anglia Triathlon Club
3974	4338	01:00:49	Rosie Buxton	
3975	4543	01:00:49	Katie McIntyre	
3976	6499	01:00:49	Martin Larkins	
3977	4113	01:00:49	Frederick Cook	
3978	4501	01:00:49	Stephen Talyor	Bungay Black Dog RC
3979	5453	01:00:50	Richard Egle	
3980	4025	01:00:50	Tom Warnes	
3981	4368	01:00:50	RIPLEY Hack	
3982	4052	01:00:50	shaun rampling	
3983	5635	01:00:50	Zoe Riches	
3984	3483	01:00:51	Katy Maliphant	
3985	4292	01:00:51	Vicky Wardrope	
3986	6543	01:00:51	Lauren Feltham	
3987	4217	01:00:51	Jack Casey	
3988	4730	01:00:52	Sherzod Muminov	
3989	6150	01:00:52	Sarah Douglass	
3990	7240	01:00:52	Simon Garner	
3991	5775	01:00:52	louella schooley	
3992	1020	01:00:52	Catherine Cook	
3993	2897	01:00:53	Mandy Foyster	Norwich Road Runners
3994	5434	01:00:53	Lucie Legg	
3995	7037	01:00:53	Hannah Ebelewicz	
3996	706	01:00:53	Chris Clow	
3997	4827	01:00:53	Samantha Hunter	
3998	3923	01:00:53	James Ebelewicz	
3999	3878	01:00:54	Melanie Elliott	Reepham Runners
4000	4860	01:00:54	Russell Ray	
4001	3565	01:00:54	Zara Crowe	
4002	4014	01:00:54	nick ives	
4003	3968	01:00:54	Mark Reynolds	Attleborough Athletics Academy

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4004	4342	01:00:54	Emma Bowler	
4005	588	01:00:54	Matthew Metcalf	
4006	4616	01:00:54	Donna Close	
4007	5353	01:00:54	Anneliese Merrikin	
4008	6815	01:00:54	Shaun Rackham	
4009	5426	01:00:56	Christopher Pointer	
4010	5690	01:00:56	Hayley Matthews	
4011	4613	01:00:56	Mark Bobby	
4012	7091	01:00:56	Laura Alexander-Sinclair	
4013	5691	01:00:56	Richard Preston	
4014	4233	01:00:56	David Melton	Harleston Running Club
4015	3562	01:00:57	Michael Ayton	
4016	3645	01:00:57	Simon Ashton	Lonely Goat RC
4017	5977	01:00:57	Lisa Reynolds	
4018	3563	01:00:57	carl pigott	
4019	6996	01:00:57	James Frior	
4020	4770	01:00:58	Victoria Leggett	
4021	4553	01:00:58	Matt Babington	
4022	7833	01:00:58	Rose Copland	GoodGym Race Team
4023	7370	01:00:58	Andrew Longhurst	
4024	6125	01:00:58	Stephen Scott	
4025	7241	01:00:59	Iain Tibbitt	
4026	4932	01:00:59	Stewart Nash	Norwich Road Runners
4027	5790	01:00:59	James Watkins	
4028	4488	01:00:59	Darrell Rose	
4029	7768	01:00:59	Luke Sutton	
4030	4515	01:00:59	Ryan Farrow	Lonely Goat RC
4031	6712	01:01:00	Lily Plunkett	
4032	5108	01:01:00	andrew stenson	
4033	4382	01:01:00	Linda Palmer	
4034	5665	01:01:01	Lois Brisley	
4035	4562	01:01:01	Rachel Devonshire	
4036	1947	01:01:02	Kurt Bish	
4037	3703	01:01:02	Kevin England	
4038	5117	01:01:02	Matt Yallop	
4039	4046	01:01:02	Lucy Field	
4040	5976	01:01:02	Mark Duckett	
4041	5741	01:01:03	Alex Middlemiss	
4042	4225	01:01:03	Sharon Warrent	
4043	3683	01:01:03	Richard West	North Norfolk Beach Runners
4044	8346	01:01:03	Liam Howes	
4045	7417	01:01:04	Beth Roughsedge	
4046	3539	01:01:04	Lizzie Johnson	
4047	4978	01:01:04	Kassandra Redding	
4048	1614	01:01:04	Smith Hannah	
4049	3540	01:01:04	Trevor Smith	Wymondham AC

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4050	5561	01:01:04	Katherine Bignal	
4051	4762	01:01:04	Jacob Thorpe	
4052	2174	01:01:05	Mim Lowe	
4053	6807	01:01:05	Helen Bowers	
4054	6453	01:01:05	Alison Maguire	
4055	4702	01:01:05	Becky Greenacre	
4056	4224	01:01:06	Tony Wilson	
4057	5510	01:01:06	Peter Hawkins	
4058	4835	01:01:06	Kevin Townsend	
4059	5103	01:01:07	Claire Holmes	Norwich Road Runners
4060	5115	01:01:07	Krzysztof Szufler	
4061	4906	01:01:07	Gemma Gifford	Norwich Road Runners
4062	3570	01:01:08	Nicholas Powell	
4063	6571	01:01:08	Glenda Paisones	
4064	6407	01:01:09	John Cooper	
4065	4768	01:01:09	Clare Suter	Wymondham AC
4066	3775	01:01:09	Matthew Gregson	
4067	4969	01:01:09	Nick Johnson	
4068	3439	01:01:09	Adam Gibson	Tri-Anglia Triathlon Club
4069	4356	01:01:09	Stephanie Flack	
4070	7156	01:01:09	Andrea Cooper	
4071	6166	01:01:09	Liz Evry	
4072	3801	01:01:10	Theresa Fernandez	
4073	4958	01:01:10	Julie Goodwin	
4074	6225	01:01:10	Serena Verney	
4075	3803	01:01:11	Joel Fernandez	
4076	5644	01:01:11	Paul Cant	Olney Runners AC
4077	7800	01:01:11	charlie harkness	
4078	3654	01:01:11	Glenn Shiplee	
4079	4251	01:01:12	Michelle Palmer	
4080	5552	01:01:13	Shaun prentice	
4081	2962	01:01:13	Paul Essam	
4082	4526	01:01:13	Daniel Jones	
4083	4477	01:01:13	Gemma Chernin	
4084	4487	01:01:13	Donna Dingle	
4085	3857	01:01:13	Ashley Jones	
4086	6326	01:01:14	Bharat Bhushan	
4087	4658	01:01:14	Richard Price	
4088	5926	01:01:14	Angela Wakeley	Great Yarmouth Road Runners
4089	3877	01:01:15	John Mason	
4090	4753	01:01:15	Kimberly Adcock	
4091	1903	01:01:15	Mark Cutting	
4092	6545	01:01:15	Lewis Cole	
4093	1902	01:01:15	Paula Erith	
4094	3612	01:01:15	Scott Robinson	Wymondham AC
4095	5707	01:01:16	Stuart Ellis	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4096	2293	01:01:16	Jonathan Beck	Wymondham AC
4097	3626	01:01:16	Laura Moorhouse	
4098	4817	01:01:17	Sarah Preston	
4099	5768	01:01:17	Jason Latham	
4100	5345	01:01:17	Mary Jones	Waveney Valley AC
4101	4357	01:01:17	Tracey Campbell	Great Yarmouth Road Runners
4102	811	01:01:19	Martin Perry	
4103	7399	01:01:19	Suzanne Hayes	
4104	3518	01:01:19	Rebecca Cockerill	
4105	2820	01:01:20	Shameem Golamy	
4106	6054	01:01:20	Emma Carrington	Norwich Road Runners
4107	4828	01:01:20	Ed West	
4108	3203	01:01:20	Ethan Jones	
4109	2623	01:01:20	James Walker	
4110	4848	01:01:20	Megan Frost	Diss and District AC
4111	4583	01:01:21	Marianne Brock	
4112	4973	01:01:22	Nicola Borel	
4113	4363	01:01:22	Dee Hebron	
4114	2550	01:01:22	Toby Layton	
4115	6747	01:01:22	Sue Cockle	Diss and District AC
4116	6292	01:01:22	Roy Brown	Great Yarmouth Road Runners
4117	4738	01:01:23	David Dilrew	
4118	3879	01:01:23	Paul Elliott	Reepham Runners
4119	4552	01:01:23	Jon Humphreys	
4120	4232	01:01:23	Rob Hirst	
4121	6248	01:01:23	Lisa Wright	
4122	5437	01:01:24	Paul Reed	
4123	4957	01:01:24	Simon Parnell	Harleston Running Club
4124	4884	01:01:25	Samantha Whitby	
4125	3734	01:01:25	Shelley Ames	
4126	6316	01:01:25	Mandy Fryer	
4127	3378	01:01:26	Hannah Jones	Great Yarmouth Road Runners
4128	6415	01:01:27	Holly Walker	
4129	7450	01:01:27	Ian Woods	Norfolk Gazelles AC
4130	3809	01:01:28	Kathryn Elliott	
4131	3021	01:01:28	Victoria Laughland	
4132	4366	01:01:28	Elliott Wood	Road Runners Club
4133	4454	01:01:28	Victoria Pullinger	Harleston Running Club
4134	8426	01:01:29	Dan Fitt	
4135	4950	01:01:29	Nigel Corston	
4136	3204	01:01:29	Lauren Russell	
4137	3555	01:01:29	David Rouse	
4138	4921	01:01:30	Joanna Christopher	Harleston Running Club
4139	5636	01:01:30	Ian Fitch	
4140	4800	01:01:30	William Caton	
4141	4638	01:01:30	Steph Harrold	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4142	4216	01:01:30	Shaun Potter	
4143	5633	01:01:31	Emily Fitch	
4144	4153	01:01:31	Richard Daly	
4145	5628	01:01:32	Katherine Staines	
4146	2794	01:01:32	Stu Mattless	
4147	3548	01:01:32	Lisa Lummis	Harleston Running Club
4148	4615	01:01:32	Lee Roth	Lowestoft Road Runners
4149	4088	01:01:33	Ben Underwood	
4150	3746	01:01:33	Ricky Sparkes	
4151	3644	01:01:34	Jodie Spinks	
4152	5250	01:01:34	Angela O'Sullivan	
4153	5390	01:01:34	Richard Gilligan	
4154	4518	01:01:34	Maebh McCormack	
4155	3414	01:01:34	Chris Scarfe	
4156	5626	01:01:35	Paul MacGowan	
4157	5389	01:01:35	Helen Gilligan	
4158	6383	01:01:35	Marianna Protsyshyn	
4159	3470	01:01:35	Harriet Preston	
4160	3863	01:01:35	Thomas Boyd	
4161	4392	01:01:35	Lucy Baxter	
4162	4449	01:01:36	Amy Corden	
4163	4498	01:01:36	Sarah Hanson	
4164	6293	01:01:37	Nick Lawler	
4165	6461	01:01:37	Ollie Mowles	
4166	4694	01:01:38	Laura Bateman	
4167	5421	01:01:38	Tony Mowles	
4168	7192	01:01:38	Victoria Hall	
4169	5748	01:01:38	Bethan Mace	
4170	4159	01:01:39	Gillian Howes	Waveney Valley AC
4171	8256	01:01:39	Emily Balsdon	
4172	4555	01:01:39	Stephanie Gram	
4173	6109	01:01:39	Christian Mueller	
4174	6364	01:01:39	Lorna Blackmore	
4175	5244	01:01:40	Simon Skinner	
4176	3383	01:01:40	Alexander Gross	
4177	4200	01:01:40	James Bleach	
4178	5442	01:01:40	Susan Clarke	
4179	5279	01:01:40	Geraint Castleton-White	
4180	2660	01:01:41	Adam FEARN	
4181	3512	01:01:41	Jessica Warner	
4182	4550	01:01:41	Kamil Lewandowski	
4183	5966	01:01:41	Jake Kubala	
4184	8173	01:01:41	Tom Jackson	
4185	2070	01:01:42	Eric Payne	
4186	7642	01:01:42	Adrian Peacock	
4187	4349	01:01:42	Jo Lowe	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4188	4136	01:01:43	Helen Driver	Ryston Runners
4189	4873	01:01:43	Amelia Hill	
4190	3601	01:01:44	Lauren Devine	
4191	4693	01:01:44	Natasha Cooper	
4192	7251	01:01:44	Luke Brackenbury	
4193	4373	01:01:45	Neville Yardy	
4194	6661	01:01:45	Kerry Thomas	
4195	7760	01:01:45	Veronica Longman	
4196	5122	01:01:45	Rachael Taylor	
4197	5715	01:01:45	Amber Clarke	
4198	6547	01:01:45	Shaun Hudson	
4199	5607	01:01:47	Holly Sandiford	
4200	139	01:01:47	Aimee Bravo-French	
4201	5346	01:01:47	Aaron Smith	
4202	7499	01:01:47	James Slater	
4203	6894	01:01:47	Nicola Hedges	
4204	5251	01:01:47	Denis OSullivan	
4205	3936	01:01:47	Margie Lynch	
4206	8383	01:01:48	Brittany Gordon	
4207	5123	01:01:48	David Taylor	
4208	4892	01:01:48	James Clifton	
4209	4199	01:01:48	Adrian Land	
4210	6195	01:01:48	Paul Chase	
4211	6196	01:01:49	Kim Chase	
4212	3476	01:01:49	Jake Gilligan	
4213	6827	01:01:50	Ahaab Syed	
4214	4871	01:01:50	Andrew Bird	
4215	4425	01:01:50	Nadine Bunn	
4216	4033	01:01:50	Richard Midwinter	Bungay Black Dog RC
4217	4012	01:01:51	Jemma Riches	
4218	3694	01:01:51	Gemma Howes	
4219	3314	01:01:51	Basia Rozanska	
4220	3787	01:01:51	Alex Goff	
4221	3762	01:01:51	Rosie Cammell	
4222	8384	01:01:51	Akinpelu Babatunde	
4223	5669	01:01:52	liam thetford	
4224	4013	01:01:52	Iain Mcinroy	
4225	6187	01:01:52	Kirsty Freezer	
4226	4512	01:01:52	Karen Terry	
4227	8387	01:01:52	Sophie Futter	
4228	3076	01:01:52	Glenn Franklin	
4229	1243	01:01:52	PETER LADDIMAN	Norfolk Harriers RC
4230	5446	01:01:52	Jonathan Peppiatt	
4231	7092	01:01:52	Olivia Pierce	
4232	6444	01:01:53	Darren Taylor	
4233	3884	01:01:53	James King	Norfolk Harriers RC

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4234	6218	01:01:54	Luke King	Coltishall Jaguars RC
4235	3498	01:01:54	Shannon OSullivan	
4236	4276	01:01:55	Joseph Daniel	
4237	7501	01:01:55	Jack Bonham	
4238	8010	01:01:55	jake fielder	
4239	3952	01:01:55	Lauren Broadbent	
4240	4411	01:01:55	Felicity Hopper	Norfolk Harriers RC
4241	2210	01:01:55	Lucy campbell	Norfolk Harriers RC
4242	5864	01:01:56	Samantha Tweed	
4243	5956	01:01:56	Jaclyn Kettley	
4244	3808	01:01:56	Julie Bringloe	Norfolk Harriers RC
4245	5328	01:01:57	Dawn Wood	
4246	3656	01:01:57	neil saunders	
4247	6742	01:01:57	Amy Waterfield	
4248	3527	01:01:57	Rebecca Anderson	
4249	6448	01:01:58	Denis Muirden	Henfield Joggers
4250	4288	01:01:58	Steph Makins	
4251	1261	01:01:59	Tom Doy	
4252	4102	01:01:59	Mark Weldon	Wymondham AC
4253	5190	01:01:59	Donald Harold	
4254	5517	01:01:59	Malachi Adams	
4255	6395	01:02:00	Louise Shorten	
4256	6653	01:02:00	Chrissy Palmer	Beccles & Bungay Harriers
4257	3025	01:02:00	Elizabeth Gaffney	
4258	6476	01:02:00	Thomas Oxley	
4259	5394	01:02:00	Heather Hollister	
4260	6020	01:02:01	Meg Evans	
4261	2223	01:02:01	Carol Keable	
4262	5860	01:02:02	Chris Soanes	
4263	5297	01:02:02	Rejane Hammond	
4264	3418	01:02:02	Sarah Blewden	Great Bentley Running Club
4265	4266	01:02:03	Lizzie Escobar	
4266	3751	01:02:03	Sam Sewell	
4267	3065	01:02:03	John Sewell	
4268	6221	01:02:03	Andrew Grimley	
4269	5856	01:02:03	Hayley Stimpson	
4270	7627	01:02:04	Josh Preston	
4271	5878	01:02:04	Caroline Roberts	Norfolk Gazelles AC
4272	4676	01:02:05	Karen nye	
4273	6818	01:02:05	Sonal Dack	
4274	7507	01:02:05	Billy McCluskey	
4275	6176	01:02:05	Emma Raines	
4276	6479	01:02:06	Graeme Simpson	
4277	4049	01:02:06	Daniel Boswell	
4278	3657	01:02:06	Alison Ewin	
4279	7544	01:02:06	Jackie Catalano	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4280	5925	01:02:06	Shaun Davison	
4281	3725	01:02:07	Claire Hogston	
4282	6106	01:02:07	Marie Duncan	Runners-Next-the-Sea
4283	8518	01:02:07	Stephen Larke-Mejia	
4284	4060	01:02:07	Jade Levesley	MY CLUB IS NOT LISTED
4285	4130	01:02:08	Cristian Ciurlic	
4286	6432	01:02:08	Nathan Horton	
4287	2750	01:02:08	William Rogers	
4288	5226	01:02:08	Darlene Burkett	Norfolk Gazelles AC
4289	4839	01:02:08	Sarah Mantle	
4290	4141	01:02:09	martin willis	
4291	6417	01:02:10	Alison McCurley	
4292	4883	01:02:10	Julie Dilrew	
4293	3535	01:02:11	Lee Watkins	
4294	5883	01:02:11	Andrew Boggis	
4295	4675	01:02:11	Charles Rumball	
4296	6530	01:02:11	Sarah Prior	
4297	3932	01:02:11	Adam Harding	
4298	4646	01:02:12	Michelle Watts	
4299	5541	01:02:13	Kerry Metcalf	
4300	6333	01:02:14	Lee Blackett	
4301	6405	01:02:14	Carol Alexander-Williams	
4302	6332	01:02:15	Victoria Airey	Accelerate Youth Running Club
4303	7670	01:02:15	Wendy Chalfont	
4304	1030	01:02:16	klodjan Duraj	
4305	2560	01:02:17	Hattie Swain	Coltishall Jaguars RC
4306	3455	01:02:18	Penny galey	
4307	5114	01:02:18	Monika Lukasik	
4308	3153	01:02:18	Simona Whyte	
4309	3156	01:02:19	Kirsty Mayall	
4310	6808	01:02:19	Laura Janikunaite	
4311	7341	01:02:20	Charlotte Fisher	
4312	7937	01:02:20	Lawrence Seaborne	
4313	4302	01:02:20	Carl Prettyman	
4314	7212	01:02:20	Lewis Tubby	
4315	3152	01:02:21	Oliver Whyte	
4316	6314	01:02:21	Allan Seaborne	
4317	4398	01:02:21	Stacey Lee	
4318	5823	01:02:22	Kevin Bellamy	
4319	5336	01:02:23	Julie Harding	
4320	5375	01:02:23	Tim Leech	
4321	4400	01:02:23	Ed Bates	
4322	4027	01:02:23	Kate Wakeling	
4323	5134	01:02:23	john bone	Great Yarmouth Road Runners
4324	2733	01:02:24	darren mildon	
4325	4563	01:02:24	Simon Evans	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4326	4280	01:02:24	Claire Rose	
4327	2895	01:02:24	Lauren Reynolds	
4328	6422	01:02:25	Stuart Mather	
4329	5482	01:02:25	michael king	
4330	6366	01:02:25	Katie Thomas	
4331	6339	01:02:25	William Thompson	
4332	6341	01:02:25	Lucy Handford	
4333	6376	01:02:26	Jodie Cole	
4334	6484	01:02:26	Amy Buxton	
4335	4567	01:02:26	Richard Squibb	
4336	4866	01:02:26	Tom Leese	
4337	7745	01:02:26	Dave Watson	
4338	5807	01:02:26	Alan Colegate	
4339	3139	01:02:27	Sine Garvie McInally	
4340	3474	01:02:27	Chris Hollis	
4341	6752	01:02:28	Karen West	North Norfolk Beach Runners
4342	5140	01:02:28	Lindsey Nettleton	
4343	2896	01:02:28	Robert Flack	
4344	6171	01:02:28	David Frosdick	
4345	1414	01:02:28	Matt Thomson	
4346	5178	01:02:29	Geoff owen	
4347	4521	01:02:29	James Luong	
4348	4177	01:02:30	Jane Buck	
4349	6078	01:02:30	Andrew Dougal	
4350	5779	01:02:30	Will South	
4351	6896	01:02:31	Jane Hunt	
4352	6325	01:02:31	Helen Ganson	Coltishall Jaguars RC
4353	2552	01:02:31	Ben Hopkins-Lefevre	
4354	4467	01:02:32	Owen Noble	
4355	2586	01:02:32	Sarah Kimberley	
4356	8432	01:02:32	Ellie Cottrell	
4357	7932	01:02:33	Toby Deakins	
4358	5396	01:02:33	Adam Simmonds	
4359	3288	01:02:33	VICKI Hook	
4360	3609	01:02:33	Jon Archer	Attleborough Athletics Academy
4361	6503	01:02:34	Sophie Barker	
4362	7025	01:02:35	Ged Morris	
4363	5262	01:02:35	Murdoch MacPhee	
4364	4773	01:02:35	Kate Hammond	
4365	7308	01:02:36	MARK BENNS	
4366	7978	01:02:36	Lorna Spriddell	
4367	7654	01:02:37	Alex Atkinson	
4368	2152	01:02:38	Terry Hubbard	Great Yarmouth Road Runners
4369	3191	01:02:38	Suzy Horth	MY CLUB IS NOT LISTED
4370	6092	01:02:38	Kathryn Hoare	
4371	2661	01:02:38	Lucy Holliday	Great Yarmouth Road Runners

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4372	7130	01:02:39	Ruth Sellex	
4373	6071	01:02:39	Laura Brannan	
4374	5397	01:02:39	Hayley Bishop	
4375	6019	01:02:39	Lucy Dye	
4376	3446	01:02:39	Tom Colman	
4377	7720	01:02:40	Lucy Baldwin	
4378	3997	01:02:40	Antony Warner	
4379	4798	01:02:41	Lauren Burton	
4380	4723	01:02:41	Rachael Wakefield	
4381	5733	01:02:41	Christine Bakewell	
4382	4953	01:02:41	Susan Carver	Norwich Road Runners
4383	5795	01:02:42	Charlotte Bunting	
4384	2573	01:02:42	Michelle Bull	
4385	5438	01:02:42	Jo Fox	
4386	4856	01:02:42	Sherralyn Blakely	
4387	2314	01:02:42	Gerry Watson	Wymondham AC
4388	7877	01:02:42	John Harris	
4389	5857	01:02:43	Sue Mason	Norwich Road Runners
4390	6918	01:02:43	Jemma Alger	
4391	4294	01:02:43	Matthew Reynolds	Lowestoft Road Runners
4392	6250	01:02:43	Harriet Riley	
4393	7063	01:02:43	Chris Barton	
4394	3915	01:02:44	Sean Underwood	
4395	5220	01:02:45	Dianne Tilbrook	
4396	6133	01:02:45	James Alger	
4397	4010	01:02:46	Ellexia Velez	
4398	6414	01:02:46	Frank Ellis	Tri-Anglia Triathlon Club
4399	5151	01:02:46	Paul Stimpson	
4400	4639	01:02:46	Nathan Baston	
4401	3842	01:02:46	jeremy denbigh	
4402	4458	01:02:46	Justine Warr	
4403	3788	01:02:47	Emily Keeble	
4404	5497	01:02:48	Daryl Buckle	
4405	3308	01:02:48	fi Tyas	
4406	4260	01:02:48	John Gash	
4407	4310	01:02:48	Sophie Getley	Norfolk Harriers RC
4408	6508	01:02:49	Fred Stanford	
4409	4823	01:02:49	Hannah Boyd	
4410	3607	01:02:49	Caroline Clark	
4411	4150	01:02:49	Mia Jolly	
4412	6474	01:02:49	Anna Baillie-Johnson	
4413	4361	01:02:49	Katie Calver	
4414	3389	01:02:50	Robin Smith	
4415	5757	01:02:51	Katie Moy	
4416	5253	01:02:51	Andy McLennan	
4417	7721	01:02:51	Nadine Baldwin	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4418	2989	01:02:52	Sheridan Halls	
4419	5477	01:02:52	Jan Davis	
4420	1156	01:02:52	Joe Matthew	
4421	6220	01:02:53	james rogers	
4422	4508	01:02:53	Gail Brighton	
4423	2037	01:02:53	James Jaques	
4424	4975	01:02:53	Luisa Hausleithner	
4425	5011	01:02:54	Paula Barker	
4426	3420	01:02:54	Becky Squire	
4427	6085	01:02:54	Natalie Sampson	
4428	2822	01:02:55	Nick Cason	
4429	8592	01:02:55	Amy Brownhill	
4430	6117	01:02:56	Jane Harrison	
4431	3828	01:02:56	Amy Mace	Norwich Road Runners
4432	4711	01:02:56	Chris Bird	
4433	7125	01:02:56	Michael Robinson	
4434	3675	01:02:57	Annie Baldwin	
4435	5994	01:02:58	Lesley Oliver	
4436	7137	01:02:59	Richard Sintern	
4437	6086	01:03:00	Chloe Green	
4438	4460	01:03:00	Wendy von Glasow	
4439	6651	01:03:00	Bridget Inyang	Great Yarmouth Road Runners
4440	5537	01:03:02	Peter Macdermid	Ealing Eagles Running Club
4441	6762	01:03:02	Jill Rivett	
4442	7461	01:03:03	Nathan Hudson	
4443	1445	01:03:03	Christopher Thoroughgood	
4444	4000	01:03:03	Josh Potts	
4445	4991	01:03:03	Bob Cloughton	Norwich Road Runners
4446	5609	01:03:04	Andrea Howes	
4447	7203	01:03:04	Roxanne Batt	
4448	4151	01:03:04	Dan Ives	
4449	2569	01:03:05	Rebecca Hornby	
4450	5232	01:03:05	Tim John	
4451	4378	01:03:06	Becky Sturgeon	Bungay Black Dog RC
4452	3616	01:03:06	James Cooper	
4453	3702	01:03:06	Darran West	Waveney Valley AC
4454	3133	01:03:06	Stuart Lawn	Bungay Black Dog RC
4455	4492	01:03:06	Stephen Girling	
4456	5662	01:03:06	Jordan Redhead	
4457	4966	01:03:07	Clare Harsley	
4458	5576	01:03:07	Magda Lauchard	
4459	5895	01:03:08	Caroline Hill	
4460	4851	01:03:08	Neil Kelly	
4461	2290	01:03:08	Judi Toal	
4462	5508	01:03:08	MATTHEW DOWNES	
4463	3627	01:03:08	Agnieszka Grzyb	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4464	7340	01:03:09	Emma Rees	
4465	6028	01:03:09	Paul Sheldrake	
4466	2771	01:03:09	Kirstin English	
4467	7213	01:03:10	Sam Gibson	
4468	6816	01:03:11	Spare Number	
4469	4760	01:03:11	Darren England	
4470	5371	01:03:11	Zoe Marsden	
4471	4858	01:03:11	Alan Kenyon	
4472	4931	01:03:11	Lisa-Marie Jones	
4473	6298	01:03:11	Laura Gorman	
4474	3424	01:03:11	Liam O'reilly	
4475	4852	01:03:11	Elizabeth Wilbourn	
4476	5325	01:03:12	Bea Cutts	Tri-Anglia Triathlon Club
4477	3682	01:03:12	Angela Smith	Waveney Valley AC
4478	134	01:03:12	Luke Coleman	
4479	7662	01:03:12	Joanna Beatham	
4480	4536	01:03:12	Jonathan Foot	Bure Valley Harriers
4481	5132	01:03:12	Kieran Hartigan	
4482	4735	01:03:13	Katy Starkie	
4483	5632	01:03:13	Nikita Greenacre	
4484	5224	01:03:13	Rachel Hutchinson	
4485	7790	01:03:13	Abigail McIntosh	
4486	5845	01:03:13	Lauren King	
4487	5131	01:03:13	Eoin Hartigan	
4488	4807	01:03:14	Ellen Knights	
4489	6698	01:03:14	Robert Cracknell	
4490	374	01:03:14	Josh Wing	
4491	6697	01:03:14	Rebecca Powell	
4492	4612	01:03:15	Ben Bedwell	
4493	4855	01:03:15	Juliet Fenton	
4494	5568	01:03:15	Jayne Capps-Jenner	Bungay Black Dog RC
4495	4527	01:03:15	Giselle Andrews	
4496	6323	01:03:15	Greg Hall	
4497	5202	01:03:16	Joe Pennington	
4498	5305	01:03:16	Isabelle Blomfield	
4499	4558	01:03:16	Anna Outlaw	
4500	7006	01:03:16	Michelle Martin	
4501	6191	01:03:16	Sharon Thompson	
4502	6091	01:03:16	Richard Austin	
4503	6826	01:03:17	Katie Higenbottam	
4504	8534	01:03:18	David Holmes	
4505	7264	01:03:18	Maisie Matthews	
4506	3553	01:03:18	Rebecca Savage	
4507	4327	01:03:19	Peadar Langan	
4508	5767	01:03:19	Tracey Winterbone	
4509	4805	01:03:19	Samantha Appleyard-Smith	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4510	5307	01:03:19	Catherine Redfern	
4511	6336	01:03:21	Laura Webster	
4512	7035	01:03:21	Jason Barrett-Brown	
4513	6337	01:03:21	Jason Webster	
4514	6552	01:03:21	Louise Henderson	
4515	5524	01:03:21	Simon Ludkin	Bungay Black Dog RC
4516	4912	01:03:21	Sharon Ingham	
4517	5476	01:03:21	Sally-Ann Edmonds	
4518	4056	01:03:21	Ian Smith	
4519	5187	01:03:22	Emma Saxton	
4520	4868	01:03:22	Wendy Stewart	
4521	5500	01:03:22	Donna Wilkins	Orion Harriers
4522	6209	01:03:22	Karina Shipley	
4523	1285	01:03:22	Alistair Hallam	
4524	5637	01:03:22	Hannah Davidson-Mercer	
4525	6012	01:03:22	Sharon Colman	
4526	975	01:03:23	Zephan Trent	
4527	5384	01:03:23	Rachel Phoenix	
4528	3718	01:03:23	Isabel Baumber	
4529	2831	01:03:23	Martin Bramble	
4530	5847	01:03:23	Ruth Logan	
4531	6039	01:03:23	Chris Richardson	
4532	5359	01:03:23	Susan Wales	
4533	6038	01:03:25	Tarajyoti Rudd	
4534	7243	01:03:26	Sally Flintham	
4535	1830	01:03:26	Emmie Jarvis	
4536	2237	01:03:26	Dale Gedge	
4537	6093	01:03:27	Shalene Barber	
4538	6657	01:03:27	Ashley Stone	
4539	3542	01:03:27	vicky hampson	North Norfolk Beach Runners
4540	5686	01:03:28	Jenny Pulford	Aylsham Runners
4541	6554	01:03:29	Tim Warner	
4542	8216	01:03:29	April Yallop	
4543	1819	01:03:29	Jodie Drake	
4544	6359	01:03:29	Amy Morfitt	
4545	6186	01:03:29	Scott Hawkins	
4546	7755	01:03:30	Brian Weiser	
4547	4632	01:03:31	Andrew Brown	
4548	7145	01:03:32	Carolyn Urry	
4549	8564	01:03:32	Gemeana Collins	
4550	3043	01:03:32	Jacob Hewes	
4551	5872	01:03:32	Colin Peddel	
4552	5759	01:03:32	Ben Bird	
4553	7380	01:03:33	Darriane Reynolds	
4554	4303	01:03:34	Louise Barber	
4555	6781	01:03:34	Alison Mead	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4556	6051	01:03:34	Tracy Humphreys	Stowmarket Striders RC
4557	6981	01:03:34	Sam Mead	
4558	5235	01:03:34	Emily Rayner	
4559	4977	01:03:35	Silje Kendrick-Eriksen	
4560	4696	01:03:35	Jane Reeves	
4561	6351	01:03:35	Elizabeth Cooke	
4562	4161	01:03:35	Rachel Belcher	
4563	2748	01:03:35	Rebecca Wilson	
4564	4743	01:03:36	Ellie Hurn	
4565	2127	01:03:36	Joseph Kendrick-Eriksen	
4566	3730	01:03:36	Christina Mulligan	
4567	5995	01:03:37	Denise Lancaster	
4568	6069	01:03:37	Katie Jenkins	
4569	4622	01:03:37	Rosalie Niescierowicz	
4570	5164	01:03:37	Lauren Cutler	
4571	5310	01:03:37	Faye Moloney	
4572	5378	01:03:37	Jacqueline Wood	Dereham Runners & AC
4573	7912	01:03:38	Clair Szemis	Norwich Road Runners
4574	4959	01:03:38	Clare Randall	
4575	6070	01:03:38	Joanna Andrews	
4576	7306	01:03:38	Jenny Horrex-Heys	
4577	5700	01:03:38	Nicole Cole	
4578	6276	01:03:38	Gintare Kakneviute	
4579	5573	01:03:39	Darius Rustom	
4580	3687	01:03:39	Paul West	
4581	5890	01:03:39	Ruth Mitchell	
4582	3771	01:03:39	Samantha Hele	
4583	8122	01:03:40	Jenny Saville	
4584	5558	01:03:40	Natalie Hazelden	
4585	4271	01:03:40	Deanne Dafforn	
4586	4618	01:03:40	Ivor McNaugher	
4587	6046	01:03:41	Alan Locke	
4588	4845	01:03:41	Charlotte Caldwell	
4589	6257	01:03:41	Annie Kay	
4590	6063	01:03:41	Beatrice Blyth	
4591	4944	01:03:41	Mahesh Galem	
4592	6555	01:03:42	Gemma Blyth	Norwich Road Runners
4593	6401	01:03:42	Karina Vere	
4594	5712	01:03:42	Gary Heffer	
4595	7572	01:03:42	Rachel Thompson	
4596	4142	01:03:43	Stephanie Wenn	
4597	7151	01:03:43	Isabel Horner	
4598	4979	01:03:44	Bonnie Butler	
4599	6769	01:03:45	Ruth Spencer	
4600	6094	01:03:45	Kyra Cornish	
4601	5581	01:03:45	Davina Tebbutt	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4602	6428	01:03:45	nicola lee	
4603	4407	01:03:45	Kelly Cornish	Norwich Road Runners
4604	1353	01:03:46	Gary Cuthbert	
4605	6986	01:03:46	Deborah Woods	
4606	3486	01:03:47	Jamie O'Connor	
4607	5207	01:03:47	Cara Mothers	
4608	3166	01:03:47	Tabitha Keeble	Norwich Road Runners
4609	2090	01:03:47	Mark Palmer	
4610	6350	01:03:47	Richard Lerner	
4611	6016	01:03:47	Charlene Nicholls	
4612	3741	01:03:47	Joe Robson	
4613	5906	01:03:48	Tabitha Buckley	
4614	7204	01:03:48	Katya Kostadintcheva	
4615	3629	01:03:48	Dominik Grzyb	
4616	7255	01:03:49	Ian Bramble	Accrington Road Runners
4617	6262	01:03:51	Thomas Jermy	
4618	3799	01:03:51	Hayley Austin	
4619	6192	01:03:51	Bree Cooke	
4620	5630	01:03:52	Louis Moore	
4621	8130	01:03:52	Alex Wright	
4622	7051	01:03:53	Peter Nice	Harleston Running Club
4623	7118	01:03:53	Ethan Thurling	
4624	4952	01:03:54	Christian Fairbrother	
4625	6289	01:03:54	Janet Hunt	
4626	5230	01:03:54	Sandra Johnson	
4627	6829	01:03:55	Hattie Foote	
4628	300	01:03:55	Graham Johnson	Coltishall Jaguars RC
4629	6486	01:03:55	Kate Hodkinson	
4630	6596	01:03:56	Kirby Garrett	
4631	5761	01:03:56	Margaret Connarty	
4632	6189	01:03:57	Lyndsay Edge	
4633	7625	01:03:58	Amy Warren	
4634	3906	01:03:58	Tim Cook	Norfolk Gazelles AC
4635	6634	01:04:00	Karen Hoolahan	
4636	6127	01:04:00	Mark Bunn	
4637	7366	01:04:00	James Bishop	
4638	6126	01:04:00	Zoe Darwin-Bunn	Girls That Jeff
4639	4729	01:04:00	Brett Robertshaw	
4640	7511	01:04:01	Taylor Willmore	
4641	8389	01:04:02	Mick Spinks	
4642	6274	01:04:02	Liz Branson	
4643	6081	01:04:02	Vicki Long	
4644	6075	01:04:02	Chloe Travis	
4645	5229	01:04:03	Helen Lobo	
4646	7271	01:04:03	Anthony Wright	
4647	5704	01:04:04	Przemyslaw Soczynski	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4648	7078	01:04:04	Vanessa Pooley	
4649	7692	01:04:04	James welham	
4650	6340	01:04:04	Roger Handford	
4651	5603	01:04:04	Alexander Dowding	
4652	5155	01:04:05	Hannah Graham	
4653	7064	01:04:05	Charlotte Miller	
4654	5858	01:04:05	Andrew Ducker	
4655	5522	01:04:05	Hugh Furness	
4656	5885	01:04:06	ZOE SANDERS	
4657	5585	01:04:07	Richard Wright	
4658	5888	01:04:08	JOANNE MOORE	
4659	6404	01:04:08	Bradley Powell	
4660	4984	01:04:08	Sarah Bulley	
4661	7446	01:04:09	Marc Hasketh-Boston	
4662	5834	01:04:09	Carol Plunkett	
4663	7056	01:04:09	Nicky Galwey-Woolston	
4664	5113	01:04:10	Adrienne Thompson	
4665	5142	01:04:12	Caitlin Notley	
4666	3891	01:04:12	Malcolm Beasley	
4667	790	01:04:12	Neil Dobson	
4668	5237	01:04:12	claire Baker	
4669	4315	01:04:14	Roger Eglen	
4670	7422	01:04:15	Nick Bradley	
4671	6701	01:04:15	Vikki Powell	Harleston Running Club
4672	4070	01:04:15	Ellen Bridges	
4673	6748	01:04:16	Nicole Mera	
4674	5429	01:04:16	hannah hamment	Norwich Road Runners
4675	5559	01:04:16	Lydia Williams	
4676	4965	01:04:16	Jack Dallain	
4677	5388	01:04:16	Jemma Barker	
4678	4949	01:04:17	Wendy Brett-Reynolds	Norwich Road Runners
4679	1067	01:04:17	Kieron Goreham	
4680	6735	01:04:18	Melvin Hill	
4681	8026	01:04:18	Catherine Sayer	Norfolk Gazelles AC
4682	7421	01:04:18	Linda Price	
4683	6007	01:04:18	Naomi Herbert-Okey	
4684	5376	01:04:19	Nathan Harris	Tri-Anglia Triathlon Club
4685	5456	01:04:19	molly brockett	
4686	2780	01:04:19	Kevin Bray	Norwich Road Runners
4687	5563	01:04:19	Royston Emmerson	
4688	5357	01:04:19	Rachael Karakanna	
4689	4138	01:04:19	Roberta Willner	
4690	6750	01:04:20	Richard Marks	
4691	7095	01:04:20	Joanna Keable	
4692	4572	01:04:20	Karren Rawlings	Norwich Road Runners
4693	8146	01:04:20	Mark Nicholls	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4694	6496	01:04:21	Luis Xavier Celleri Pluas	
4695	2913	01:04:21	Scott Cunnington	
4696	4924	01:04:21	Chloe Kent	
4697	7712	01:04:21	Anna Tetzlaff	
4698	5689	01:04:21	Lucie Durrant	
4699	4989	01:04:21	Adrian Harris	
4700	5685	01:04:22	Melanie Furness	100 Marathon Club
4701	6427	01:04:23	Anna Conyard	
4702	5280	01:04:23	Emil Armas	
4703	2789	01:04:24	Mohan Rajesh	
4704	3545	01:04:24	Theresa Dean	Coltishall Jaguars RC
4705	2854	01:04:25	David Woods	
4706	7136	01:04:25	Liam Pells	
4707	4990	01:04:25	Craig Hill	
4708	6312	01:04:25	David Cushway	
4709	4348	01:04:25	Wayne Rogers	
4710	6497	01:04:26	Emily Mann	
4711	5392	01:04:26	Gemma Bond	
4712	6103	01:04:26	Emma Queensborough	
4713	4539	01:04:26	Georgina Pell	
4714	5960	01:04:26	Helen Debbage	
4715	5622	01:04:26	Rosalind Seal-Coon	
4716	4822	01:04:27	Laura Gilchrist	
4717	3680	01:04:27	Loren Sears	Wikiwiki Tri Team
4718	7936	01:04:27	Christopher Raven	
4719	3681	01:04:27	Robert Sears	Wikiwiki Tri Team
4720	4316	01:04:27	Tom Chappell	
4721	6132	01:04:27	Sarah Durrell	
4722	6633	01:04:27	Gwyneth Jones	
4723	7681	01:04:27	Thomas Ives	
4724	6426	01:04:27	Glynis Bennett	
4725	5309	01:04:28	Robin Hall	
4726	6194	01:04:28	Lisa Randall	
4727	7218	01:04:29	Mark Bullimore	
4728	3814	01:04:30	David Messiter	
4729	7691	01:04:32	Hyojoo Park	
4730	7031	01:04:32	jason nicholas	
4731	4715	01:04:33	Joseph Jackson	
4732	2904	01:04:33	Aaron Johnson	
4733	7602	01:04:33	Peter Scott	
4734	6987	01:04:33	Emma Cook	
4735	8259	01:04:33	James Groom	
4736	4469	01:04:34	Mark Bullard	
4737	7947	01:04:35	Tracey Frost	
4738	5743	01:04:35	Rachel Smith	
4739	6074	01:04:36	Debbie Secret	Lowestoft Road Runners

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4740	4872	01:04:36	Laura Washington	
4741	4201	01:04:37	Catherine Baldwin	
4742	5439	01:04:37	Sophie Boldero	
4743	2684	01:04:38	Lyndsey Lubach	
4744	5012	01:04:38	Sarah Kettle	26.2 Road Runners Club
4745	4940	01:04:38	Amy Holtzer	Waveney Valley AC
4746	6131	01:04:38	Bronya Patmore	
4747	2184	01:04:38	Robin Lubach	
4748	7612	01:04:38	Molly Ede	
4749	3781	01:04:39	Nedina Middleton-Hall	Wymondham AC
4750	6273	01:04:39	Christine Ryding	Bungay Black Dog RC
4751	4601	01:04:39	Tom Saxton	
4752	4604	01:04:39	Ben Goulder	
4753	5000	01:04:39	Caroline England	
4754	4390	01:04:40	Kate Collier	Diss and District AC
4755	6217	01:04:40	Lucy Mahony	
4756	5784	01:04:40	Bob Fossey	
4757	7948	01:04:40	Charlie Plant	
4758	5138	01:04:41	Steffan Harwood	
4759	4820	01:04:43	Thomas Keogh	
4760	2036	01:04:43	Jakob Eldridge	
4761	5954	01:04:45	Tim Hodge	
4762	4651	01:04:45	Luke Scriven	
4763	4183	01:04:45	Catriona Hodge	
4764	6097	01:04:45	Josephine Johnson	
4765	5789	01:04:46	Lee Guymer er	
4766	5338	01:04:46	Michael Griffiths	
4767	4905	01:04:46	Stuart Sadler	Great Yarmouth Road Runners
4768	6519	01:04:47	Anne Harper	
4769	5273	01:04:48	Donald Hill	
4770	6534	01:04:49	Gav Read	
4771	5771	01:04:50	Debbie Bluck	
4772	8550	01:04:50	Laura Cathersides	
4773	6200	01:04:50	Rachael Daynes	Attleborough Athletics Academy
4774	5450	01:04:50	Caitlin Henery	
4775	7742	01:04:50	Alex Tubby	
4776	5736	01:04:50	Donna Jolly	
4777	5210	01:04:51	Rich Caplin	
4778	5720	01:04:51	Heather Sadler	
4779	6121	01:04:51	Rob Stratton	Wymondham AC
4780	5974	01:04:52	Daniel Howell	
4781	6922	01:04:52	Dan Edge	
4782	6777	01:04:53	Anna Alpe	
4783	6759	01:04:53	Lucie Curtis	
4784	6500	01:04:53	Peter Waterfield	
4785	5769	01:04:54	Sonia Walker	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4786	6420	01:04:55	Sam Hughes	
4787	5918	01:04:55	Francesca Bennett	
4788	6419	01:04:56	Kelly Kenny	
4789	4120	01:04:57	Ellie Witt	
4790	4158	01:04:57	RHYS SADLER	
4791	7456	01:04:58	Martin Lewis	
4792	5323	01:04:58	Jack Sawyer	
4793	4695	01:04:59	Alice Barker	
4794	6385	01:04:59	Sarah Hinchcliffe	
4795	5166	01:04:59	Ruth Fiddy	
4796	8343	01:04:59	Andrew Ward	
4797	6201	01:05:00	Adrian Rutterford	Norfolk Gazelles AC
4798	6532	01:05:00	Carl Tyas	
4799	4960	01:05:01	Denise Yallop	
4800	7664	01:05:02	Chrystelle Asseman	
4801	1793	01:05:02	Josh Walpole	
4802	6489	01:05:02	Colin Rickard	
4803	4895	01:05:02	Amanda Moss	
4804	4171	01:05:02	Kelly Sykes	
4805	6516	01:05:03	Emma Jaggs	
4806	7540	01:05:03	Lesley Hall	
4807	5623	01:05:03	Talita Rodrigues	
4808	6559	01:05:03	Lesley Hanner	
4809	3581	01:05:03	Keavy Wright	
4810	5104	01:05:03	Salena Dawson	Norfolk Gazelles AC
4811	3849	01:05:04	Amber Sheldon	
4812	3068	01:05:05	Sharon Theobald	Norfolk Gazelles AC
4813	8084	01:05:05	Michelle Trollope	
4814	4023	01:05:06	Glenn Masterson	
4815	6610	01:05:06	Edward O'Neill	
4816	6707	01:05:06	Robert Wagstaff	
4817	8371	01:05:07	Ruth Harding	
4818	7122	01:05:07	Joanne Rackham	
4819	5278	01:05:07	Helena Woollorton	
4820	5802	01:05:07	Lynsey Davison	
4821	8342	01:05:07	Leah Lewis	
4822	6035	01:05:08	frances spurgeon	
4823	4937	01:05:08	Helen Southgate	
4824	8244	01:05:08	James Taylor-Lawrence	
4825	5231	01:05:08	Ria Quinton	
4826	8505	01:05:08	Hemant Raut	
4827	8415	01:05:08	Alan Hiom	
4828	4936	01:05:08	Paul Southgate	
4829	4996	01:05:09	Nick Lawrence	
4830	1966	01:05:09	Jack Kelleher	
4831	5177	01:05:09	Natasha Sumner	North Norfolk Beach Runners

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4832	6988	01:05:10	Vicky Keene	
4833	5485	01:05:10	Victoria Robinson	
4834	5156	01:05:10	Daniel Key	
4835	7925	01:05:10	Ben Green	
4836	7923	01:05:11	Justin Goulty	
4837	5444	01:05:13	Clare Bradbury	
4838	5564	01:05:13	Anna Blagrove	
4839	4086	01:05:13	David Thorpe	
4840	5697	01:05:14	Courtney Laskey	
4841	4143	01:05:14	Megan Brand	
4842	7626	01:05:15	Jessica Turner	
4843	4718	01:05:15	Ian Pinnock	
4844	2272	01:05:15	Ben Roat	
4845	5101	01:05:15	George Lawrence	
4846	2119	01:05:15	David Hill	
4847	5196	01:05:15	adrian wicks	
4848	5989	01:05:15	Carl Needham	
4849	2091	01:05:16	Keith Watson	
4850	4853	01:05:17	Anna Baker	
4851	3933	01:05:17	Alison Cook	
4852	7548	01:05:17	Melissa Martell	
4853	7998	01:05:17	Elliemay Keywood	
4854	5892	01:05:17	Kate Botten	
4855	6787	01:05:18	Richard Sawyer	
4856	7977	01:05:18	Tracy Stevenson	
4857	5620	01:05:19	Sarah Alexander-Williams	
4858	4927	01:05:20	Sophie Forbes	
4859	4079	01:05:20	Maisie Lee	
4860	7216	01:05:20	Oliver Simons	
4861	4298	01:05:21	Jane hardingham	
4862	5898	01:05:22	Matt Rump	
4863	5612	01:05:22	Georgina Jones	
4864	3513	01:05:23	Hayley Smith	Coltishall Jaguars RC
4865	5347	01:05:23	Emma Shanks	Norwich Road Runners
4866	4717	01:05:23	Aisha Singleton	
4867	5993	01:05:23	susan fletcher	Waveney Valley AC
4868	7707	01:05:23	Beth Wall	
4869	5766	01:05:24	William Bretton	
4870	5256	01:05:24	Chris Drewett	
4871	6024	01:05:25	Lisa Hodges	
4872	5985	01:05:25	Martin Boakes	
4873	5451	01:05:25	robert knights	
4874	5419	01:05:26	Dan Lowe	
4875	3917	01:05:27	Bryony White	
4876	5708	01:05:27	David Methold	
4877	6485	01:05:27	Ian Milburn	Fenland Running Club

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4878	8436	01:05:27	Sarah Bird	
4879	7277	01:05:27	Leah Clinch	
4880	3550	01:05:28	Matthew Rushbrooke	
4881	5750	01:05:29	andrew smith	
4882	5952	01:05:29	Andrew Griib	
4883	5760	01:05:30	Kit Gill	
4884	3371	01:05:30	Daniel Babington	
4885	3370	01:05:30	Isabella Heber	
4886	7202	01:05:30	Charlotte Bennett	
4887	3430	01:05:30	Lucy Lincoln	
4888	6328	01:05:31	Ian Hildrew	
4889	5936	01:05:31	Keith Burnett	Beccles Triathlon Club
4890	4470	01:05:32	Rachel Cork	
4891	5385	01:05:33	Gemma O'Dwyer	
4892	5411	01:05:33	Sue Meadows	
4893	7242	01:05:33	Rachel Clarke	
4894	5316	01:05:34	Melinda Johnson	
4895	7797	01:05:34	TIM RIDGLEY	
4896	6979	01:05:34	Lindsey Voong	
4897	6454	01:05:34	Stephen Bennett	
4898	7142	01:05:35	Emily Jarvis	
4899	4678	01:05:35	Abby Bolderston	Bungay Black Dog RC
4900	5174	01:05:38	Santana huckle	
4901	4196	01:05:38	Luke Frost	
4902	6542	01:05:38	Lauren Stansbury	
4903	4416	01:05:39	Vicki Parker-Humphreys	
4904	8360	01:05:39	Caroline Baines	
4905	8558	01:05:39	Maddie Brewer	
4906	5879	01:05:39	Lisa Xuereb	
4907	5870	01:05:39	Samantha Jones	
4908	6726	01:05:40	Kelly Harper	
4909	4117	01:05:40	Matthew Cole	
4910	4011	01:05:41	David Stansbury	
4911	4096	01:05:42	Simon Steele	
4912	6741	01:05:42	Annette Waterfield	
4913	6773	01:05:42	Susie Sparks	
4914	6776	01:05:42	Dave Hopkinson	
4915	6774	01:05:43	Nathaniel Khoom	
4916	1898	01:05:43	Sophie Bellenberg	
4917	4679	01:05:43	Elizabeth Fox	Bungay Black Dog RC
4918	5592	01:05:44	Jasmine Myers	
4919	4461	01:05:44	Hanna Davies	
4920	4589	01:05:44	Nicola Carney	
4921	3276	01:05:45	Hannah Clarke	
4922	6672	01:05:45	Julie Thallon	
4923	3211	01:05:46	Niamh O'Mahony	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4924	3575	01:05:46	Gemma Sullivan	
4925	7361	01:05:46	Emily Keel	
4926	3574	01:05:46	Lorna Sullivan	
4927	7831	01:05:46	Megan Welsh	
4928	1484	01:05:47	Oliver Skipper	Innovation Multisport
4929	6080	01:05:47	James Mckellar	
4930	1904	01:05:47	Paul Barker	
4931	5332	01:05:48	daniel evans	
4932	5765	01:05:48	Clare Slattery	
4933	5880	01:05:48	Karl Tordoff	
4934	5161	01:05:49	Megan Broughton	
4935	5162	01:05:49	Terry Broughton	
4936	1905	01:05:49	Lucy Batt	
4937	4044	01:05:49	lewis lake	
4938	5813	01:05:49	Karen Watson	
4939	6494	01:05:50	Thomas Gayton	
4940	7094	01:05:51	Stuart Long	
4941	7036	01:05:51	Dawn Osborne	
4942	7026	01:05:51	Erin Paterson	
4943	5324	01:05:52	Paul Greenfield	
4944	5344	01:05:53	Kevin Williams	
4945	5598	01:05:54	Maurice Stafford	
4946	5431	01:05:54	Kieran Smith	
4947	8586	01:05:55	William Wilson	
4948	7652	01:05:55	Abigail Lewis	
4949	7653	01:05:55	Sarah Lewis	
4950	5923	01:05:55	Amber Nielsen	Beccles Triathlon Club
4951	5379	01:05:57	Briony Johnstone	
4952	5820	01:05:57	Kirsty Tatum	
4953	6331	01:05:57	Natalie Johnson	
4954	5393	01:05:57	Ciaran Dutton	
4955	6116	01:05:58	Sacha Jenkinson	Norwich Road Runners
4956	6023	01:05:58	Liz Hollis	
4957	5819	01:05:58	Sarah Nichols	
4958	7538	01:05:58	Tina Tucker	
4959	7123	01:05:59	Jill Rowe	Kingfisher Harriers
4960	6090	01:05:59	Sarah Dennant	
4961	6025	01:06:00	Bella Hewitt-Parkings	
4962	7470	01:06:00	CLAIRE GURNEY	
4963	7393	01:06:00	jo silver	
4964	6352	01:06:00	Jo Bennett	
4965	4126	01:06:00	shelley Curtis	
4966	7197	01:06:01	MICHAELA EVANS	
4967	7951	01:06:01	Katrina Johnson	
4968	4389	01:06:01	Corin Lathan	
4969	5219	01:06:02	Natasha Ward	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
4970	7205	01:06:03	Brandon Carter	
4971	7104	01:06:03	Robert Mills	
4972	7916	01:06:04	Jamie Carter	
4973	7449	01:06:04	chloe sarsby	
4974	7129	01:06:04	Vernon Mills	
4975	5364	01:06:05	Garnett Jones	
4976	7082	01:06:05	Steven Burrell	
4977	4878	01:06:05	Kathryn Abigail-Hardman	
4978	8050	01:06:05	Dom McAllister	
4979	6481	01:06:06	Helen McGrath-Doherty	Bungay Black Dog RC
4980	7485	01:06:06	Andy Secker	
4981	6724	01:06:06	PAUL MARRIAGE	
4982	7484	01:06:06	Louise Roberts	
4983	7604	01:06:06	Fiona Revell	
4984	7190	01:06:07	Kanchen Shakya	
4985	4412	01:06:07	sharon corden	
4986	4476	01:06:07	Daniel Nickalls	
4987	3224	01:06:07	Jessica Parry	
4988	3085	01:06:07	Salma El-Deek	
4989	5959	01:06:08	Catherine Gant	
4990	5621	01:06:08	Monika Mydlarz	
4991	4854	01:06:08	Michael Radbourne	Lonely Goat RC
4992	7574	01:06:11	Laura Hubbard	
4993	4901	01:06:12	James Pearson	
4994	7105	01:06:12	Bernice Whitten	
4995	6783	01:06:13	SARAH MEDD-SYGROVE	
4996	4814	01:06:13	Christina Feilden	
4997	4861	01:06:13	Christopher Key	
4998	4862	01:06:13	Carly Key	
4999	6139	01:06:14	Jo Rayner	Wymondham AC
5000	6919	01:06:14	Lesley Heath	Harling Athletic Club
5001	5225	01:06:14	Emmeline Vincent	
5002	5688	01:06:15	Emma Baldry	
5003	8056	01:06:15	Angela Hodge	Harleston Running Club
5004	6480	01:06:15	Rachael Friend	
5005	5218	01:06:16	Sean Cahill	
5006	5962	01:06:16	Alan Godbold	Harlow Running & Tri Club
5007	5964	01:06:16	Anna Gant	
5008	4105	01:06:16	Alex Bannister	
5009	6247	01:06:16	Kevin Townly	
5010	5608	01:06:17	Steve Bliss	
5011	4184	01:06:17	Gavin Norman	
5012	3689	01:06:18	Sarah Fleet	
5013	6722	01:06:18	Niel Partridge	
5014	6753	01:06:18	Martyn Gillett	
5015	5148	01:06:18	Matt Ingram	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5016	5900	01:06:18	Lisa Kemp	
5017	8158	01:06:19	Jonathan Rump	
5018	995	01:06:19	Leah Bowes	
5019	3325	01:06:20	Emily Smith	
5020	4818	01:06:20	Caroline Parnis	Lowestoft Road Runners
5021	2658	01:06:21	David Drew	
5022	4902	01:06:21	Linda Hawes	Reepham Runners
5023	6469	01:06:21	Sarah Ward	
5024	7102	01:06:22	Roy Impey	
5025	7666	01:06:24	Toni Taylor	
5026	7505	01:06:24	helen Holmes	
5027	5663	01:06:24	Samantha Rose	
5028	4825	01:06:24	Robbie Walden	
5029	8548	01:06:25	Amy Harris	
5030	5970	01:06:26	Colin Spencer	
5031	6107	01:06:26	Daniella Mason	
5032	6905	01:06:26	Alan Varle	Waveney Valley AC
5033	4332	01:06:26	Toby Vernon	
5034	5342	01:06:27	Rachel Parker	
5035	6949	01:06:27	Katie Durnell	
5036	7874	01:06:27	Sophia Fletcher	
5037	6788	01:06:27	Ria Freeman	
5038	6243	01:06:28	Samantha Manning	Lonely Goat RC
5039	4910	01:06:28	Matthew Coe	
5040	8554	01:06:28	Abbi Catterall	
5041	7441	01:06:28	Andrew Logan	
5042	7033	01:06:29	Lucie Egleton-Dagg	
5043	6676	01:06:29	Sinead Delaney	
5044	6245	01:06:29	sam matthews	
5045	5191	01:06:29	Kana Messenger	
5046	7942	01:06:30	Morag Pollard	
5047	6296	01:06:30	Alison Wiggett	
5048	5296	01:06:30	Catherine Moorhouse	
5049	7605	01:06:31	Nicole Afford	
5050	6551	01:06:32	Heidi Acteson	
5051	3955	01:06:32	Luke Abendroth	
5052	7172	01:06:33	Tricia Ashton	
5053	4844	01:06:33	John Neenan	Aylsham Runners
5054	7231	01:06:34	Olivia Allerton	
5055	8573	01:06:34	Lynne Laws	
5056	6819	01:06:35	Kelly Stone	Great Yarmouth Road Runners
5057	6674	01:06:35	Paul Pearson	
5058	2799	01:06:36	Taylor De Sousa	
5059	6675	01:06:36	Hayley Pearson	
5060	5997	01:06:38	Victoria Temple	
5061	7235	01:06:39	Ryan Westrop	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5062	5458	01:06:40	Simon Burrage	
5063	7920	01:06:40	Robert Holliday	
5064	4495	01:06:41	Robert Gibson	
5065	7832	01:06:41	Patrick Heaney	
5066	4047	01:06:41	Robyn Greenacre	
5067	2273	01:06:41	Ian Moore	
5068	6466	01:06:42	Christopher Adcock	
5069	3499	01:06:42	Richard Onslow	
5070	4692	01:06:42	Sharon Smalls	
5071	2558	01:06:42	Mike Reid	
5072	4788	01:06:42	Neil Bird	
5073	4609	01:06:43	Tim Hart	Great Yarmouth Road Runners
5074	5372	01:06:43	Craig Schranz	
5075	3213	01:06:43	Stephen Girling	Norfolk Harriers RC
5076	7512	01:06:44	Sarah Smith	
5077	5825	01:06:45	Natalie Brown	Waveney Valley AC
5078	4320	01:06:45	Carol Ryland	Waveney Valley AC
5079	6286	01:06:45	Nicola Taylor	
5080	5504	01:06:45	Yogendra Singh	
5081	6909	01:06:45	Mark Tucker	
5082	7994	01:06:45	Louise Jackson	
5083	6669	01:06:45	Samantha Chubbock	
5084	4414	01:06:45	Victoria Wright	
5085	6942	01:06:46	Gary Oakshott	
5086	6518	01:06:46	Ellen Sweet-Escott	
5087	4963	01:06:46	Richard Clifford	
5088	5937	01:06:46	Stephen Whitelam	Three Counties Running Club
5089	8067	01:06:46	Ian Rumsby	
5090	7993	01:06:46	Ben Jackson	
5091	5528	01:06:47	Jemma Thorne	
5092	5875	01:06:47	Ian Stubbs	
5093	8007	01:06:48	Paul Stubbs	
5094	5511	01:06:50	Karen Johnson	
5095	4125	01:06:50	Kaileigh Blackmore	
5096	6804	01:06:51	Caitlin Avery	
5097	8263	01:06:51	Jack Fairhead	
5098	6281	01:06:52	Ernesto Blas	
5099	4907	01:06:52	Sarah Keen	North Norfolk Beach Runners
5100	6280	01:06:53	Glenda Blas	
5101	3050	01:06:53	Clare Symms	Lonely Goat RC
5102	7048	01:06:53	Debbie Williment	Great Yarmouth Road Runners
5103	4374	01:06:54	Mary Cordeaux	City Of Norwich AC
5104	4749	01:06:54	Daniel Smith	
5105	8449	01:06:55	Kevin Murphy	Bungay Black Dog RC
5106	5538	01:06:55	Jonathan Poole	
5107	6704	01:06:55	Olivia Goddard	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5108	8443	01:06:55	Cara Mason	
5109	8444	01:06:56	Victoria Roberts	
5110	6128	01:06:56	Simon Hawkins	
5111	4575	01:06:57	Rowan York-Smith	
5112	5827	01:06:57	Suzie Trundle	
5113	5255	01:06:58	Helen Atkinson	
5114	7646	01:06:58	Lewis Cook	
5115	6895	01:06:58	Lou Bunning	
5116	6408	01:06:58	Jemima Roques	
5117	8562	01:06:58	Jon Bunning	
5118	6574	01:07:01	Tony Kane	
5119	7724	01:07:01	Katie O'Reilly	
5120	6357	01:07:03	MALCOLM RANDALL	
5121	5844	01:07:03	Stephen Saunders	
5122	4344	01:07:03	Adrian Rayner	
5123	2086	01:07:03	Thomas Bulley	
5124	5955	01:07:04	Martin Hayes	
5125	5494	01:07:04	Louise Smalley	
5126	3939	01:07:04	Kam Ming WONG	
5127	6828	01:07:05	Chris Lawson	Saffron Striders RC
5128	8335	01:07:05	Matthew Jones	
5129	7610	01:07:06	Tom Greenhill	
5130	7609	01:07:07	Faith Jennison	
5131	6797	01:07:07	Rachel Hales	
5132	5814	01:07:07	Charlotte Eden	
5133	5445	01:07:07	Michael Roberts	Plymouth Harriers
5134	5891	01:07:08	Leon Howard	
5135	7439	01:07:08	Timothy Meyer	
5136	5683	01:07:08	Stuart Rumble	
5137	6666	01:07:09	Richard Beach	
5138	5991	01:07:09	Alice Kirk	
5139	5992	01:07:09	Andrew Kirk	
5140	6796	01:07:09	Karen Woods	
5141	6177	01:07:09	Emily Rosier-Parker	
5142	7272	01:07:09	Jenny Green	Waveney Valley AC
5143	4474	01:07:09	Ben Conway	
5144	6283	01:07:10	Jamie Pizey	
5145	4336	01:07:10	David Bufton	Coltishall Jaguars RC
5146	4176	01:07:10	Stuart Dix	
5147	7032	01:07:11	Tamsin Young	
5148	6670	01:07:11	Sarah Meeks	
5149	8143	01:07:12	Phoebe Wingate	
5150	7305	01:07:13	Chantelle Peters	
5151	7071	01:07:14	Tracey Spelman	
5152	7389	01:07:14	Deborah Dean	
5153	7388	01:07:14	Richard Dean	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5154	6813	01:07:15	Tessa Beecroft	
5155	6045	01:07:16	beth brookes	
5156	6736	01:07:17	Alistair Fitzgerald	
5157	8230	01:07:17	Lisa Brown	
5158	5886	01:07:17	Kyle Farr	
5159	5130	01:07:17	Brad Day	
5160	7083	01:07:17	Martha Howlett	
5161	5780	01:07:18	Mandy Harrison	
5162	7043	01:07:18	Stanley Hamilton	
5163	6482	01:07:19	Liam Storey-smith	
5164	4767	01:07:19	Derek Sullivan	
5165	6678	01:07:20	Emma Soanes	
5166	7110	01:07:21	Jonathan Gray	
5167	7539	01:07:21	Andrea Fordham	
5168	6418	01:07:21	Alice Williams	
5169	6211	01:07:21	Debbie Beare	
5170	7854	01:07:22	Julie Elden	
5171	6155	01:07:23	Rachel Garrod	
5172	6626	01:07:23	Kirsty Pond	
5173	6583	01:07:23	Phil Soanes	
5174	6112	01:07:23	Deborah Warner	
5175	6887	01:07:24	Emma Wilson	
5176	7157	01:07:24	Lisa Baker	North Norfolk Beach Runners
5177	7710	01:07:25	Kerry Holden	
5178	8555	01:07:25	Charlie Watts	
5179	7913	01:07:25	Anastasiya Varvel	
5180	4761	01:07:26	Kate Leverett	
5181	3742	01:07:26	Leanne Pyrke	
5182	3950	01:07:26	Ian Currie	
5183	8133	01:07:26	Hollie Godden	
5184	7396	01:07:27	William Groombridge	
5185	6184	01:07:28	Andrea Buckingham	
5186	4605	01:07:30	Simon Wooldridge	
5187	6438	01:07:31	Claire Jelley	Harborough AC
5188	7563	01:07:31	Rebecca Reade	
5189	5580	01:07:32	Robert Flint	
5190	6751	01:07:32	Chris Austin	
5191	6449	01:07:32	Frances Irwin	
5192	6992	01:07:33	Nigel Barnes	
5193	7843	01:07:33	Amy Barker	
5194	7005	01:07:33	Stu Hillman	
5195	7312	01:07:34	Karla Randell	
5196	6309	01:07:34	Karen Harper	
5197	6374	01:07:34	Jo Green	
5198	4551	01:07:34	Rachael Huggins	Norwich Road Runners
5199	8352	01:07:34	Toni Williams	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5200	5312	01:07:35	Christine Pilbrow	
5201	5322	01:07:35	Seren Westbury-Jones	
5202	7716	01:07:35	Sarah Clark	
5203	6483	01:07:36	Tony Gentry	Wymondham AC
5204	6650	01:07:36	Joanne Johnson	
5205	7636	01:07:37	John Birchall	
5206	6058	01:07:37	Rhianna Cracknell	
5207	5917	01:07:37	Laura Reeves	
5208	8043	01:07:38	Amie Kelly	
5209	5832	01:07:38	Nicola Harrison	
5210	7531	01:07:38	Mark Frior	
5211	7751	01:07:38	Craig Norton	
5212	7554	01:07:39	reece buxton	
5213	8090	01:07:39	Chi Chung Lo	
5214	5020	01:07:39	Harry Farrell-Beales	
5215	5223	01:07:40	Paul Hales	Capel Cheetahs
5216	4269	01:07:40	Tom Hindle	
5217	4780	01:07:41	Kelly Ready	
5218	5828	01:07:41	Carl Ellis	
5219	4774	01:07:41	Matthew Ridden	
5220	5529	01:07:41	G Postlethwaite	
5221	7657	01:07:41	Nicola Smith	
5222	5314	01:07:41	Kate Clover	
5223	7425	01:07:42	Josh Wheeler	
5224	6379	01:07:42	Rebecca Keeley	
5225	7440	01:07:42	Emma Stephenson	
5226	3297	01:07:42	Alex Grantham	
5227	5773	01:07:42	Aneliese Chapman	
5228	6961	01:07:42	Stephen Norris	Coltishall Jaguars RC
5229	7016	01:07:42	Jennifer Arthurton	
5230	2836	01:07:43	Christopher Brown	
5231	5532	01:07:44	Kevin Postlethwaite	
5232	4174	01:07:44	Rachel Pavett	
5233	6572	01:07:44	Salima Behilil	
5234	6424	01:07:44	Andy Lillie	
5235	4182	01:07:45	Lynn Tate	
5236	3347	01:07:45	Roebyn Dev-Sherman	
5237	5833	01:07:45	Amanda Hammond	
5238	6527	01:07:46	Stevie Ward	
5239	4649	01:07:47	Lauren Jordan	
5240	2910	01:07:47	Sam Smerdon	Norfolk Harriers RC
5241	6241	01:07:47	Kirsty Clarke	Waveney Valley AC
5242	7754	01:07:48	Lorraine Hales	
5243	5948	01:07:48	Natalie Delidjani	
5244	5842	01:07:49	Fiona Hinton	Run Mummy Run CRC
5245	6713	01:07:49	Robert Owen	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5246	6346	01:07:50	Chloe Barrett	
5247	7444	01:07:50	Michelle Brady	
5248	2216	01:07:50	Daniel Brock	
5249	7040	01:07:51	Louise Storey	
5250	8456	01:07:51	Luke Mitchell	
5251	4172	01:07:51	Neville Draper	
5252	5557	01:07:52	Richard Allen	
5253	8038	01:07:52	Caroline Matthews	
5254	5999	01:07:53	Sue Phillips	
5255	5513	01:07:53	Jo House	
5256	6373	01:07:53	Michelle Cooper	
5257	5514	01:07:53	Mark Hinchliffe	
5258	5460	01:07:53	Rachael Tate	
5259	6055	01:07:54	Theresa Jones	Waveney Valley AC
5260	3503	01:07:54	Bethany Brown	
5261	6599	01:07:54	Lynsey Weston	
5262	6511	01:07:54	Phil Gulley	
5263	5521	01:07:54	Ady Friend	
5264	3520	01:07:55	Luke Wrycraft	
5265	6158	01:07:55	Richard Napthen	
5266	8431	01:07:56	Jessica Newton	
5267	5965	01:07:56	Richard Paul	
5268	6267	01:07:57	vickey poulter	
5269	8037	01:07:57	Nicole Fitzgerald	
5270	8175	01:07:57	Zoe Baynes	
5271	5455	01:07:57	Edita Vrbova	
5272	6153	01:07:58	Jeni Andrews	
5273	7245	01:07:58	Victoria Utting	Norwich Road Runners
5274	5461	01:07:59	Matthew Vernon	
5275	5881	01:07:59	Sarah Scales	
5276	6154	01:08:00	Tamsyn Noble-James	
5277	6134	01:08:01	Claire Hindley	
5278	7010	01:08:01	Sarah-Jane Blake	
5279	3060	01:08:02	Michelle Finnegan	Runners-Next-the-Sea
5280	4896	01:08:02	Lauren Jarvis	
5281	5168	01:08:02	Vikki Powles	Runners-Next-the-Sea
5282	6631	01:08:03	Sarah Avery	
5283	6206	01:08:03	Mark Riseborough	Runners-Next-the-Sea
5284	6721	01:08:03	Rose Reuben	
5285	6330	01:08:03	Navdeep Kalsi	
5286	2892	01:08:04	Natalie Edwards	
5287	6377	01:08:06	Sarah Koster	
5288	5678	01:08:06	Nicola Conquest	
5289	7117	01:08:07	steve smith	
5290	1936	01:08:07	Gareth Howells	
5291	3822	01:08:08	Mark Tunneycliff	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5292	2377	01:08:08	Iain Wood	
5293	2196	01:08:08	Grainne Purvis	Waveney Valley AC
5294	1010	01:08:08	Odette Goldsmith	Waveney Valley AC
5295	2482	01:08:08	Mark Goldsmith	
5296	4364	01:08:09	Kate Armes	
5297	5694	01:08:09	Daniel Littleboy	
5298	1056	01:08:09	Nathan Phillips	
5299	2873	01:08:10	Carl Weathers	
5300	5625	01:08:10	David Jay	
5301	6311	01:08:11	Steve Smith	
5302	5838	01:08:11	Wendy Glaysher	
5303	4995	01:08:12	Nicola Salt	
5304	5525	01:08:12	Rachel Murray	
5305	7434	01:08:13	Denise Monda	
5306	6613	01:08:13	James Bruce	
5307	7432	01:08:13	Chelsea Blanchard	
5308	7478	01:08:14	Beverly Jenkins	
5309	7955	01:08:14	bethany bull	
5310	8014	01:08:15	Martin Bull	
5311	4599	01:08:15	Michaela Willsher	
5312	4339	01:08:15	Sinead Cahill	
5313	7188	01:08:15	Katie Carter	
5314	5209	01:08:15	Neil Chapman	
5315	1599	01:08:16	Alex Harvey	
5316	6295	01:08:17	Patsy Hodgson	
5317	8094	01:08:17	Barry Humphreys	
5318	7397	01:08:17	Denise Groombridge	
5319	7729	01:08:18	Beverley Gibbings	
5320	5824	01:08:19	Laura Halford	
5321	4337	01:08:20	Sally Porter	Bure Valley Harriers
5322	8308	01:08:20	Shaun Beecroft	
5323	8214	01:08:21	Philippa Burningham	
5324	6030	01:08:21	eleanor howard	
5325	5969	01:08:21	Trudy Musgrove	
5326	7488	01:08:21	Susan Horton	Benfleet RC
5327	8538	01:08:22	Emma Punchard	
5328	5343	01:08:22	Tessa Crocker	
5329	6100	01:08:22	Lucia Fitzpatrick	
5330	7390	01:08:22	Kennedy Dean	
5331	7895	01:08:23	Anne Severino	
5332	8357	01:08:23	Paul Denny	
5333	7647	01:08:23	Paul Stapleton	
5334	6680	01:08:23	Sean Curtis	
5335	8033	01:08:24	Lisa Pennells	
5336	3431	01:08:24	Lilibet Tayler	
5337	6785	01:08:25	David Pugh	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5338	6623	01:08:26	Samantha Swinton	
5339	6587	01:08:26	Robin Turner	
5340	6723	01:08:26	Melanie Galer	
5341	7066	01:08:27	Teresa Fallon	
5342	7954	01:08:27	Stacey Pope	
5343	3412	01:08:27	Ella Codling	
5344	6119	01:08:27	Eleanor Jackson	
5345	5957	01:08:27	Katherine Mussett	
5346	5884	01:08:28	Kerri Singleton	
5347	5367	01:08:28	Liz Read	
5348	8448	01:08:29	Samantha Brewer	
5349	7561	01:08:29	Dale Harris	Fit 2 Run
5350	6111	01:08:29	Rosie Davey	Bungay Black Dog RC
5351	5762	01:08:30	Iain Dempster	
5352	6495	01:08:30	Lindsay Churchman	
5353	5211	01:08:30	Johanna Hammersley	
5354	8398	01:08:31	Martha Frosdick	
5355	6717	01:08:31	Adrian Fisher	
5356	5770	01:08:31	Jonathan Farley	
5357	5213	01:08:31	Andrew Stalker	
5358	5212	01:08:32	Marion Evans	
5359	8194	01:08:32	Ricky Cannell	
5360	5179	01:08:34	Raymond Carthy	
5361	5812	01:08:34	Simon Warr	
5362	8051	01:08:35	Paul Ciocan	
5363	5816	01:08:35	Joanne Scent	
5364	7089	01:08:36	Amy Fell	
5365	8021	01:08:36	Luke Travis	
5366	4974	01:08:36	Suzanne Hurn	Norwich Road Runners
5367	7246	01:08:36	Deidre Beattie	
5368	5170	01:08:37	Alex Mckibbin	
5369	7000	01:08:37	Gary Butcher	
5370	4168	01:08:38	Jenny Day	
5371	8373	01:08:39	Emily Mace	
5372	5472	01:08:39	Lucy Nelson	
5373	5979	01:08:40	Mandy Halls	
5374	3438	01:08:40	Annely Viigipuu	
5375	7232	01:08:40	Chris Eve	
5376	4433	01:08:41	Kim Moore	
5377	6173	01:08:41	Nigel Howell	
5378	6963	01:08:41	Tertia Douglas	
5379	5221	01:08:41	John Tilbrook	
5380	5449	01:08:42	Tom Maher	
5381	7893	01:08:42	Susan Hendry	
5382	6141	01:08:43	Nicola Atter	
5383	8439	01:08:44	Marina Murdoch	Wymondham AC

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5384	7457	01:08:44	Tom Davis	
5385	3806	01:08:45	Oluwatosin Taiwo	
5386	3823	01:08:45	John Baldwin	
5387	7701	01:08:46	Michelle Amos	
5388	8542	01:08:46	Sarah Goldsmith	
5389	4257	01:08:46	Alastair Notley	
5390	8253	01:08:47	Sue Staunton	Waveney Valley AC
5391	6029	01:08:48	RACHAEL SMITH	
5392	5487	01:08:48	Julie Gardner	
5393	7279	01:08:48	Marcus Bailey	
5394	5873	01:08:48	Anne Thomson	
5395	6026	01:08:48	Erica Wicks	
5396	8223	01:08:48	Gaye Demirsoy	Dereham Runners & AC
5397	7474	01:08:49	Stuart Hathaway	
5398	6734	01:08:49	Coral Drane	
5399	6763	01:08:50	Hanna Fairweather	
5400	5907	01:08:51	Denis Udot	
5401	4885	01:08:51	Veena Dholiwar	
5402	5924	01:08:52	Denise Bjorck	
5403	8490	01:08:52	Caroline Clamp	Waveney Valley AC
5404	6607	01:08:52	Sally Wilson	
5405	6948	01:08:53	Louise Walker	
5406	7560	01:08:53	Lauren Purnell	
5407	6937	01:08:54	Sally Cutts	
5408	6939	01:08:54	Amanda Gray	Wymondham AC
5409	7254	01:08:54	Jennie Mccraith	
5410	6101	01:08:55	Lisa Fitch	
5411	6517	01:08:55	Kelton Rice	
5412	8068	01:08:56	Emily Fiddy	
5413	7268	01:08:56	Ellie Marris	
5414	5796	01:08:56	Angela Holloway	
5415	6152	01:08:57	Angela Savory	
5416	7678	01:08:58	Joanna Shinn	
5417	7002	01:08:58	Martin Garrard	
5418	6928	01:08:58	Romy Garrard	
5419	8181	01:08:59	laura dove	
5420	2451	01:08:59	Michelle Atkinson	
5421	6914	01:08:59	Heidi Pooley	
5422	6265	01:09:00	Arran Broadbent	
5423	6957	01:09:01	Sean Harwood	
5424	5835	01:09:01	Kirsten Bishop	Reading Roadrunners
5425	5731	01:09:02	Jane Neville	
5426	5975	01:09:02	Rebecca Howell	
5427	3584	01:09:02	Melissa Rowlands	
5428	5649	01:09:02	Poppy Baker	
5429	7155	01:09:02	Philip Starling	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5430	5899	01:09:03	Matt Diss	
5431	2653	01:09:04	Anthony Blakemore	
5432	6403	01:09:04	Corrina Turner	Thetford AC
5433	6151	01:09:05	John Hunter	
5434	7748	01:09:05	Annie Whitham	
5435	6057	01:09:05	Mack McEwen	
5436	3115	01:09:07	Shaun Honan	
5437	5436	01:09:08	Lauren Smith	
5438	6732	01:09:09	Dinyal O'Donoghoe	
5439	5241	01:09:10	Darren French	
5440	1402	01:09:10	Jason Willgress	
5441	6647	01:09:10	Sarah Berry	
5442	7667	01:09:10	Caroline Hill	
5443	6951	01:09:10	Catherine Edwards	
5444	5848	01:09:10	Rosanna Lynch	
5445	4806	01:09:11	Amy Edye	
5446	7820	01:09:12	Martin Chapman	Lonely Goat RC
5447	6239	01:09:12	Lynn Greenfield	
5448	7398	01:09:14	Julia Westgate	
5449	6660	01:09:15	Milton Lindsay	
5450	7840	01:09:16	Gary Fletcher	
5451	4375	01:09:16	Holly Aldridge	
5452	4376	01:09:17	Scarlett Rhoades	
5453	7747	01:09:17	Caragh Ewles	
5454	6795	01:09:18	Michelle Carter	
5455	6720	01:09:18	Tracey Bonham	
5456	1254	01:09:18	Kaylee Staples	
5457	7892	01:09:19	Emma Halliday	
5458	7622	01:09:19	Roxanne McCarthy	
5459	1717	01:09:20	Jules Carrara	
5460	5222	01:09:20	Fleur Trudgill	
5461	5267	01:09:21	Carol Eccleston	
5462	4190	01:09:22	Nicola Ireson	
5463	6102	01:09:22	Matthew Humphrey	
5464	5266	01:09:22	Donna Buttolph	
5465	6930	01:09:22	Emma Bolam	
5466	6120	01:09:22	Pat Layton	
5467	6931	01:09:23	Ellie Luther	
5468	4549	01:09:23	Harriet Bradstock	
5469	8236	01:09:24	Dawid Babicz	
5470	8145	01:09:25	Alison Norton	Runners-Next-the-Sea
5471	7740	01:09:25	Rebecca Rowe	
5472	7679	01:09:26	ian dawson	
5473	6062	01:09:27	Richard Bashton	
5474	6375	01:09:28	Andrew Bligh	
5475	5281	01:09:28	Alison Green	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5476	4867	01:09:29	Sadie Duckett	
5477	5199	01:09:29	Mark Kermez	
5478	6342	01:09:30	Lois Mack	
5479	4297	01:09:30	martin brittain	
5480	7100	01:09:30	Rob Mack	
5481	7189	01:09:31	Abbie Breakenridge	
5482	3764	01:09:31	Kevin Copeman-Lamoureux	
5483	5197	01:09:32	Michelle Hewitt	
5484	6806	01:09:32	Annette copeman-lamoureux	
5485	7119	01:09:32	Katherine Hunt	
5486	6731	01:09:32	Emma Artingstall	
5487	6148	01:09:33	Paul Cheshire	
5488	8540	01:09:33	Emily Cotter	
5489	5931	01:09:34	Katie Nuttman	
5490	5951	01:09:34	Lisa Rowe	
5491	2224	01:09:34	Sacha Hill	
5492	7984	01:09:35	David Rothon	Beccles & Bungay Harriers
5493	7375	01:09:36	Kirsty Joubert	
5494	7770	01:09:37	Ian Morris	
5495	4041	01:09:37	Carla Holland	
5496	7353	01:09:37	Joanne Forster	Norwich Road Runners
5497	5567	01:09:38	Terry Norman	
5498	4042	01:09:38	Andrew Dransfield	
5499	4985	01:09:39	Salina Cumbridge	Ryston Runners
5500	7184	01:09:39	nigel banyard	
5501	7374	01:09:40	Imogen Wiltshire	
5502	3816	01:09:40	Annabelle Cole	
5503	5271	01:09:41	Kelly Starling	Wymondham AC
5504	7109	01:09:42	Elizabeth Letzer	North Norfolk Beach Runners
5505	8034	01:09:43	Ella Barnes	
5506	5433	01:09:43	Jack Watling	
5507	7298	01:09:44	Noel Meeks	Coltishall Jaguars RC
5508	8117	01:09:45	Jill Forrester	
5509	5978	01:09:46	Louise Pitcher	
5510	6180	01:09:47	Jane Sidebottom	
5511	5971	01:09:48	Loren Carpenter	
5512	8513	01:09:48	Kate Lukaszewicz	
5513	7291	01:09:48	Karen Turner	
5514	6060	01:09:48	Louise Edwards	
5515	5840	01:09:49	Georgette Ward	Great Yarmouth Road Runners
5516	7879	01:09:49	Andy Cameron	
5517	6947	01:09:51	Grant Ewens	
5518	7466	01:09:51	Amanda Mounser	
5519	6630	01:09:51	Jamie Musk	
5520	5709	01:09:51	Madison Mckeever	
5521	7239	01:09:51	Jonathan Figura-Drane	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5522	6792	01:09:51	Charlie Wilson	Ryston Runners
5523	4939	01:09:51	Laura Waters	
5524	7191	01:09:52	Lucy Beevor	
5525	6504	01:09:52	Becky Hall	Norwich Road Runners
5526	8364	01:09:52	Ellie Wilson	
5527	4655	01:09:52	Karl Jermyn	Tri-Anglia Triathlon Club
5528	4890	01:09:52	Robert McKillop	Lonely Goat RC
5529	8503	01:09:52	Christine Barker	Lonely Goat RC
5530	8363	01:09:53	Amber Wilson	
5531	4427	01:09:53	Sally Erskine	
5532	7953	01:09:53	Kellie Woods	
5533	7387	01:09:53	Tony Grayling	
5534	7224	01:09:54	Amanda Bobby	
5535	7706	01:09:54	Christy Ku	
5536	3615	01:09:54	James Dunne	
5537	7260	01:09:55	Daniel Chambers	
5538	2444	01:09:55	Sandy Fisher	
5539	6157	01:09:56	Hayley Aylmer	
5540	7663	01:09:56	Dawn Hodgkins	
5541	7599	01:09:57	Jenny Cuthbert	
5542	6064	01:09:57	Abigail Morton-Wilcox	
5543	3235	01:09:57	Ka Ki Chow	
5544	3856	01:09:58	Rory Jobson	
5545	6639	01:09:58	John Manders	
5546	7743	01:09:58	Chloe Tucker	
5547	3206	01:09:59	Spencer Hill	
5548	7114	01:09:59	Amanda Leftley	
5549	8085	01:10:00	Amy Vincent	
5550	7364	01:10:00	Alison Fulcher	
5551	7784	01:10:00	Megan Smith	
5552	5200	01:10:00	Danielle Bussey	
5553	6450	01:10:00	Michael Parsons	
5554	6566	01:10:00	Rebecca Evans	
5555	7253	01:10:01	Lucy Bonham	
5556	7607	01:10:01	Deb Nichols	
5557	7723	01:10:01	Hannah Lambert	
5558	5805	01:10:02	Ellen Winton	
5559	6998	01:10:03	Bryony Best	
5560	7889	01:10:04	Eloise McFadden	
5561	7575	01:10:05	Matthew Hubbard	
5562	6556	01:10:06	Tom Measor	
5563	4776	01:10:06	Richard Brooks	
5564	6640	01:10:06	Jane Davis	
5565	8140	01:10:07	gary brockett	
5566	5600	01:10:08	Robin Croft	
5567	6017	01:10:09	GARRICK FOX	Bungay Black Dog RC

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5568	5601	01:10:09	Elaine Croft	
5569	5249	01:10:09	Lydia Chatwin	
5570	6725	01:10:10	helen Fitzhugh	Norfolk Gazelles AC
5571	6668	01:10:10	Maria Leathersich	
5572	7649	01:10:12	Natalia Jones	
5573	7311	01:10:13	Eimear McDonald	
5574	4796	01:10:13	Andrew Simmonds	
5575	7146	01:10:14	Emma Larner	
5576	7431	01:10:14	Natalie Hope	
5577	6597	01:10:14	Jenny Kirk	Harleston Running Club
5578	7124	01:10:15	Kate Warren	
5579	8147	01:10:15	Jennifer Burfoot	Norfolk Gazelles AC
5580	7644	01:10:16	Lucy Cator	
5581	5259	01:10:17	danny Sheehan	
5582	5404	01:10:17	Elisabeth Stodel	
5583	5403	01:10:17	Robert Rickard	
5584	8202	01:10:18	Beata Kosmowska	
5585	4744	01:10:18	Louis Phillippo	Abbey Runners
5586	7315	01:10:20	Daniel Madden	
5587	8340	01:10:21	Amanda Gosbell	
5588	6936	01:10:21	Heidi Smith	Thetford AC
5589	8024	01:10:22	Georgia Cranmer	
5590	4148	01:10:22	Clare Broughton	
5591	5877	01:10:23	Melanie Chisholm	
5592	5871	01:10:23	Hannah Richardson	Harleston Running Club
5593	6072	01:10:23	Shona Matthews	
5594	7778	01:10:23	Sarah Willcox	
5595	3944	01:10:23	Nicola Clifford	
5596	5865	01:10:24	Heather Dagraca	Norfolk Gazelles AC
5597	5932	01:10:24	Jenny Henry	
5598	8305	01:10:26	Jasmine Smyth	
5599	7570	01:10:26	Manasi Bhagwat	
5600	6042	01:10:27	Tom Franks	
5601	7606	01:10:27	Sheryl Smith	
5602	7085	01:10:27	Rosie Elvin	
5603	7410	01:10:28	Stephen Marshall	
5604	8523	01:10:28	Sharon Gibbons	
5605	5605	01:10:29	Matthew Sanders	
5606	7969	01:10:29	Clare Demierre	
5607	7378	01:10:31	Sarah Shiplee	
5608	6214	01:10:32	Suze Lake	
5609	6798	01:10:33	Cath Robinson	Wymondham AC
5610	4308	01:10:33	Laura Garrat	
5611	8466	01:10:34	Lynn MacRae	
5612	4916	01:10:34	Richard Windsor	
5613	4819	01:10:35	Anna Palmer	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5614	2147	01:10:36	Philip Neave	Bungay Black Dog RC
5615	7789	01:10:36	Maria Voors	
5616	4307	01:10:36	Sarah Bane	
5617	7376	01:10:37	Lesley George	
5618	6005	01:10:37	Debbie Moore	Runners-Next-the-Sea
5619	4904	01:10:38	Vanessa Applin	
5620	5369	01:10:38	Layla Dickerson	
5621	8487	01:10:38	lucy sparrow	
5622	7453	01:10:38	Richard Pratt	
5623	4880	01:10:38	Michelle Mussett	
5624	8365	01:10:38	Ethan Place	
5625	4522	01:10:39	Joseph Hemmings	
5626	4922	01:10:39	Gemma Clements	
5627	6926	01:10:39	Florence Hambrook	
5628	7515	01:10:39	Tracy Yates	
5629	7055	01:10:39	Trevor Potter	Norwich Road Runners
5630	8565	01:10:39	Daniel Cavaco	
5631	796	01:10:39	Gemma Williams	
5632	5679	01:10:40	Joseph Williams	
5633	7088	01:10:40	Lamyai Barnwell	
5634	6238	01:10:40	Felix Chivite-Matthews	
5635	8485	01:10:42	Anita Lam	
5636	4254	01:10:42	Caroline Grime	Great Yarmouth Road Runners
5637	6048	01:10:42	Shelley Randall	
5638	4913	01:10:43	Nicolette Neile	
5639	5112	01:10:43	Kate Stafford	Norwich Road Runners
5640	6985	01:10:43	Andrew Verney	
5641	5944	01:10:45	Amanda Scarff	
5642	7090	01:10:45	ANNE PHILLIPS	
5643	4598	01:10:45	Rick Herdman	
5644	6664	01:10:45	Kris Blow	
5645	8020	01:10:45	Fufu Fang	
5646	5831	01:10:46	Duncan Green	
5647	3724	01:10:46	Finnan Cracknell	
5648	7411	01:10:47	Julian Wheeler	
5649	7412	01:10:47	Lucie Wheeler	
5650	3804	01:10:48	Camilla Darling	Waveney Valley AC
5651	6095	01:10:48	Lauraine Powles	Wymondham AC
5652	6006	01:10:49	Georgia Graveling	
5653	4591	01:10:50	Ben Docwra	
5654	4971	01:10:51	Chloe Thompson	
5655	4918	01:10:52	Naomi Lane	
5656	5913	01:10:52	Johanna Penfold	
5657	7076	01:10:54	Emma Softley	
5658	2067	01:10:54	Ian Edwards	Norfolk Gazelles AC
5659	6710	01:10:54	Karen Webb	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5660	2457	01:10:54	Hugh Woolfenden	Norfolk Gazelles AC
5661	6303	01:10:55	Innes Chapman	
5662	5171	01:10:55	Paul Cracknell	
5663	8179	01:10:55	Charlotte Mcmorrow	
5664	5837	01:10:55	Joanne Ring	
5665	3033	01:10:56	Lucy Ring	Norwich Road Runners
5666	8328	01:10:56	Leanne Giles	
5667	6327	01:10:56	Hannah Mitchell	
5668	3911	01:10:56	Phillipa France-Hunt	Norfolk Gazelles AC
5669	5861	01:10:56	Simon Piff	
5670	4083	01:10:57	Katherine Goodhew	
5671	7841	01:10:58	Maisie Green	
5672	7126	01:10:59	Kerry Craik	
5673	6746	01:10:59	Nina Avery	
5674	5792	01:10:59	Carol Davis-Mann	
5675	5804	01:11:01	Lottie Haynes	
5676	6361	01:11:01	Sarah Lamb	Three Counties Running Club
5677	8017	01:11:02	Corinne Cooper	
5678	1050	01:11:02	Bradley Jack	
5679	6790	01:11:02	Jenny Waterfield	
5680	6255	01:11:03	Nick Hough	
5681	5169	01:11:03	Lynda Wilcox	
5682	3844	01:11:03	Steven Teale	Lonely Goat RC
5683	7347	01:11:03	Amy Newbury	
5684	7685	01:11:04	Hannah Stephen	
5685	5457	01:11:04	Rachel Smith	
5686	6925	01:11:06	Emma Hewitt	
5687	7696	01:11:06	Jonathan O'Reilly	
5688	6591	01:11:06	Joanne Mason	
5689	8152	01:11:07	Amy Beasley	
5690	6636	01:11:07	Adam Ford	
5691	6234	01:11:08	Heidi Taylor	Lonely Goat RC
5692	4446	01:11:08	Nicole VAN DEN WITTENBOER	Vegan Runners UK
5693	4587	01:11:08	Martyn Bell	
5694	8522	01:11:10	Catherine Daniels	
5695	5530	01:11:11	Thomas Hawes	
5696	7476	01:11:11	Paul Corina	
5697	7103	01:11:12	Jane Gibbons	
5698	5337	01:11:12	Elizabeth Griffiths	
5699	7238	01:11:12	James Ryan	
5700	6784	01:11:13	Lesley Sylvia Wood	
5701	5254	01:11:14	Melissa Russell	
5702	7108	01:11:14	Debbie Sporle	
5703	6423	01:11:15	Liz Newman	
5704	7697	01:11:15	Lisa O'Brien	
5705	6965	01:11:15	Diane Thompson	City Of Norwich AC

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5706	4131	01:11:16	Elizabeth Angel	
5707	2543	01:11:16	Karl Simms	MY CLUB IS NOT LISTED
5708	6441	01:11:17	Bernadette Breeze	
5709	6933	01:11:17	Carl Smith	
5710	5980	01:11:18	Sonia Palmer	
5711	3896	01:11:20	Sofia Garner	
5712	6652	01:11:20	Kirsty Homewood	
5713	7454	01:11:20	Diane Church	
5714	5619	01:11:20	Luke Miles	
5715	8374	01:11:22	Helena Stearn	
5716	6708	01:11:22	Anna Harrison	
5717	7489	01:11:22	Joe Fearnley	
5718	7257	01:11:23	Susannah Mansfield	
5719	5533	01:11:24	David Phillips	
5720	7494	01:11:25	SHAUN LUMMIS	
5721	7350	01:11:26	Pamela Turnbull	
5722	6999	01:11:28	Megan Thompson	
5723	7658	01:11:28	Millie Hendrey	
5724	8215	01:11:28	Jonathan Brown	
5725	6165	01:11:29	Caroline Mcintosh	Newmarket Joggers
5726	6163	01:11:30	Bayley Addison	
5727	8459	01:11:31	Zoe Shaw	
5728	6308	01:11:31	Claire Ellis	
5729	6616	01:11:32	Bonnie Statham	
5730	6213	01:11:32	Sunny Petch	
5731	6612	01:11:32	Marcel Kinrade	
5732	7402	01:11:34	Claire Grainger	North Norfolk Beach Runners
5733	7762	01:11:34	Rod Coleman	
5734	2255	01:11:35	Sinead Rogan	
5735	6162	01:11:35	sarah smith	
5736	6791	01:11:35	james lawson	
5737	6212	01:11:36	Steve Petch	
5738	7884	01:11:36	Flora Marshall-Dutton	
5739	5734	01:11:37	Simon Redding	
5740	5409	01:11:37	Richard Potter	
5741	6231	01:11:38	Tabitha Brunning	
5742	5410	01:11:39	Ellie Potter	
5743	7101	01:11:39	Gary McVeigh	
5744	6582	01:11:39	Rohan Teeuw	
5745	6603	01:11:39	Louise Jones	
5746	4829	01:11:40	Robyn Freeman	
5747	6459	01:11:41	Archie Arkley	
5748	6160	01:11:41	Christopher Syder	
5749	7732	01:11:41	Austyn Gooda	
5750	8356	01:11:42	Clive Nicol	
5751	8474	01:11:42	Louise Davis	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5752	4215	01:11:42	Joanne Forster	
5753	7248	01:11:42	Nathan Gooda	
5754	3572	01:11:42	Alicia Young	
5755	8475	01:11:43	Lucy Softley	
5756	6159	01:11:43	Leanne Florence	
5757	8023	01:11:45	caroline dunn	
5758	8022	01:11:45	marc dunn	
5759	7369	01:11:45	Rachael O'Neill	
5760	5841	01:11:46	Charlie-Saunders Huckle	
5761	7686	01:11:46	Jed McManus	
5762	6893	01:11:46	Alison Jordison	
5763	7890	01:11:46	Yuliia Malska	
5764	5363	01:11:47	John Sturgeon	
5765	6334	01:11:50	Sophie Yates	
5766	3069	01:11:50	Sarah Pearson	Norfolk Gazelles AC
5767	6694	01:11:51	Suzannah Jex	
5768	7206	01:11:52	Lindsey Rolfe	
5769	7116	01:11:53	Michelle Doe	
5770	7917	01:11:53	Wendy Brown	Waveney Valley AC
5771	8150	01:11:54	Jayne Pitcher	
5772	3141	01:11:54	Samuel Flower	
5773	7565	01:11:55	Lucy Robinson	
5774	7084	01:11:57	Amanda Reeves	
5775	7632	01:11:58	Clare McErlain	
5776	7322	01:11:58	Clare Pye	
5777	6011	01:11:58	Peter Coverdale	
5778	6760	01:11:58	Gemma Cushion	
5779	5489	01:11:59	Aaron Pitt	
5780	5839	01:12:01	Kerry Harman	
5781	7767	01:12:01	Holly Hayes	
5782	6198	01:12:02	Sharon Haylett	Crystal Peaks Runners
5783	5618	01:12:02	Stephen Crockett	
5784	8185	01:12:04	Paul Smith	
5785	5571	01:12:04	Chris Jones	
5786	4226	01:12:04	Rachel Hirst	
5787	8027	01:12:04	Chris Nally	
5788	3686	01:12:06	Jon Wendell	
5789	7551	01:12:09	Marzban Kapadia	
5790	6779	01:12:10	Chloe Walker	
5791	1492	01:12:10	Emma Covey	
5792	4941	01:12:10	Samuel Leonard	
5793	8192	01:12:10	Kate De Vries	
5794	6677	01:12:12	Sarah Cubitt	
5795	7523	01:12:14	Joseph Lewis	
5796	5803	01:12:14	Lindsey Anderson	
5797	4864	01:12:14	Kerry Blakemore-Watson	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5798	6802	01:12:15	Garry Avery	
5799	6803	01:12:16	Kerry Avery	
5800	6544	01:12:16	Peter Russell	
5801	6952	01:12:17	Alexis Cameron	
5802	8600	01:12:17	Aimee Best	
5803	6915	01:12:18	Kelly Etheridge	
5804	6568	01:12:19	Elena Bates	
5805	7332	01:12:23	Sue Adams	
5806	6605	01:12:24	James Adams	
5807	4980	01:12:24	Andy Evans	Norwich Road Runners
5808	8077	01:12:25	Kayleigh Whittock	
5809	2393	01:12:25	Dawn Collyer	Aylsham Runners
5810	4708	01:12:26	Stephen Graham	City Of Norwich AC
5811	7746	01:12:27	Lorna Annison	
5812	7846	01:12:28	Alice Parker	
5813	7304	01:12:28	Clare Aitchison	
5814	6702	01:12:29	Louise Adams	
5815	7816	01:12:29	Emilia Thomson	
5816	6703	01:12:29	Vicky Mitchell	
5817	7121	01:12:29	David Thornton	
5818	5597	01:12:31	Ben Appleby	
5819	6821	01:12:32	Michael Chandler	
5820	5596	01:12:34	Becky Appleby	
5821	8591	01:12:35	Eve Cook	
5822	7594	01:12:35	Charlotte Eastell	
5823	7677	01:12:36	Beverley Coraldean	
5824	7163	01:12:37	Susanna Sweatman	
5825	7631	01:12:37	Rachel Appleton-Burwood	
5826	6202	01:12:38	Monica Winzor-Saile	
5827	6227	01:12:38	Philip Powles	
5828	2758	01:12:39	michael ager	
5829	5383	01:12:39	Zak Powles	
5830	8525	01:12:41	Adam Ellison	
5831	4321	01:12:41	Chantel Duffin	
5832	7788	01:12:42	Charlotte England	
5833	7335	01:12:43	liam nichols	
5834	6823	01:12:43	Chloe Newman	
5835	4881	01:12:44	Rachael Hunter	
5836	4886	01:12:44	Kathryn Dunhill	
5837	7552	01:12:46	Emma Cracknell	
5838	4654	01:12:47	Fiona Dick	
5839	5192	01:12:48	Dominique Hudson	
5840	6391	01:12:48	Yvonne Laird	
5841	6592	01:12:48	Hannah Smith	
5842	7274	01:12:50	Chris Golden	
5843	3850	01:12:50	Paul Warner	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5844	5358	01:12:50	Molly Warner	
5845	6667	01:12:51	Lee Acland	
5846	3663	01:12:54	Suzanne pudney	
5847	4319	01:12:54	Brian Gooda	
5848	8551	01:12:54	Victoria Sheehan	
5849	7869	01:12:55	Donna Cator	
5850	6941	01:12:56	Stacey Shiplee	Beccles & Bungay Harriers
5851	8599	01:12:56	Jonathan Thompson	
5852	6216	01:12:56	Sarah Watson	Run Things Run Club
5853	7876	01:12:56	Jessica Bowman	
5854	7735	01:12:57	Helen Vinsen	
5855	6368	01:12:57	Emma Waters	
5856	4793	01:12:57	Sarah Hunt	
5857	6490	01:12:57	Jane Kilbourn	
5858	5949	01:12:58	Mark Jones	
5859	6755	01:12:59	Emily Rivers-Day	
5860	5950	01:12:59	Angela Jones	
5861	6994	01:12:59	Olivia Towler	
5862	5165	01:13:01	victoria cable	Waveney Valley AC
5863	6686	01:13:02	Helen Nichols-Buck	
5864	1538	01:13:02	Melissa Baker	Norwich Road Runners
5865	2757	01:13:02	Georgia Baker	Norwich Road Runners
5866	7283	01:13:02	Donna Ayers	
5867	6563	01:13:03	Nicola Bowles	
5868	6700	01:13:03	Karen Forbes-Ewing	
5869	6014	01:13:04	Mihael Stefanac	
5870	6562	01:13:04	Sarah Jones	Waveney Valley AC
5871	6955	01:13:04	Neil Bridger	
5872	7363	01:13:05	Simon West	
5873	6124	01:13:06	Cheryl Zeebroek	
5874	6589	01:13:06	Reilly Willis	
5875	6687	01:13:07	Lindsey Ellis	
5876	7867	01:13:07	Debbie Crowley	
5877	8451	01:13:08	John-paul Pellegrini	
5878	7419	01:13:08	Caroline Pritchard	
5879	6105	01:13:09	Stephanie Firth	
5880	5465	01:13:11	Robert Brodie	
5881	7307	01:13:11	Susan Sidell	Aylsham Runners
5882	3294	01:13:11	Amanda Church	
5883	7992	01:13:11	Wayne Gooch	
5884	3100	01:13:12	Mark Waters	
5885	7966	01:13:13	TJ O'Brien	
5886	5961	01:13:13	Amy Waters	
5887	7080	01:13:13	Angelene Ayers	
5888	6270	01:13:13	Flora Barrett	
5889	7106	01:13:14	Jayne Hopkinson	Aylsham Runners

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5890	7164	01:13:15	Alice Coyle	
5891	7013	01:13:15	Deb Bailey	
5892	7963	01:13:16	Lola Lumme	
5893	7324	01:13:16	Emma Hunter	
5894	7423	01:13:17	Brenda Wilkinson	
5895	5193	01:13:18	Hayley Underwood	
5896	5094	01:13:18	Zoe Shakes	
5897	5934	01:13:20	Neil Cropper	Aylsham Runners
5898	6890	01:13:21	Sam Ollman-Hirt	
5899	6892	01:13:21	Tanya Kirton	
5900	7541	01:13:22	Elliot Sauverin	
5901	7848	01:13:23	Lesley Yardy	
5902	6003	01:13:23	Alison Smith	
5903	3493	01:13:23	Jodeylee Hopcroft	
5904	6207	01:13:23	Sarah Wakefield	Dereham Runners & AC
5905	7586	01:13:23	Corinne West	Thetford AC
5906	7952	01:13:24	Danni Palmer	
5907	6635	01:13:24	Cliff Heath	
5908	6004	01:13:24	Ray Smith	
5909	4797	01:13:24	Ryan Lindley	
5910	5935	01:13:25	Camilla Cropper	Aylsham Runners
5911	7144	01:13:26	Sarah Evans	Fylde Coast Runners
5912	7549	01:13:26	Danny Leeder	
5913	6050	01:13:27	Dale Coleman	
5914	6586	01:13:28	Stephanie Glenister	
5915	7170	01:13:30	Pauline Midwinter	Bungay Black Dog RC
5916	7208	01:13:30	Shakiba Mohseni	
5917	7365	01:13:30	Susanna Cross	
5918	7522	01:13:30	Thomas Strickland	
5919	6082	01:13:31	Rorie Bradshaw	
5920	7416	01:13:32	Joanne Pendergast	
5921	7022	01:13:32	Laura Palmer	
5922	8032	01:13:32	Jon Pennells	
5923	6617	01:13:33	Jack Maclean	
5924	7008	01:13:34	Suaad Clark	Waveney Valley AC
5925	7342	01:13:36	Ruth Flaherty	
5926	7098	01:13:37	Tim Howlett	
5927	7970	01:13:37	Rebecca Kingsland	
5928	7592	01:13:37	Charlotte King	
5929	6182	01:13:38	Charlotte Hood	
5930	7617	01:13:38	Sharon Phillips	
5931	5723	01:13:39	Aiden Boyce	
5932	5702	01:13:39	Clare Withey	
5933	8524	01:13:39	Paul-Jon Ellison	
5934	6367	01:13:39	Maisie Dunthorne	
5935	7645	01:13:41	Hollie little	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5936	4244	01:13:42	Louise Wicks	
5937	7379	01:13:42	Helen Davies	
5938	7044	01:13:42	Emma Waddell	
5939	7050	01:13:43	Hayley Meades	
5940	5990	01:13:43	Tony Ward	
5941	7959	01:13:44	Sarah Greenacre	
5942	6135	01:13:45	Clare Hodges	Great Yarmouth Road Runners
5943	6970	01:13:45	Michael Wales	
5944	5405	01:13:45	Meenakshi Parameshwaran	
5945	5929	01:13:46	Gerard Dalton	
5946	6984	01:13:49	Michelle Chapman	Dereham Runners & AC
5947	7317	01:13:49	Tom Hamling	
5948	8233	01:13:49	Danielle Fish	
5949	7853	01:13:50	Richard Lee	
5950	7569	01:13:51	Jo Hardy	
5951	7547	01:13:51	Jacinta Bradley	
5952	6968	01:13:51	Katie Cross	
5953	4353	01:13:52	Jonathan Herring	
5954	3679	01:13:53	Kevin Breeze	
5955	6950	01:13:53	Jess Hillis	
5956	6425	01:13:53	Stef Moenks	
5957	6648	01:13:54	karen siggery	
5958	7286	01:13:55	Louise Pike	
5959	6730	01:13:58	Lindsey Hutchings	
5960	4935	01:13:59	Martin Watts	
5961	8353	01:14:00	Tony Furniss	
5962	6645	01:14:00	Joe Randlesome	
5963	7529	01:14:01	Jane Vincent	
5964	6810	01:14:02	Rosy Darling	
5965	4465	01:14:02	Matt Hunt	
5966	5640	01:14:04	Charlotte Quinn	
5967	2464	01:14:06	Emma Bishop	Great Yarmouth Road Runners
5968	7442	01:14:06	Sonia Ford	
5969	7382	01:14:07	Hayley Coote	
5970	5639	01:14:07	Matthew Carter	
5971	6958	01:14:08	Anthony Brown	
5972	7405	01:14:08	Lauren Gipson	
5973	6463	01:14:09	Jessie Leach	
5974	6579	01:14:10	Lucy Kelly	
5975	7176	01:14:11	Rosie Dunthorne	
5976	2657	01:14:11	Robert Muncaster	
5977	7266	01:14:12	Charlotte Clifford	
5978	8096	01:14:12	Andrea Line	
5979	7792	01:14:12	Nicki powers	
5980	5988	01:14:12	Amy Shawcross	
5981	7898	01:14:12	Paula Coombe	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
5982	8095	01:14:13	Howard Line	
5983	5987	01:14:13	Ben Moulton	
5984	7428	01:14:15	Summer Johnson	
5985	4899	01:14:15	Anna Spackman	Coltishall Jaguars RC
5986	6172	01:14:16	Fiona Laskey	
5987	4326	01:14:16	Joshua Benson	
5988	7394	01:14:16	Richard Benson	
5989	6684	01:14:17	Alan Parsons	
5990	8559	01:14:19	Sherry Gowing	
5991	7003	01:14:19	Megan Lake	
5992	7193	01:14:20	Fliss Read	
5993	7546	01:14:20	Katie Johnson	
5994	4668	01:14:20	Gabriella Ingamells	
5995	7805	01:14:20	Samantha Peachment	
5996	5269	01:14:21	Amelia Tayt	
5997	5270	01:14:23	Suzanne Bailey	
5998	5714	01:14:23	Lee Palmer	
5999	7672	01:14:24	Jon Springall	
6000	7462	01:14:24	Eleanor Lewis	
6001	8137	01:14:24	Gemma Buck	
6002	5921	01:14:26	Graeme Johnson	
6003	3056	01:14:26	Ben Green	
6004	7351	01:14:27	Stephen Atkin	
6005	5920	01:14:27	Lizzy Johnson	
6006	7352	01:14:27	Emma Atkin	
6007	6392	01:14:29	kathryn gordon	
6008	5579	01:14:30	Andrew Dodd	
6009	5594	01:14:31	Elle Kelner	
6010	6400	01:14:31	AMIE BUNNAGE	
6011	5896	01:14:31	David Smith	
6012	6412	01:14:32	Darrell Roper	
6013	581	01:14:33	NEIL BUNNAGE	Norwich Road Runners
6014	6161	01:14:33	Tracy Winter	
6015	8064	01:14:34	Timothy Young	
6016	4345	01:14:36	Hannah Beardsworth	
6017	5128	01:14:37	Joseph Holmes	
6018	5129	01:14:38	Kass Abel	
6019	7127	01:14:39	Heather Gubb	
6020	7482	01:14:41	Helen Hinsley	
6021	7603	01:14:41	Ailsa Nurse	
6022	5782	01:14:44	Fiona Mamo	
6023	7128	01:14:44	Catherine Winslow	
6024	6561	01:14:45	Shabia Ali	
6025	7148	01:14:45	Charlotte Hubbard	
6026	7214	01:14:46	Joan Loader	
6027	8058	01:14:48	Nathan Gee	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
6028	836	01:14:48	Stuart Peck	
6029	6460	01:14:49	Andrew Ross	
6030	6917	01:14:50	Louise Carroll	Waveney Valley AC
6031	6695	01:14:50	Adele reid	
6032	7460	01:14:51	Ruby Lambert	
6033	7166	01:14:51	Neil Barwick	
6034	1270	01:14:51	Scott Taylor	
6035	6910	01:14:54	Dave Hughes	
6036	6123	01:14:54	Chris Hughes	
6037	7764	01:14:56	Samantha Harris	
6038	7262	01:14:56	Grace Lambert	
6039	6944	01:14:57	Kirsty Staddon	Harling Athletic Club
6040	7481	01:14:57	Andrew Hinsley	
6041	7314	01:14:58	Katie Clarke	
6042	6729	01:14:58	Eleanor Jarvis	Norwich Road Runners
6043	4998	01:15:01	Darren Male	
6044	8405	01:15:03	Ellen Saw	
6045	5862	01:15:04	Zoe Dilrew	
6046	7429	01:15:04	Tanya Augustine	
6047	2714	01:15:04	Toby Wardrop	
6048	5863	01:15:04	Jon Dilrew	
6049	8508	01:15:05	Nina McGuire	
6050	5153	01:15:05	Rosie Warren	
6051	4826	01:15:06	Charlie Gibson	
6052	4813	01:15:06	Rebecca Mckay	
6053	6382	01:15:09	Sophie Macrae	
6054	6938	01:15:09	Ross Carter	
6055	5490	01:15:10	Stephen Bullard	
6056	4220	01:15:14	Sarah Rogers	
6057	6033	01:15:15	Sam Hookham	
6058	7497	01:15:15	Spare Number	
6059	6954	01:15:17	Liam Sadd	
6060	6743	01:15:17	Fran Allsworth	
6061	8336	01:15:18	Yvette Witham	
6062	6588	01:15:18	Paul Timson	Wymondham AC
6063	7794	01:15:19	Carol Southwood	
6064	4127	01:15:20	Sharon Norman	
6065	7336	01:15:22	Dawn Lossau	
6066	7543	01:15:23	Elif Carpar	
6067	4951	01:15:23	Francesca Yallop	
6068	8184	01:15:24	Heather Daniels	
6069	7362	01:15:24	sharon cole	
6070	5817	01:15:24	Emma Harper	
6071	4195	01:15:25	Neil Barron	
6072	8127	01:15:26	Julie Hinchcliffe	
6073	8454	01:15:27	Nikki Asker	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
6074	1187	01:15:29	Adam Clayton	
6075	6737	01:15:30	Jess Barton	
6076	6384	01:15:31	Tracey Harrold	
6077	8076	01:15:31	Stephanie Samson	
6078	6685	01:15:31	Debbie Smith	Thetford AC
6079	6576	01:15:32	Simone Burt	
6080	6705	01:15:32	Nathan Dixon Mcgurk	
6081	6929	01:15:32	Rebecca Burris	Thetford AC
6082	7162	01:15:32	Nicola Nicholls	
6083	6706	01:15:32	Luke Mcgurk	
6084	6629	01:15:33	Kathleen Howat	
6085	6256	01:15:33	Ann Kirton	Thetford AC
6086	8419	01:15:34	Irene Birrell	
6087	7473	01:15:34	Jon Cooper-Carlson	
6088	7459	01:15:35	Marsha Hopley	
6089	6628	01:15:35	Martin Howat	
6090	8261	01:15:35	Jonathan White	
6091	5852	01:15:36	Katie Parsons	
6092	8005	01:15:36	Vicky Le Fur	
6093	6455	01:15:36	Lisa Homewood	
6094	7355	01:15:39	Hannah Pickering	
6095	6149	01:15:41	Claire Bullard	
6096	7643	01:15:43	Derek Lawrie	
6097	7321	01:15:43	LISA RODGERS	Wymondham AC
6098	7781	01:15:43	Andrew Stratton	
6099	7566	01:15:49	Bethany Hatch	
6100	5111	01:15:50	Yasmin Rahman	
6101	7514	01:15:53	Nikki Wilkins	
6102	5806	01:15:53	Kirsty Loftus	
6103	6242	01:15:53	Rebecca Galer	
6104	7230	01:15:54	Christopher Hedges	
6105	8219	01:15:55	Kayleigh Shooter	
6106	8337	01:15:57	Pam Sayle	
6107	526	01:15:57	Jon Shooter	
6108	6224	01:15:57	Gemma Lawrence	
6109	8172	01:15:57	Colin Pearce	
6110	8105	01:15:58	Kevin Jarman	
6111	5374	01:15:59	Angela Johnson	
6112	4299	01:15:59	Julian Jardine	
6113	7819	01:15:59	Debbie Mann	
6114	8174	01:16:00	Pippa Gillett	
6115	8465	01:16:00	Mark MacRae	
6116	7046	01:16:00	Julie Blower	
6117	7739	01:16:01	Lisa Colledge	
6118	6549	01:16:03	Emily Dougal	
6119	8126	01:16:03	Sue Kershaw	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
6120	7829	01:16:04	Jelena Banjeglav	
6121	6115	01:16:04	Donna MacLeod	Norwich Road Runners
6122	7236	01:16:04	Stephanie Gonzalez Castro	
6123	2868	01:16:04	David Bartram	
6124	7234	01:16:04	Kelly Westrop	
6125	5606	01:16:05	Sophie Day	
6126	6830	01:16:05	Allison Woodings	
6127	8327	01:16:06	Arif Rassip	
6128	7168	01:16:06	Laura Howells	
6129	8207	01:16:06	Fiona Tibbitt	
6130	5152	01:16:08	Chloe Stimpson	
6131	4346	01:16:08	Harri Wells	
6132	7426	01:16:09	James Short	
6133	4347	01:16:09	Alice Rayner	
6134	8087	01:16:09	Verity Lowndes Burt	
6135	7803	01:16:09	Kathryn Dye	
6136	8566	01:16:11	Kate Campbell	
6137	6594	01:16:13	Michelle Wright	
6138	5479	01:16:15	Eugenia Armas	
6139	7464	01:16:16	Sam Jay	
6140	7463	01:16:16	Peter Jay	
6141	7480	01:16:17	Louise Peck	
6142	8098	01:16:17	Jeremy Richards	
6143	7012	01:16:19	Tara Carroll	Waveney Valley AC
6144	3119	01:16:19	Chloe Sayer	
6145	7372	01:16:19	Elizabeth Long	
6146	6690	01:16:20	Caroline Willis	
6147	8271	01:16:20	Lauren Miller	
6148	5351	01:16:20	Jenny Kirk	
6149	7949	01:16:20	Jo Rainbow	
6150	5554	01:16:22	Keith Melton	
6151	7975	01:16:29	Bethany Gordon	
6152	6598	01:16:29	Rachel Hawley	
6153	5126	01:16:29	Alice Williams	
6154	6619	01:16:29	Katie Jewson	
6155	7443	01:16:29	Linda Hardingham	
6156	6602	01:16:30	Sue Jewson	
6157	5125	01:16:30	Thomas Blake	
6158	8162	01:16:31	Luke Clements	
6159	7447	01:16:31	Karan Botsford	
6160	8163	01:16:32	Sophie Mace	
6161	7921	01:16:32	Chloe Cairns	
6162	8088	01:16:32	Martin Hartley	
6163	8570	01:16:32	Debs Green	
6164	7391	01:16:34	Weston Dean	
6165	7827	01:16:35	Amanda Codling	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
6166	7911	01:16:36	Laura Davies	
6167	8381	01:16:38	Emily Hurt	
6168	4994	01:16:39	Duncan Drake	
6169	6768	01:16:39	Louise Coleman	
6170	8006	01:16:43	Richard Hassett	
6171	5432	01:16:44	Lesley Henery	
6172	7635	01:16:45	Fay Colk	
6173	7830	01:16:46	Amy Whittam	
6174	8355	01:16:46	Paul Vickery	
6175	7555	01:16:48	Rebecca Blake	
6176	8054	01:16:50	Claire Pickett	
6177	6167	01:16:51	Lisa Knight	
6178	3426	01:16:52	Allan Moore	
6179	6558	01:16:53	Lewis Swift	
6180	6824	01:16:53	Natasha Carver	Aylsham Runners
6181	7403	01:16:54	Denise Leeder	Runners-Next-the-Sea
6182	4792	01:16:54	Pat Brightman	Great Yarmouth & District AC
6183	7415	01:16:54	Linda Bufton	
6184	4928	01:16:55	Alex Wood	
6185	6185	01:16:55	Victoria Hague	
6186	7427	01:16:57	michelle ward	
6187	4683	01:16:57	Sophie Boden	
6188	7730	01:16:58	Carolyn Stratton	
6189	7722	01:16:59	Tracey Feeney	
6190	6932	01:17:05	Amy Tunneycliff	
6191	6353	01:17:08	Michelle Tebbutt	
6192	7526	01:17:08	Teresa Broadbent	
6193	7185	01:17:09	Alan Anglin	
6194	7579	01:17:10	maurice vertigans	
6195	7753	01:17:10	Karen Broom	
6196	8232	01:17:11	Chloe Layton	
6197	7763	01:17:11	Pauline Barclay	
6198	8320	01:17:13	Ricky Layton	
6199	7120	01:17:15	Sivaramakrishnan Vellingiri	
6200	5120	01:17:16	Astrid Barber	
6201	3019	01:17:16	Matthew Bray	
6202	7029	01:17:17	Zoe Smith	
6203	7165	01:17:18	Gus Riley	Bungay Black Dog RC
6204	6569	01:17:18	Stuart Middleton	
6205	8155	01:17:18	Lorna Lusher	
6206	6991	01:17:19	Katherine Parry	
6207	8072	01:17:20	Roma Spinks	
6208	5910	01:17:21	James Large	
6209	5911	01:17:21	Harriet Large	
6210	6956	01:17:24	Matthew Lowe	
6211	8289	01:17:24	Jo Chorley	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
6212	7896	01:17:24	Emily Lowe	
6213	8418	01:17:24	Pip Crabtree	
6214	7395	01:17:27	Teresa Hurn	
6215	7313	01:17:27	Laura Seville	
6216	7914	01:17:27	Bridget Farrar	
6217	7629	01:17:28	Jane Felton	
6218	7900	01:17:30	Steve Dunn	
6219	7872	01:17:31	Tracey Reynolds	
6220	6738	01:17:33	Rhianne Ayers	
6221	6793	01:17:34	Belinda Davies	Lonely Goat RC
6222	5799	01:17:34	Jack Fisher	
6223	6317	01:17:35	Victoria Dungar	
6224	6318	01:17:35	Mark Dungar	
6225	7310	01:17:36	Lauren Kent	
6226	8063	01:17:39	Claire Lister	
6227	7600	01:17:42	Cheryl Hawkins	
6228	8190	01:17:44	Sam West	
6229	7596	01:17:44	Christopher Knoglinger	
6230	5501	01:17:44	EMMA WINDUST	Orion Harriers
6231	8178	01:17:45	Jacqui Mackay	
6232	7999	01:17:45	Sarah Keywood	
6233	6611	01:17:46	Bridget England	
6234	7946	01:17:49	Rebecca Stimpson	
6235	7472	01:17:51	Emma Barber	
6236	7880	01:17:51	Anna Collins	
6237	7471	01:17:52	Peter Jordan	
6238	7329	01:17:52	Sarah Colk	
6239	7965	01:17:53	Shaun O'Brien	
6240	7567	01:17:55	John Harpley	
6241	7452	01:17:55	Jonathan Garwood	
6242	7331	01:17:55	Chantelle Redgrave	
6243	7493	01:17:55	Gillian Cobbold	
6244	7659	01:17:57	Rosie E Matthewson	
6245	4430	01:17:59	Claire Robson	
6246	7798	01:18:00	Linda Puncher	
6247	5287	01:18:00	Katie Cardy	
6248	6590	01:18:01	Kathryn Marsh	
6249	7774	01:18:02	Mariana Marimon	
6250	2963	01:18:02	Laura Sprigings	
6251	7749	01:18:02	Sarah Wright	
6252	5401	01:18:04	James Mason	
6253	8359	01:18:04	Andrea Pridmore	
6254	6585	01:18:05	Kirsty Sturman	
6255	6627	01:18:07	Chantelle Coulson	Great Yarmouth Road Runners
6256	6935	01:18:07	Gemma Lancaster	Waveney Valley AC
6257	5916	01:18:08	Caroline Skoyles	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
6258	5908	01:18:08	Lee Biggs	
6259	8378	01:18:11	Lewis Leeds	
6260	6608	01:18:11	Stephanie Atkinson	
6261	7918	01:18:12	Nicola Graham	
6262	7284	01:18:13	Fenil Desai	
6263	6557	01:18:13	Natalie Gray	Accrington Road Runners
6264	3045	01:18:15	Glen Reynolds	
6265	6745	01:18:15	Laura Crisp	
6266	7349	01:18:16	Michelle Owen	
6267	7187	01:18:16	Denise West	
6268	7309	01:18:20	Katie Williams	
6269	4799	01:18:21	Sara Holroyd	
6270	5801	01:18:21	Kevin Mayes	
6271	6291	01:18:22	Mark Tombs	
6272	7873	01:18:24	Danielle Poll	
6273	4909	01:18:24	Serena Abbott	
6274	6546	01:18:25	Rachel McGillivray	
6275	4185	01:18:25	Alison Bilyard	Great Yarmouth Road Runners
6276	7373	01:18:25	Beverley Childs	
6277	6632	01:18:26	Lisa Green	Great Yarmouth Road Runners
6278	5909	01:18:26	Elliot Honeybun-Arnolda	
6279	3901	01:18:26	Jessica Park	
6280	3902	01:18:26	James Park	
6281	3207	01:18:27	Neil Wallington	
6282	7824	01:18:27	Paul Cunningham	
6283	7776	01:18:32	Lisa Hurry	
6284	7537	01:18:33	Janet Malcolm	
6285	4644	01:18:33	Nathan Thompson	
6286	5319	01:18:33	Helen Walden	
6287	5523	01:18:33	Emma Furness	
6288	6622	01:18:34	Chris Towndrow	
6289	6118	01:18:35	Melissa Daw	
6290	7795	01:18:35	James Scott	Thetford AC
6291	7011	01:18:38	Lawrence Balls	
6292	7020	01:18:38	Jess Martins	
6293	7623	01:18:40	Rebecca Bilham	
6294	7791	01:18:41	Tanya Clarke	
6295	7624	01:18:41	Hollie Bilham	
6296	7320	01:18:42	Nichola Curd	
6297	6411	01:18:42	Simon Walklate	
6298	774	01:18:44	Harry Abbott	Diss and District AC
6299	5850	01:18:46	Mollie White	
6300	6168	01:18:47	Sonja White	Coltishall Jaguars RC
6301	7183	01:18:47	joelle banks	
6302	7014	01:18:49	Gemma Clarkson	
6303	7990	01:18:50	Amber Shaw	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
6304	7436	01:18:51	Rebecca Sibanda	Bungay Black Dog RC
6305	7435	01:18:51	Robert Perry	Wallasey Athletic Club
6306	8003	01:18:52	Esther Clift	
6307	6258	01:18:56	James Wakefield	
6308	8341	01:18:58	Gemma Hoskins	
6309	6306	01:18:58	James Lupson	
6310	8312	01:18:58	chloe lofty	
6311	7577	01:18:58	Helen Bowen	
6312	8283	01:19:00	Laura Mayhew	
6313	8200	01:19:01	Hanna Koren Furre	
6314	7881	01:19:02	Steven Simpson	
6315	7882	01:19:02	Isabelle Rundle	
6316	7728	01:19:02	Dulcie Bailey	
6317	7581	01:19:02	India Evans	
6318	7289	01:19:04	Bethan Ingham	
6319	8324	01:19:06	Scott Bunn	
6320	8345	01:19:09	Emma Quinton	
6321	5301	01:19:09	Georgina Harvey	
6322	5300	01:19:09	Phillippa Marsh	
6323	8590	01:19:12	Hollie Langdale	
6324	5531	01:19:12	Samantha Ratcliffe	
6325	7259	01:19:13	Joccoaa Turner	
6326	7996	01:19:13	Jill Campbell	
6327	8282	01:19:14	Lucy Broughton	
6328	8310	01:19:14	Clara Chamberlain	
6329	7004	01:19:15	Samantha Lingwood	Dereham Runners & AC
6330	5424	01:19:15	Hazel Nikolov	
6331	5518	01:19:16	Paul Adams	
6332	6600	01:19:16	Nicola Armstrong	
6333	8065	01:19:17	Michele Ostler	
6334	7467	01:19:17	Tracey Armstrong	
6335	8035	01:19:17	Charlotte Stimpson	
6336	6649	01:19:18	Lindsey Ward	
6337	7814	01:19:18	Kristi Tyler	
6338	7812	01:19:20	Simon Marjoram	
6339	7811	01:19:20	Laura Marjoram	
6340	6771	01:19:20	Sarah Rhoades	
6341	7595	01:19:20	Sara Pullan	
6342	8016	01:19:21	Dan Green	
6343	6907	01:19:21	Heather JOHNSON	
6344	8483	01:19:21	Nick Jago Johnson	
6345	6313	01:19:22	nicola nobbs	
6346	7676	01:19:24	Christina Cloney	
6347	8129	01:19:24	Samantha Mayling	
6348	8083	01:19:27	Olivia Jarvis	
6349	7638	01:19:28	Lyn Buttery	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
6350	5365	01:19:30	Damian Baker	
6351	6037	01:19:31	Chester Curtis	
6352	5927	01:19:39	Lauren Alden	
6353	8403	01:19:40	Sarah Holmes	
6354	7799	01:19:40	vhari king	
6355	7027	01:19:40	Lisa Dunmore	
6356	8430	01:19:40	Stephanie Arnold	
6357	7360	01:19:41	Joanne Cooley	Bungay Black Dog RC
6358	7855	01:19:42	Maggie Flatt	Beccles & Bungay Harriers
6359	6772	01:19:43	James Chamberlin	Lonely Goat RC
6360	7752	01:19:43	Darryl Ainslie	Lowestoft Road Runners
6361	7343	01:19:44	Leigh Flaherty	
6362	7589	01:19:45	Joanne Cushway	
6363	7491	01:19:46	Tanya Burlingham	
6364	4843	01:19:47	Zaneta Cegielska	
6365	7510	01:19:47	Jennifer Graham	
6366	7562	01:19:50	Helen Conway	
6367	7516	01:19:51	Susan Colling	
6368	7924	01:19:53	Summer Taylor	
6369	8391	01:19:53	Julie Rossiter	
6370	7823	01:19:56	Jane Yeates	
6371	8164	01:19:58	Michael Mendham	
6372	6825	01:20:00	Holly Lawson	
6373	8476	01:20:00	Danielle Logan	
6374	6022	01:20:07	Joe Howard	
6375	7915	01:20:12	Julie Finnis	
6376	8139	01:20:15	Nicola Stevens	
6377	7556	01:20:18	Michelle Gardner	
6378	7065	01:20:18	Tanya Nelson	
6379	6655	01:20:19	Karen Annison	
6380	6761	01:20:19	Paula Granger	Waveney Valley AC
6381	7132	01:20:20	Sally Shipley	
6382	7131	01:20:20	Rod Shipley	
6383	7886	01:20:20	Helen Wells	
6384	6614	01:20:22	Keith Eden	
6385	6959	01:20:26	John Barkshire	
6386	6980	01:20:26	Paul Barkshire	
6387	6178	01:20:27	Sarah Scott	
6388	7377	01:20:28	Lorraine Woolner	Waveney Valley AC
6389	7979	01:20:31	Charlotte Collins	
6390	8046	01:20:33	Robin Sullivan	
6391	8585	01:20:35	Juliette Maxam	
6392	8406	01:20:35	Donna Wilkinson	
6393	7891	01:20:37	Angie Barker	Runners-Next-the-Sea
6394	8243	01:20:38	Lauren Taylor-Lawrence	
6395	8170	01:20:38	Lizzie Applegate	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
6396	8480	01:20:38	Michelle Bean	
6397	7637	01:20:39	Amie Vick	
6398	6916	01:20:40	Melanie Bridge	
6399	2788	01:20:40	Nell Gibbs	
6400	8041	01:20:43	David Humphreys	
6401	7656	01:20:43	Ann Haynes	
6402	5543	01:20:43	Catherine Russell	
6403	8528	01:20:46	Tracy Palmer	
6404	8541	01:20:51	Olivia Gillard	
6405	7404	01:20:54	Steph Smith	
6406	8563	01:20:56	Jake Sharpe	
6407	6800	01:20:58	Bryony Cole	
6408	6758	01:20:58	Amanda Smith	
6409	6799	01:20:58	Anna Perowne	
6410	6344	01:20:59	Esther Sinclair-Russell	
6411	7940	01:20:59	Christine Dutton	
6412	8298	01:21:01	Sharon Armes	
6413	7944	01:21:03	Melissa Pilmer	
6414	6349	01:21:03	Paul Pilmer	
6415	8488	01:21:04	Neal Bensley	
6416	566	01:21:04	Gary Grand	Norwich Road Runners
6417	7935	01:21:08	Sarah Watson	
6418	8142	01:21:09	Emma Frost	
6419	6993	01:21:10	Ricky Tull	
6420	8225	01:21:12	Deanne Fulcher	
6421	5894	01:21:12	Ben Sawyer	
6422	6354	01:21:13	Connie Vallis	
6423	5836	01:21:13	Colin Marriott	
6424	8107	01:21:14	Lauren Kemp	
6425	7950	01:21:19	Ian Oxley	
6426	7864	01:21:20	Craig Hall	
6427	8435	01:21:21	Rebecca Watts	
6428	5145	01:21:22	Ali Naylor	
6429	7530	01:21:22	Kin Hong Daniel Kam	
6430	8307	01:21:27	Natasha armstrong	
6431	6900	01:21:27	Elaine Wheeler	
6432	7300	01:21:27	Stuart Key	
6433	7883	01:21:28	Helen Everson	
6434	6190	01:21:28	Menzile Mkiza	
6435	5137	01:21:32	Suzanne Fleet	Thetford AC
6436	7777	01:21:33	Gina Taylor	
6437	7842	01:21:33	Karen Kelly	
6438	7614	01:21:33	Kate Patel	
6439	7904	01:21:33	Amanda Grimley	
6440	7209	01:21:33	Alexandra Mcmanus	
6441	2027	01:21:34	Richard Houston	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
6442	8176	01:21:34	Jessica Taylor-Balls	
6443	7406	01:21:34	Colleen Cameron	
6444	8103	01:21:34	Angela Mower	
6445	7237	01:21:34	Dermot Wilson	
6446	8131	01:21:34	Anne Williams	
6447	7067	01:21:36	Sarah Woodall	
6448	6643	01:21:39	Jane Rainer	
6449	1557	01:21:40	Dave Hyam	
6450	8167	01:21:40	jen melton	
6451	8053	01:21:42	Miren Loiola	
6452	8093	01:21:42	Keely Dougan	
6453	8073	01:21:43	Hayley Chandler	
6454	7018	01:21:45	Elizabeth Hancock	
6455	6319	01:21:47	Laura Head	
6456	7558	01:21:48	Sarah Solomon	
6457	7573	01:21:49	Robert Belcher	Norwich Road Runners
6458	7019	01:21:49	Brian Moore	Norwich Road Runners
6459	8537	01:21:49	claire barker	Norwich Road Runners
6460	5354	01:21:50	Jazmine Rennie	
6461	6260	01:21:50	Tanna Van Poortvliet	
6462	6946	01:21:51	Louise Hilling	
6463	7813	01:21:51	Aidan Williamson	
6464	6927	01:21:51	Michael Garrard	
6465	7980	01:21:52	Emma Collins	
6466	7590	01:21:56	Elizabeth Phillips	
6467	7591	01:21:56	Michael Kitching	
6468	7779	01:21:58	lorraine tweedy	
6469	8577	01:21:59	Rebecca Anderson	
6470	5492	01:21:59	Andrew Eade	
6471	7598	01:22:00	Heather Eade	
6472	6766	01:22:00	Rob Miller	
6473	6052	01:22:01	Marie Mattin	
6474	3091	01:22:01	Kelly King	
6475	6053	01:22:02	Penny P A Stoner	
6476	7385	01:22:04	Eleanor Edge	
6477	7490	01:22:05	Allwin Christopher	
6478	7689	01:22:06	Vanessa Harris	
6479	7207	01:22:07	Victoria Preston	
6480	6618	01:22:13	Nicole Lazarov	
6481	8519	01:22:15	Mairéad Jules	
6482	7734	01:22:17	Kirsty Mackay	
6483	8427	01:22:19	Robert Wild	
6484	7290	01:22:22	Wendy Barker	
6485	7367	01:22:23	Rose Harrison	
6486	8536	01:22:23	Leanne Hardy	
6487	7675	01:22:23	Megan Frostdick	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
6488	5308	01:22:23	Sarah Wild	
6489	8075	01:22:24	Julie Keane	
6490	6811	01:22:28	Dawne Laing	
6491	3497	01:22:29	Andy Hart	
6492	7871	01:22:29	Amanda Watling	
6493	6044	01:22:31	Steve Terry	Totley AC
6494	7521	01:22:34	Michelle Doughty	
6495	7520	01:22:34	Laura Jay	
6496	8132	01:22:38	Angela Howard	
6497	7346	01:22:38	James Tuthill	
6498	8421	01:22:39	Louise Burt	
6499	8420	01:22:40	Sarah Burt	
6500	8464	01:22:40	Catherine Dyble	
6501	8429	01:22:41	Alison Ford-Ellis	
6502	8422	01:22:41	Emma-Jane Mackay	
6503	6290	01:22:41	Lee Potter	
6504	8423	01:22:42	Rachel Parsons	
6505	8249	01:22:42	Claire Tink	
6506	8400	01:22:42	Amanda Sheehy	
6507	7608	01:22:46	Elysha Adams	
6508	7356	01:22:46	Charli Jacobs	
6509	3124	01:22:47	Gary Randall	
6510	7704	01:22:48	Rick Hollings	
6511	8561	01:22:49	Carmel Vincent	
6512	7818	01:22:51	Ellie Strowger	
6513	7500	01:22:54	Jenny Norris	Coltishall Jaguars RC
6514	8198	01:22:55	Joanne Batley	
6515	7847	01:22:57	Natalie Freeman	
6516	6013	01:22:59	CLAIRE Beard	
6517	8492	01:22:59	Sophie Hibbins	
6518	8220	01:22:59	Rachel MacSweeney	
6519	7348	01:23:05	Al Rushbrooke	
6520	7358	01:23:05	Sabine Jacques	Lonely Goat RC
6521	6814	01:23:05	Megan Cook	
6522	6577	01:23:05	James Vardigans	
6523	7825	01:23:15	Rebecca Cantrill	
6524	6595	01:23:18	Serena Mears	
6525	8153	01:23:18	Tracey Haylock	Bungay Black Dog RC
6526	7852	01:23:20	Paul Morgan	
6527	7857	01:23:20	Anthony Story	
6528	7009	01:23:22	Jo Springall	
6529	5868	01:23:24	Jane King	
6530	5869	01:23:25	Rachel Townshend	
6531	7771	01:23:26	Sue Down	
6532	5874	01:23:32	Helen Stubbs	
6533	8300	01:23:33	Clare Myring	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
6534	7773	01:23:34	Hannah Borrett	
6535	8240	01:23:35	Kate O'Mahoney	
6536	8245	01:23:35	Sarah De-Vaux Balbirnie	
6537	8141	01:23:35	libby brockett	
6538	7588	01:23:36	Katie Bayliss	
6539	7995	01:23:37	Jade Free	
6540	7465	01:23:38	May Thurling	
6541	8248	01:23:41	Angela Youngs	
6542	7902	01:23:43	Jon Regester	
6543	5214	01:23:44	Graham Rose	
6544	1782	01:23:45	Lee grantham	
6545	7616	01:23:47	Amy Gladding	
6546	8101	01:23:49	Melissa Baines	
6547	7875	01:23:50	Jennifer Sparkes	
6548	7981	01:23:51	Kate Dyball	
6549	8061	01:23:53	Lisa vardigans	
6550	8285	01:23:56	Gillian Quinton	
6551	8306	01:24:02	Lucy Haynes	
6552	8461	01:24:03	Rowan Slowther	
6553	7817	01:24:03	Emily Edwards	
6554	8242	01:24:08	Jilly Cant	
6555	7785	01:24:11	Simone Hornby	Wymondham AC
6556	7496	01:24:11	Alan Kirton	
6557	7719	01:24:12	Celia Miller	
6558	7288	01:24:13	Joanne Pipe	
6559	8409	01:24:13	Jane Kennedy	
6560	7809	01:24:17	Stephanie Healy	
6561	7808	01:24:17	Chris Healy	
6562	7557	01:24:20	Amanda Barrett	
6563	7756	01:24:22	Donna Oastler	
6564	3948	01:24:23	Sarah Dev-Sherman	
6565	8297	01:24:27	J P SUBBIAH	
6566	7217	01:24:27	Lynn Crombie	
6567	8218	01:24:27	Molly Crombie-Ergen	
6568	7982	01:24:34	Jo Burrows	
6569	8318	01:24:36	Jo Ellis	
6570	8118	01:24:37	Tessa Payne	
6571	8109	01:24:37	Gary Harris	
6572	8222	01:24:43	Richard Garner	
6573	8270	01:24:44	Stacey Remblace	
6574	8543	01:24:48	Tim San Gabriel	
6575	8323	01:24:50	Janice Barr	
6576	7860	01:24:56	Chris Clemenson-smith	
6577	8241	01:24:57	Debbie Hall	Coltishall Jaguars RC
6578	4863	01:25:02	Dawn Prime	Bungay Black Dog RC
6579	7861	01:25:03	Mark Butcher	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
6580	7584	01:25:04	Suzy Pettican	
6581	7585	01:25:04	Neil Pettican	
6582	7938	01:25:05	Wendy johnson	HI Runners
6583	5893	01:25:06	Sarah Whiting	Worksop Harriers
6584	6733	01:25:06	Sophie Riseborough	
6585	6000	01:25:07	Caren Maidment	Norwich Road Runners
6586	8292	01:25:08	Emily Buckler	
6587	6001	01:25:08	Paul Bloomfield	Coltishall Jaguars RC
6588	6137	01:25:12	Melanie Dodgson	
6589	8135	01:25:12	Heather Derbyshire	
6590	5853	01:25:13	Stephen Blyth	
6591	3345	01:25:16	Ewan Downes	
6592	8317	01:25:22	Paul Hierons	Waveney Valley AC
6593	7804	01:25:22	Abbe Swain	
6594	6380	01:25:25	elizabeth sumners	
6595	7060	01:25:33	Caroline Briggs	
6596	8092	01:25:38	Kerry Buttriss	
6597	8100	01:25:39	Cat Connell	
6598	5536	01:25:41	Rafiq Subedar	
6599	7160	01:25:46	Vicki Allison	Framlingham Flyers
6600	4970	01:25:46	Stephen Cage	
6601	8212	01:25:46	Terrie Consterdine	
6602	7468	01:25:47	Roz Maclachlan	Beccles & Bungay Harriers
6603	6973	01:25:50	Craig Coulthard	
6604	6974	01:25:50	Cathrine Lincoln	
6605	7628	01:25:52	Richard Gorrod	
6606	8417	01:25:59	Nikki Scott	
6607	7504	01:26:00	Charlotte Hummel	
6608	8482	01:26:05	Kareen Litchfield	
6609	7985	01:26:06	Andrew Pastre	
6610	7986	01:26:07	Sarah Pastre	Waveney Valley AC
6611	7887	01:26:13	Mark Pointer	
6612	1990	01:26:22	John Gil	
6613	8333	01:26:22	Rachael Page	
6614	8425	01:26:23	Leticia Gil	
6615	6921	01:26:30	Abi Ward	
6616	7041	01:26:37	Sarah Sykes	
6617	7042	01:26:38	Neil Fisher	
6618	6581	01:26:38	Emily Delva	
6619	8267	01:26:43	Philip Walters	
6620	8151	01:26:50	Frances Moss	
6621	7323	01:26:51	Aimee Konieczny	
6622	5412	01:26:55	Michelle Still	
6623	3598	01:27:01	Jane Mulley	
6624	7615	01:27:02	Carolyn Anderson	
6625	8138	01:27:02	Sheila Nicholls	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
6626	6301	01:27:12	Madeleine Danher-Barber	
6627	3317	01:27:13	Mick Blackman	
6628	3324	01:27:13	Alison Clabon	
6629	8299	01:27:13	Jo Hazle	
6630	7835	01:27:13	Ann Merryweather	
6631	7839	01:27:17	Terence Jacobs	
6632	6711	01:27:18	Simon Jacobs	
6633	8250	01:27:28	Sarah Jones	
6634	8251	01:27:28	Thomas Jones	
6635	8013	01:27:29	Lucy Gordon	
6636	7711	01:27:31	Izzy Spint	
6637	8460	01:27:36	Susan Mills	
6638	8473	01:27:38	Will Mills	
6639	8166	01:27:44	Carolyn Penn	
6640	7796	01:27:45	James Pannell	
6641	7620	01:27:52	Beattie Panchmatia	
6642	7619	01:27:52	Harriette Panchmatia	
6643	8354	01:28:08	Caroline Pollard	
6644	8279	01:28:08	Kevin Maguire	
6645	7964	01:28:09	zarvin wildey	
6646	7709	01:28:12	Adrian Armstrong-Emery	
6647	7334	01:28:12	Gillian Chalmers	
6648	3651	01:28:13	Suzanne Sharman	
6649	7885	01:28:22	Laura Wright	
6650	8319	01:28:23	Joanna Kendrick	
6651	7919	01:28:26	Natalie Lightfoot	
6652	5809	01:28:27	Sarah Thacker	
6653	8314	01:28:31	Graham Hough	
6654	8196	01:28:39	Dee Royds	
6655	3433	01:28:39	tim royds	Framlingham Flyers
6656	7766	01:28:48	Kevin Dungey	
6657	8597	01:28:49	Kerry-Louise Lucas	
6658	5973	01:28:53	Mandy Bourton	
6659	6889	01:28:53	Sophie Goodsell	
6660	6764	01:28:54	Claire Seymour	
6661	6964	01:28:54	Stephen Long	
6662	7725	01:29:03	James Ellis	
6663	8257	01:29:08	Elle Austin	
6664	8509	01:29:17	Heather Eyre	
6665	8294	01:29:17	Janice Walker	
6666	8315	01:29:21	Tracey Moore	
6667	8106	01:29:28	Vicky Dowe	Bungay Black Dog RC
6668	4451	01:29:29	Ashley Philcox	Bungay Black Dog RC
6669	8293	01:29:32	Joanne Webb	
6670	6320	01:29:36	David Head	
6671	5829	01:29:37	James Shiplee	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
6672	8477	01:29:37	Anne Kathrine Brinck Nielsen	
6673	4929	01:29:40	Russell Wood	
6674	7837	01:29:41	mickey Pitcher-Cooke	
6675	8239	01:29:46	Abigail Walter-Browne	
6676	8252	01:29:55	Becky Hayes	
6677	6271	01:30:01	Helen Marsh	
6678	8531	01:30:08	Eunice Makumbiza	
6679	8532	01:30:08	Lucy Reeves	
6680	6911	01:30:14	Emma Tempest	
6681	8441	01:30:15	Victoria Shepherd	
6682	8246	01:30:20	Karen West	
6683	8440	01:30:20	Rachael West	
6684	7957	01:30:21	Phillip Laurier	
6685	7931	01:30:23	Jenny Lane-Smith	
6686	8392	01:30:24	Lyndsey Thorpe	
6687	8226	01:30:25	Mandie Thorpe	Dereham Runners & AC
6688	8281	01:30:26	Anita Betts	Great Yarmouth Road Runners
6689	8500	01:30:27	Adele Godbolt	Great Yarmouth Road Runners
6690	7775	01:30:30	Jacqui Kelly	
6691	8078	01:30:30	Georgia Kelly	
6692	7097	01:30:38	Ish Rastogi	
6693	8228	01:30:53	Irina Buchan	
6694	8231	01:30:56	Wendy Moss	
6695	8311	01:31:12	Beverley Cowcher	
6696	4650	01:31:31	Olivia Durrant	
6697	8467	01:31:48	John Rutkowski	
6698	8579	01:31:56	Patrick O'reilly	
6699	8367	01:32:07	EMMA STARLING	
6700	8268	01:32:14	Janine Osborne	
6701	7140	01:32:14	Sabrina Souris	
6702	5172	01:32:18	Ian Jarvis	Lonely Goat RC
6703	7578	01:32:19	Jenny Jones	
6704	5227	01:32:21	Rosalind Jarvis	
6705	7633	01:32:25	Bobby Hiom	
6706	8205	01:32:47	Michael Fields	
6707	7974	01:32:47	Emma Gordon	
6708	8011	01:32:47	david gordon	
6709	5930	01:32:48	Brien Hueppauff	
6710	6099	01:32:59	Joanna Shad	
6711	8284	01:33:00	Laura Cox	
6712	3749	01:33:28	Mark Thorpe	Norfolk Gazelles AC
6713	8254	01:33:28	Amberley Fitzalan-Cram	Norfolk Gazelles AC
6714	6578	01:33:31	Victoria Smart	
6715	8556	01:33:38	Emily Fusco	
6716	8580	01:33:38	Lucy Moore	
6717	8275	01:34:28	Gemma Seager	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
6718	8274	01:34:28	Peter Hibbit	
6719	7220	01:34:29	Hannah Michael	Aylsham Runners
6720	8255	01:34:29	Fiona Halkyard	
6721	8266	01:34:30	Ali Howell	
6722	7705	01:34:30	Felicity Hindley	
6723	8549	01:34:31	Gary Mooney	
6724	7668	01:34:32	Jackie Nogra	
6725	7525	01:34:47	Oksana Leyshon	
6726	8286	01:34:48	Katrina Hopkins	
6727	7901	01:35:20	Miriam Walden	
6728	8326	01:35:21	Rosie Walden	
6729	7325	01:35:44	Joanne Moore	
6730	8157	01:35:48	Stuart Kenrick	
6731	8156	01:35:49	Mark Smith	
6732	7414	01:36:03	Valerie Owen	
6733	7765	01:36:09	Carmen Kennedy	
6734	8583	01:36:17	Simon Bradish	
6735	8587	01:36:28	Jason Mckenna	
6736	7328	01:36:45	Shay Gorbould	
6737	6696	01:36:46	HARRISON CASEY	
6738	6193	01:37:00	Mark McWilliam	
6739	8571	01:37:16	Upasana Masih	
6740	8572	01:37:17	Yoel Masih	
6741	8552	01:37:21	Kulkanlaya Kritnoi	
6742	6699	01:37:59	Helen Barnes	
6743	8388	01:38:05	Chris Nicholls	
6744	8399	01:38:08	Chris Clarke	
6745	8428	01:38:51	Sarah Hill	
6746	1416	01:38:54	Andrew Preston	
6747	8479	01:39:52	Charlotte Bunyan	
6748	8301	01:39:52	Lauren Bills	
6749	8165	01:40:10	Chloe Beech	
6750	3620	01:41:18	Nicky Yaxley	
6751	6899	01:41:18	Claire Owen	Coltishall Jaguars RC
6752	8309	01:41:19	Lynne Wood	
6753	8362	01:42:07	Ashlea Reuben	
6754	8469	01:42:34	Nicola Abson	
6755	8264	01:42:39	CARLA COE	
6756	8265	01:42:40	Tracey Henderson	
6757	4341	01:43:58	Rebecca Kingston	
6758	8112	01:46:28	Bonnie Dillaway	
6759	8491	01:46:29	Rebecca Beckett	
6760	8445	01:46:38	Tracy White	
6761	6888	01:47:26	Hannah Bath	
6762	7392	01:47:47	Jo Sedgley	
6763	4840	01:48:46	Jonathan marriott	

Run Norwich 2023

16/7/2023

Pos.	Bib	Time	Name	Club
6764	7787	01:48:46	Yazmine Elding	
6765	8433	01:48:47	Stephen Pizey	
6766	8493	01:48:48	Jade Shortt	
6767	7115	01:48:48	Louisa Kiddell	
6768	8402	01:49:22	Jennie Roberts	
6769	8247	01:49:22	Dave Youngs	
6770	8273	01:52:15	Rach Hartley	
6771	8208	01:52:16	Charlotte Remblance	
6772	5867	01:58:28	Stephanie Bennett	Plymouth Musketeers Running Club
6773	8372	01:58:29	Tammy Pritchard	
6774	8453	02:01:11	Rhiannan Smith	
6775	8452	02:01:11	Daniel Smith	
6776	6727	02:02:07	Michelle Cooper	
6777	8438	02:03:35	Michelle Allen	