



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1	1701	Jonathan	Escalante Philips	Male	Cambridge & Coleridge AC	MO	00:30:41	1	1
2	6	Luke	Alden	Male	City Of Norwich AC	MO	00:31:07	2	2
3	21	Tommy	Power	Male	Hallamshire Harriers Sheffield	MO	00:31:28	3	3
4	2	Michael	Kallenberg	Male	Swansea Harriers Athletics Club	MO	00:31:44	4	4
5	8	William	Mahoney	Male	City Of Norwich AC	MO	00:31:50	5	5
6	69	Tyler	Bilyard	Male	Great Yarmouth & District AC	MO	00:32:19	6	6
7	33	James	Senior	Male	City Of Norwich AC	MO	00:32:28	7	7
8	35	Mark	Chaney Baxter	Male		MO	00:32:33	8	8
9	39	Martyn	Bath	Male	City Of Norwich AC	MO	00:32:37	9	9
10	9	Adrian	Mussett	Male	Colchester Harriers AC	M50	00:32:40	10	1
11	22	Kim	Bowling	Male	Colchester Harriers AC	MO	00:32:46	11	10
12	27	Harry	Allcock	Male	University of Nottingham AC	MO	00:32:50	12	11
13	20	Jacob	Öcal	Male	City Of Norwich AC	MO	00:33:00	13	12
14	68	Aidan	Banfield	Male		MO	00:33:04	14	13
15	99	Jamie	Atkins	Male		MO	00:33:20	15	14
16	14	Danny	Adams	Male		MO	00:33:57	16	15
17	59	Mitchell	Bunn	Male	West Norfolk AC	MO	00:33:58	17	16
18	40	John	Hudson	Male	Norwich Road Runners	M40	00:34:03	18	1
19	34	Michael	Eccles	Male	Bure Valley Harriers	M40	00:34:28	19	2
20	47	Tommy	Chapman	Male		MO	00:34:35	20	17
21	31	Holly	Archer	Female	Cambridge & Coleridge AC	FO	00:34:37	1	1
22	70	Corben	Reynolds	Male	Great Yarmouth Road Runners	MO	00:34:43	21	18
23	54	Kevin	Holland	Male		M45	00:34:48	22	1
24	60	Daniel	Harrison	Male	Great Yarmouth & District AC	MO	00:34:58	23	19
25	38	Billy	Eccles	Male	Bure Valley Harriers	MO	00:35:00	24	20
26	53	Brian	Corleys	Male	Bushfield Joggers	M50	00:35:03	25	2
27	12	Laurence	Rouse	Male		MO	00:35:05	26	21
28	62	Samuel	Cornforth	Male	City Of Norwich AC	MO	00:35:05	27	22
29	11	Tom	Collier	Male	City Of Norwich AC	MO	00:35:06	28	23
30	24	Daniel	Wilson	Male		MO	00:35:08	29	24
31	18	Neil	Adams	Male	North Norfolk Beach Runners	M45	00:35:10	30	2
32	4497	Matt	Rump	Male		M40	00:35:17	31	3
33	66	Andrew	Bunn	Male	City Of Norwich AC	MO	00:35:27	32	25
34	52	George	Bowen	Male		MO	00:35:27	33	26
35	216	Tyler	Reynolds	Male		MO	00:35:30	34	27
36	1702	Lizzie	Wellsted	Female	Colchester Harriers AC	FO	00:35:36	2	2
37	72	James	Jarmy	Male	City Of Norwich AC	MO	00:35:44	35	28
38	106	Simon	Cook	Male	Lowestoft Road Runners	M45	00:35:47	36	3
39	115	Bob	Glasgow	Male	Orion Harriers	M45	00:35:47	37	4
40	122	James	Bowen	Male		MO	00:35:48	38	29
41	93	Daniel	Whitmarsh	Male	Norfolk Gazelles AC	MO	00:35:49	39	30
42	7	Eleanor	Grubb	Female	City Of Norwich AC	FO	00:36:01	3	3
43	51	Charlie	Stringer	Male	Wymondham AC	M40	00:36:02	40	4
44	49	William	Browne	Male	City Of Norwich AC	MO	00:36:09	41	31
45	42	Jorge	Longman	Male		MO	00:36:16	42	32
46	65	George	Gay	Male		MO	00:36:18	43	33
47	128	Patrick	Thomas	Male	City Of Norwich AC	MO	00:36:23	44	34
48	108	Oliver	Gilbert	Male	Bungay Black Dog RC	MO	00:36:28	45	35
49	46	Ed	Plager	Male		M40	00:36:33	46	5
50	97	Benjamin	Beynon	Male	Wymondham AC	MO	00:36:34	47	36
51	74	Tom	Newman	Male	City Of Norwich AC	MO	00:36:36	48	37
52	71	Tom	Galley	Male	Lowestoft Road Runners	MO	00:36:39	49	38
53	75	Gary	Saggers	Male	Lowestoft Road Runners	M45	00:36:43	50	5
54	102	James	Pitcher	Male	Norfolk Gazelles AC	MO	00:36:44	51	39
55	15	John	Raspin	Male		MO	00:36:49	52	40
56	119	Jacob	Kenworthy	Male	Wymondham AC	MO	00:36:50	53	41
57	5	Leanne	Finch	Female	Bure Valley Harriers	FO	00:36:51	4	4
58	130	Perry	Payne	Male		MO	00:36:51	54	42
59	30	Daniel	Simmons	Male	Tri-Anglia Triathlon Club	MO	00:36:53	55	43
60	132	Mark	Goddard	Male		MO	00:36:55	56	44



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
61	26	Jake	Pye	Male		MO	00:36:56	57	45
62	237	Sebastian	Humberston	Male		MO	00:36:56	58	46
63	215	Byron	Mcgill	Male	Bungay Black Dog RC	M40	00:36:57	59	6
64	194	Thomas	Abbs	Male	Bure Valley Harriers	MO	00:37:03	60	47
65	107	Mitchell	Dann	Male	City Of Norwich AC	M45	00:37:04	61	6
66	156	Simon	Wright	Male	Norfolk Gazelles AC	M40	00:37:05	62	7
67	10	Jo	Andrews	Female	Bungay Black Dog RC	F50	00:37:13	5	1
68	459	Toby	Culling	Male	MY CLUB IS NOT LISTED	MO	00:37:16	63	48
69	153	Christopher	Coates	Male	The Stragglers Running Club	M40	00:37:16	64	8
70	116	Jordan	Humm	Male	City Of Norwich AC	MO	00:37:18	65	49
71	167	Tobias	Wright	Male		MO	00:37:19	66	50
72	221	Josh	Russell	Male	Norwich Road Runners	MO	00:37:26	67	51
73	88	Marc	Coles	Male	Norwich Road Runners	M45	00:37:28	68	7
74	32	Jonathan	Stockwell	Male	City Of Norwich AC	M40	00:37:32	69	9
75	44	Marcus	Sladden	Male	Wymondham AC	MO	00:37:34	70	52
76	3595	Liam	Flegg	Male		MO	00:37:34	71	53
77	25	Alfie	Bone	Male	Waveney Valley AC	MO	00:37:35	72	54
78	89	Stephen	Woodcroft	Male	Wymondham AC	M40	00:37:38	73	10
79	1	Mabel	Beckett	Female	City Of Norwich AC	FO	00:37:38	6	5
80	94	Matt	Webster	Male	Wymondham AC	MO	00:37:38	74	55
81	78	David	Burton	Male	Norwich Road Runners	MO	00:37:38	75	56
82	179	Matthew	Gibson	Male	Headington RR	MO	00:37:47	76	57
83	16	Dean	Terry	Male	Sutton Striders	MO	00:37:47	77	58
84	131	Jonathan	Ede	Male		MO	00:37:50	78	59
85	134	William	Abbott	Male		MO	00:37:55	79	60
86	235	Matthew	Plane	Male		MO	00:37:56	80	61
87	56	Marcus	Cooper	Male		MO	00:37:59	81	62
88	118	Oliver	Marriott	Male	Herne Hill Harriers	MO	00:38:01	82	63
89	145	Lance	Escobar	Male	Diss and District AC	MO	00:38:07	83	64
90	155	Ben	Nockolds	Male		MO	00:38:08	84	65
91	126	Zak	Barber	Male	Great Yarmouth & District AC	MO	00:38:08	85	66
92	96	Chris	Bullock	Male	Wymondham AC	M50	00:38:10	86	3
93	511	Sam	Neil	Male		MO	00:38:10	87	67
94	114	Daniel	Cook	Male	Rugby & Northampton AC	MO	00:38:10	88	68
95	163	Dominic	Doggett	Male		MO	00:38:10	89	69
96	146	Oli	Rix	Male	City Of Norwich AC	MO	00:38:10	90	70
97	3787	Adam	Gibson	Male		M50	00:38:15	91	4
98	169	George	Sanders	Male		MO	00:38:16	92	71
99	23	Dominic	Blake	Male	Reepham Runners	M45	00:38:17	93	8
100	180	Oliver	Brown	Male		MO	00:38:19	94	72
101	140	Adam	Parke	Male		MO	00:38:19	95	73
102	29	Sean	Jermy	Male	Great Yarmouth Road Runners	MO	00:38:20	96	74
103	429	Josh	Tibbles	Male		MO	00:38:21	97	75
104	85	David	Houghton	Male	Wymondham AC	M50	00:38:22	98	5
105	178	Toby	Armiger	Male	City Of Norwich AC	MO	00:38:22	99	76
106	109	Alex	Griffiths	Male	Norwich Road Runners	MO	00:38:25	100	77
107	160	Ben	Bremner	Male	Beccles Triathlon Club	MO	00:38:27	101	78
108	240	Richard	Mead	Male		MO	00:38:31	102	79
109	190	Nicholas	Wittred	Male		M40	00:38:37	103	11
110	340	Oliver	Dack	Male		M40	00:38:37	104	12
111	43	Chris	Millsted	Male		MO	00:38:38	105	80
112	139	Mark	Mantle	Male	Bungay Black Dog RC	M40	00:38:38	106	13
113	186	Eryk	Mejia	Male		MO	00:38:40	107	81
114	1705	Matt	Collier	Male	Norfolk Gazelles AC	M50	00:38:43	108	6
115	1705	Matthew	Collier	Male	Norfolk Gazelles AC	M50	00:38:43	109	7
116	110	Harriet	Carr	Female	Wymondham AC	FO	00:38:43	7	6
117	127	James	Steel	Male	Badgers	MO	00:38:43	110	82
118	124	Jack	Bartle	Male		MO	00:38:45	111	83
119	123	Karl	Brown	Male		MO	00:38:46	112	84
120	101	Simon	Bales	Male	Bure Valley Harriers	M45	00:38:46	113	9



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121	225	Matthew	Wigg	Male	Norfolk Gazelles AC	M40	00:38:47	114	14
122	210	Mark	Banfield	Male	Wymondham AC	M50	00:38:49	115	8
123	149	James	Howes	Male	City Of Norwich AC	M45	00:38:50	116	10
124	234	Tom	Hull	Male	Norwich Road Runners	MO	00:38:51	117	85
125	77	Michael	Steward	Male		M55	00:38:55	118	1
126	120	Chris	Harrison	Male	Norwich Road Runners	M40	00:38:56	119	15
127	17	Aaron	Francis	Male	Sheffield RC	MO	00:38:57	120	86
128	184	Andrew	Soanes	Male	Waveney Valley AC	MO	00:38:59	121	87
129	183	Rachel	Rising	Female	Halstead RRC	FO	00:39:03	8	7
130	239	Tom	Waterfall	Male	Wymondham AC	MO	00:39:03	122	88
131	461	Matt	Fretwell	Male		MO	00:39:04	123	89
132	79	Grace	Buchanan	Female	North Norfolk Beach Runners	FO	00:39:04	9	8
133	318	Stephen	Wilson	Male		MO	00:39:04	124	90
134	192	Max	Fisher	Male		MO	00:39:05	125	91
135	147	William	George	Male	Aylsham Runners	MO	00:39:07	126	92
136	613	Tom	Hepburn	Male		MO	00:39:08	127	93
137	333	Louis	Payne	Male		MO	00:39:12	128	94
138	1207	Danny	Philpott	Male		MO	00:39:14	129	95
139	91	Paul	Fairchild	Male	Wymondham AC	M45	00:39:14	130	11
140	158	Jordan	Hipperson	Male		MO	00:39:15	131	96
141	365	Cormac	O'driscoll	Male		MO	00:39:15	132	97
142	87	Steven	Garland	Male		M40	00:39:16	133	16
143	293	Jonathan	Cordle	Male	Norwich Road Runners	M60	00:39:22	134	1
144	284	Phil	Whiting	Male	Norfolk Gazelles AC	M50	00:39:23	135	9
145	137	Ethan	Hall	Male		MO	00:39:24	136	98
146	148	Torben	Jessen	Male		M60	00:39:24	137	2
147	113	Ella	Sharrock	Female	City Of Norwich AC	FO	00:39:28	10	9
148	166	Joel	Metcalf	Male		MO	00:39:28	138	99
149	129	Fletcher	Yarham	Male		MO	00:39:28	139	100
150	463	Aidan	Thorpe	Male	MY CLUB IS NOT LISTED	MO	00:39:29	140	101
151	212	Rosanna	Andrews	Female	Rugby & Northampton AC	FO	00:39:29	11	10
152	959	Alexander	Saint-ablett	Male		MO	00:39:29	141	102
153	1339	Sam	Smith	Male		MO	00:39:34	142	103
154	73	Cat	Cummings	Female	City Of Norwich AC	F45	00:39:35	12	1
155	1497	Oliver	Thomson	Male		MO	00:39:35	143	104
156	260	Tony	Gowing	Male		MO	00:39:35	144	105
157	1064	Ben	Wigger	Male		MO	00:39:36	145	106
158	967	Luis	Tibbles	Male		MO	00:39:36	146	107
159	426	James	Groves	Male	Woodstock Harriers AC	M40	00:39:39	147	17
160	706	Freddie	Power	Male		MO	00:39:41	148	108
161	150	Ellery	Bishop	Male		MO	00:39:42	149	109
162	300	Andy	Shilling	Male	Spa Striders	MO	00:39:43	150	110
163	281	Patrick	Matthews	Male		MO	00:39:43	151	111
164	142	Mark	Clues	Male	Tri-Anglia Triathlon Club	M55	00:39:43	152	2
165	198	Daniel	Cable	Male		MO	00:39:48	153	112
166	175	Leon	Neeve	Male	City Of Norwich AC	M45	00:39:48	154	12
167	423	Matthew	Brown	Male		M45	00:39:48	155	13
168	457	Ryan	Jackson	Male		MO	00:39:55	156	113
169	177	Westley	Walker	Male	Haverhill Running Club	M45	00:39:56	157	14
170	117	Dominic	Hazell-evans	Male		MO	00:39:56	158	114
171	214	Craig	Upson	Male	Norwich Road Runners	MO	00:39:57	159	115
172	307	Samuel	Southgate	Male		MO	00:39:58	160	116
173	486	Ross	Durrant	Male		MO	00:39:59	161	117
174	195	Ian	Bray	Male	Norwich Road Runners	M40	00:40:01	162	18
175	338	Nicky	Waller	Male		MO	00:40:02	163	118
176	374	Christian	Ellis	Male	Great Yarmouth Road Runners	MO	00:40:05	164	119
177	417	Stephen	Bonnot	Male		M45	00:40:07	165	15
178	438	Philip	Green	Male	Stowmarket Striders RC	M40	00:40:08	166	19
179	92	Steven	McNicholas	Male	Wymondham AC	M40	00:40:08	167	20
180	217	Alison	Moore	Female	Eastbourne Rovers AC	FO	00:40:09	13	11



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
181	1201	Joseph	Mayes	Male	Norwich Road Runners	MO	00:40:10	168	120
182	209	João	Duarte	Male		M40	00:40:10	169	21
183	136	Daniel	Yallop	Male	Ryston Runners	MO	00:40:13	170	121
184	898	Sean	Donoghue	Male	Norfolk Gazelles AC	M50	00:40:13	171	10
185	111	Lewis	Gadsdon	Male		MO	00:40:15	172	122
186	1708	Stephen	Valentine	Male	Norwich Road Runners	M60	00:40:16	173	3
187	199	Philip	Grant	Male	Hillsborough & Rivelin RC	MO	00:40:16	174	123
188	675	Tom	Whiting	Male	City Of Norwich AC	MO	00:40:17	175	124
189	1418	Joe	Prendergast	Male		MO	00:40:18	176	125
190	275	Benjamin	Whitbourn	Male		MO	00:40:18	177	126
191	283	Harry	Collins	Male		MO	00:40:19	178	127
192	1132	Rob	Stevens	Male		M55	00:40:19	179	3
193	319	Will	Mcmorris	Male		M45	00:40:20	180	16
194	309	Mark	Matless	Male		MO	00:40:21	181	128
195	456	Lee	Oakley	Male		M40	00:40:21	182	22
196	437	Matthew	Clark	Male		MO	00:40:22	183	129
197	573	Sam	Burrows	Male	Wymondham AC	MO	00:40:22	184	130
198	203	Chris	Mower	Male	Saint Edmund Pacers	M45	00:40:24	185	17
199	1722	Henry	Levell	Male		MO	00:40:25	186	131
200	76	Daryl	London	Male	North Norfolk Beach Runners	M40	00:40:27	187	23
201	165	Juliette	Watkinson	Female	Wymondham AC	F40	00:40:30	14	1
202	298	Garry	Meehan	Male	Dulwich Runners AC	M60	00:40:31	188	4
203	411	Andrew	Horton	Male		MO	00:40:31	189	132
204	135	Marc	Evans	Male		M45	00:40:31	190	18
205	248	Chris	Vernon	Male		MO	00:40:31	191	133
206	159	Martin	Farr	Male	Lowestoft Road Runners	M40	00:40:32	192	24
207	381	Lee	Glacken	Male		MO	00:40:32	193	134
208	191	Nick	Kent	Male	City Of Norwich AC	MO	00:40:34	194	135
209	458	Ethan	Wells	Male		MO	00:40:34	195	136
210	200	John	Moore	Male	Norfolk Gazelles AC	M60	00:40:35	196	5
211	367	James	Fullam	Male		M40	00:40:35	197	25
212	311	Tom	Read	Male		MO	00:40:35	198	137
213	236	Lacey	Bareham	Female	Wymondham AC	FO	00:40:35	15	12
214	451	Lee	Forder	Male	23 Mile Club	M40	00:40:35	199	26
215	144	Ellen	Jack	Female	City Of Norwich AC	FO	00:40:37	16	13
216	245	Lee	Devlin	Male		M40	00:40:38	200	27
217	996	Ciaran	Strike	Male	Bungay Black Dog RC	MO	00:40:40	201	138
218	403	Jamie	Besford	Male		MO	00:40:40	202	139
219	291	Adam	Glover	Male		MO	00:40:41	203	140
220	535	James	Porter	Male		MO	00:40:42	204	141
221	931	Steven	Cannell	Male		MO	00:40:42	205	142
222	247	Haydn	Lyon	Male		MO	00:40:44	206	143
223	377	Paul	Oakley	Male	Horsham Joggers	M50	00:40:48	207	11
224	170	Patrick	Kavanagh	Male		MO	00:40:48	208	144
225	357	Stuart	Fryer	Male		M45	00:40:49	209	19
226	202	Jamie	Clarke	Male		MO	00:40:49	210	145
227	5114	Alice	Barney	Female		FO	00:40:50	17	14
228	8442	Alix	Lawrence	Female		FO	00:40:51	18	15
229	277	Shaun	Long	Male		MO	00:40:51	211	146
230	162	Gareth	Seville	Male	Wymondham AC	MO	00:40:53	212	147
231	361	Shane	Morgan	Male		MO	00:40:53	213	148
232	708	James	Cornforth	Male	Ipswich Jaffa RC	MO	00:40:53	214	149
233	394	Matthew	Tye	Male	Harleston Running Club	M40	00:40:55	215	28
234	358	Claire	Kent	Female	Wymondham AC	FO	00:40:58	19	16
235	622	Edward	Jennings	Male		MO	00:40:59	216	150
236	286	Lee	Knights	Male		M45	00:41:00	217	20
237	475	Nick	Gurney	Male	Norwich Road Runners	MO	00:41:01	218	151
238	356	Philip	Rusted	Male		M50	00:41:02	219	12
239	207	Lee	Wilson	Male		M45	00:41:02	220	21
240	592	Sam	Barker	Male		MO	00:41:04	221	152



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241	197	Jack	Sutton	Male	Diss and District AC	MO	00:41:06	222	153
242	201	Daniel	Guest	Male		MO	00:41:06	223	154
243	988	Barry	Lynn	Male		MO	00:41:07	224	155
244	476	Morgan	Lingley	Male		MO	00:41:07	225	156
245	279	Peter	Clarke	Male		M60	00:41:08	226	6
246	4176	Jack	Vargeson	Male	Bure Valley Harriers	MO	00:41:12	227	157
247	434	Jawad	Hafeez	Male		M40	00:41:13	228	29
248	657	Ashley	Granados	Male		MO	00:41:15	229	158
249	337	Lee	Quibell	Male		M45	00:41:15	230	22
250	598	Chris	Davies	Male		M50	00:41:16	231	13
251	287	Jack	Keeble	Male	Lowestoft Road Runners	MO	00:41:16	232	159
252	219	James	Barnes	Male		MO	00:41:17	233	160
253	444	James	Parr	Male		MO	00:41:17	234	161
254	313	Matt	Goode	Male		MO	00:41:17	235	162
255	1052	Chase	Taylor	Male		MO	00:41:19	236	163
256	690	Rowan	Van Tromp	Male	Newmarket Joggers	MO	00:41:19	237	164
257	1259	Adam	Brown	Male		MO	00:41:20	238	165
258	673	Josh	Booth	Male		MO	00:41:21	239	166
259	467	Alex	Hamblin	Male		MO	00:41:22	240	167
260	8743	Barley	Woodcock	Male		M40	00:41:25	241	30
261	702	Dom	Copping	Male	Norfolk Gazelles AC	M50	00:41:26	242	14
262	349	Ben	Player	Male		M40	00:41:28	243	31
263	263	Jason	Brunt	Male		M50	00:41:28	244	15
264	355	David	Stevens	Male		M40	00:41:28	245	32
265	1025	Mark	Flatman	Male		MO	00:41:29	246	168
266	230	Cassie	Moden	Female	West Norfolk AC	FO	00:41:30	20	17
267	658	Elliot	Rose	Male		MO	00:41:31	247	169
268	354	Tom	Smith	Male		MO	00:41:33	248	170
269	334	Daniel	Luedke	Male		MO	00:41:33	249	171
270	278	Matt	Tomlinson	Male		M50	00:41:34	250	16
271	238	Daniel	Davey	Male	City Of Norwich AC	MO	00:41:35	251	172
272	433	Peter	Morgan	Male		M40	00:41:35	252	33
273	328	Hamish	Muirden	Male		MO	00:41:41	253	173
274	233	Kevin	Shreeve	Male		MO	00:41:43	254	174
275	705	Tom	Larner	Male		MO	00:41:44	255	175
276	380	Tom	Charles	Male	Coltishall Jaguars RC	MO	00:41:44	256	176
277	314	Lee	Green	Male		MO	00:41:45	257	177
278	382	Simon	Day	Male		MO	00:41:46	258	178
279	537	Terry	Collins	Male		M40	00:41:48	259	34
280	790	Robert	Duncan	Male		M40	00:41:48	260	35
281	7329	Richard	Wood	Male	Norwich Road Runners	M50	00:41:48	261	17
282	168	Stephen	Hough	Male		MO	00:41:49	262	179
283	725	Will	Barker	Male		MO	00:41:49	263	180
284	360	Adam	Pearce	Male		MO	00:41:50	264	181
285	703	Lewis	Cresswell	Male		MO	00:41:52	265	182
286	462	Josh	Harper	Male	Bure Valley Harriers	MO	00:41:52	266	183
287	285	Steven	Elvin	Male		M60	00:41:52	267	7
288	686	Andrew	Hart	Male		MO	00:41:54	268	184
289	187	Mark	Hurren	Male		M40	00:41:55	269	36
290	951	Nick	Cleaver	Male		M40	00:41:55	270	37
291	342	Jonathan	Adams	Male	Tri-Anglia Triathlon Club	M50	00:41:56	271	18
292	889	Alex	Snow	Male		MO	00:41:57	272	185
293	577	Simon	Franklin	Male		MO	00:42:00	273	186
294	628	Steven	Young	Male		M55	00:42:00	274	4
295	1743	Josh	Davies	Male		MO	00:42:01	275	187
296	595	Jack	Donoghue	Male	Lincs Run Club	MO	00:42:01	276	188
297	620	Simon	Elliott	Male		MO	00:42:02	277	189
298	253	Filip	Schubert	Male		MO	00:42:04	278	190
299	473	Ian	Callaghan	Male		M50	00:42:05	279	19
300	305	Richard	Hancock	Male		M45	00:42:05	280	23



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
301	306	Adam	Goodman	Male		MO	00:42:06	281	191
302	407	Antony	Riches	Male		MO	00:42:07	282	192
303	83	Christopher	Mickleburgh	Male	Aylsham Runners	MO	00:42:08	283	193
304	397	Christopher	Dilley	Male	Bedford Harriers AC	MO	00:42:09	284	194
305	4511	James	Tuddenham	Male		MO	00:42:10	285	195
306	557	George	Crane	Male		MO	00:42:10	286	196
307	480	Jonathan	Abbs	Male		MO	00:42:11	287	197
308	1191	Brandon	Pickess	Male		MO	00:42:11	288	198
309	443	Philip	Brockington	Male		M50	00:42:13	289	20
310	172	Josh	Brown	Male	Wymondham AC	MO	00:42:14	290	199
311	353	Jason	Corner	Male	Tri-Anglia Triathlon Club	M45	00:42:14	291	24
312	871	Myles	Payne	Male		MO	00:42:15	292	200
313	1745	Gregory	Dale	Male		MO	00:42:17	293	201
314	218	Mark	Grubb	Male		M40	00:42:17	294	38
315	532	Isabelle	Pendleton	Female		FO	00:42:18	21	18
316	515	Adam	Smith	Male	Tri-Anglia Triathlon Club	MO	00:42:18	295	202
317	55	Nick	Marriage	Male	City Of Norwich AC	M40	00:42:21	296	39
318	596	Westley	Byford	Male	Saint Edmund Pacers	M45	00:42:22	297	25
319	288	Kelvin	Willimott	Male		M40	00:42:23	298	40
320	90	Laurie	Whitehair	Male		M40	00:42:23	299	41
321	321	Sam	Evans	Male		M45	00:42:23	300	26
322	182	John-david	Fisher	Male	Norfolk Gazelles AC	M40	00:42:23	301	42
323	1009	Miles	Marshall	Male		MO	00:42:24	302	203
324	1375	Jamie	Chui	Male	Norfolk Gazelles AC	MO	00:42:24	303	204
325	677	Nigel	Flynn	Male	Saffron Striders RC	M45	00:42:25	304	27
326	901	Dean	Howard	Male	North Norfolk Beach Runners	M50	00:42:26	305	21
327	226	Aaron	O'driscoll	Male		MO	00:42:26	306	205
328	420	Markus	Draeger	Male		MO	00:42:27	307	206
329	405	Daniel	Corrie	Male		MO	00:42:28	308	207
330	529	Benjamin	Smith	Male	Wymondham AC	M40	00:42:29	309	43
331	152	Matt	Jenkins	Male	Norwich Road Runners	MO	00:42:29	310	208
332	412	Shaun	Braybrook	Male	Wymondham AC	M40	00:42:30	311	44
333	678	William	Whittam	Male		MO	00:42:30	312	209
334	267	Mark	Robinson	Male	Lonely Goat RC	M50	00:42:30	313	22
335	1731	Tom	Huckle	Male		M40	00:42:30	314	45
336	1233	Jonathan	Jarrold	Male		M40	00:42:31	315	46
337	432	Ross	Ashton	Male	City Of Norwich AC	M45	00:42:32	316	28
338	174	James	Bowman	Male		MO	00:42:32	317	210
339	264	Andrew	Buckley	Male		MO	00:42:32	318	211
340	700	Matthew	Adams	Male		M45	00:42:33	319	29
341	562	Leon	Edwards	Male		MO	00:42:33	320	212
342	591	Tom	Anstiss	Male		MO	00:42:33	321	213
343	220	Jonathan Bennett	Bennett	Male	Fulham Running Club	MO	00:42:34	322	214
344	272	Dominic	Smith	Male		MO	00:42:36	323	215
345	323	Ben	Churchman	Male	Diss and District AC	M40	00:42:36	324	47
346	1178	Mark	Potter	Male		M50	00:42:37	325	23
347	294	Oliver	Dack	Male	Norwich Road Runners	MO	00:42:38	326	216
348	503	Danny	Sweatman	Male		MO	00:42:38	327	217
349	868	Luke	Turner	Male		MO	00:42:38	328	218
350	393	Mark	Moore	Male	Burnham Joggers	M60	00:42:39	329	8
351	665	David	Granger	Male		MO	00:42:39	330	219
352	1020	Marcus	Todd	Male		MO	00:42:39	331	220
353	224	Steve	Ely	Male		M50	00:42:40	332	24
354	181	Charli	Smith	Female		FO	00:42:40	22	19
355	3793	Steph	Harrison	Female		FO	00:42:42	23	20
356	410	Mark	Smith	Male	Best Athletics	M50	00:42:43	333	25
357	413	G	Hunt	Male	Ryston Runners	MO	00:42:43	334	221
358	935	Tom	Durrell	Male		MO	00:42:44	335	222
359	695	Daniel	Gardiner	Male	Bungay Black Dog RC	M50	00:42:45	336	26
360	292	Adrian	Slattery	Male	Great Yarmouth Road Runners	M45	00:42:45	337	30



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
361	921	Harvey	Debenham	Male		MO	00:42:45	338	223
362	369	Sam	Wenham	Male		MO	00:42:45	339	224
363	1314	Jack	Talbot	Male		MO	00:42:45	340	225
364	256	Stuart	Clark	Male		MO	00:42:46	341	226
365	205	Rory	Judd	Male		MO	00:42:47	342	227
366	336	Joanne	Watkins	Female	Bure Valley Harriers	FO	00:42:47	24	21
367	408	Harry	Crowe	Male		MO	00:42:48	343	228
368	371	Harley	Evans	Male		MO	00:42:48	344	229
369	105	Lewis	Flatt	Male		M40	00:42:48	345	48
370	1480	Laurence	Brooks	Male		MO	00:42:48	346	230
371	386	Marc	Bicker	Male		MO	00:42:48	347	231
372	1223	Ross	Shaw	Male		MO	00:42:49	348	232
373	567	Barry	Smith	Male	Bungay Black Dog RC	M55	00:42:52	349	5
374	1205	Archie	Fiddy	Male		MO	00:42:52	350	233
375	439	Adam	Hendry	Male		MO	00:42:52	351	234
376	185	Mark	Armstrong	Male	Wymondham AC	M40	00:42:52	352	49
377	227	Jason	Elrick	Male	Thetford AC	M55	00:42:53	353	6
378	545	Stephen	Knock	Male		M40	00:42:56	354	50
379	1575	Scip	Lowson	Male		MO	00:42:56	355	235
380	770	Andy	Foreman	Male	Coltishall Jaguars RC	M50	00:42:57	356	27
381	242	Neil	Walpole	Male	City Of Norwich AC	M50	00:42:57	357	28
382	453	Kris	Hart	Male		M40	00:42:57	358	51
383	646	Brendan	Edwards	Male		MO	00:42:57	359	236
384	1048	Alex	Turner	Male		MO	00:42:58	360	237
385	427	Freddie	Cox-hartigan	Male	Bungay Black Dog RC	MO	00:43:02	361	238
386	61	Daniel	Saunders	Male		MO	00:43:02	362	239
387	497	William	Kitchener	Male	Norwich Road Runners	M40	00:43:04	363	52
388	886	Stuart	Smith	Male		M50	00:43:05	364	29
389	164	Reuben	Houghton	Male		MO	00:43:05	365	240
390	125	Jack	Teuten	Male	Bungay Black Dog RC	MO	00:43:06	366	241
391	375	Isaac	Staff	Male		MO	00:43:09	367	242
392	856	Daniel	Ponder	Male		MO	00:43:10	368	243
393	395	Michael	Wilce	Male		MO	00:43:10	369	244
394	196	James	Cully	Male		M45	00:43:10	370	31
395	359	Ben	Ranner	Male		MO	00:43:12	371	245
396	942	Tim	Seville	Male		M65	00:43:12	372	1
397	1354	Chris	Connell	Male		MO	00:43:12	373	246
398	3660	Colin	Fish	Male		M60	00:43:12	374	9
399	844	Steven	Cleveland	Male	Norwich Road Runners	M45	00:43:13	375	32
400	565	Leo	Dudley	Male		M40	00:43:13	376	53
401	1061	James	Robertson	Male		MO	00:43:13	377	247
402	517	Maryanne	Peters	Female	Harling Athletic Club	F45	00:43:14	25	2
403	391	Alexandra	Ely	Female	Wymondham AC	F45	00:43:16	26	3
404	1158	Aden	Brooks	Male		MO	00:43:16	378	248
405	1026	David	Scrivener	Male		M45	00:43:18	379	33
406	442	John	Axtell	Male		M40	00:43:19	380	54
407	1043	Vinny	Baker	Male		MO	00:43:19	381	249
408	938	Paul	Wright	Male	Waveney Valley AC	M50	00:43:20	382	30
409	1569	Ashley	Cooper	Female		FO	00:43:21	27	22
410	1171	Neil	Vendy	Male	Thetford AC	M40	00:43:21	383	55
411	1044	Grant	Bradfield	Male		MO	00:43:22	384	250
412	3625	Sacha	Seaman	Female		FO	00:43:22	28	23
413	447	David	Asker	Male	Norwich Road Runners	M40	00:43:22	385	56
414	1084	Anthony	Howard	Male	Aylsham Runners	M40	00:43:22	386	57
415	575	Matthew	Smith	Male	Bungay Black Dog RC	MO	00:43:23	387	251
416	1034	Maud	Bissey	Female		FO	00:43:24	29	24
417	404	Pete	Goodman	Male	Brighton Phoenix	M40	00:43:25	388	58
418	564	Andrew	Cheshire	Male		MO	00:43:26	389	252
419	785	Dave	Roberts	Male		M40	00:43:26	390	59
420	352	Royston	Thorne	Male		M45	00:43:27	391	34



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
421	1232	Eloise	Peek	Female	Wymondham AC	FO	00:43:28	30	25
422	299	Harley	Peek	Male		MO	00:43:28	392	253
423	936	Ian	Gostling	Male		M40	00:43:29	393	60
424	1720	Sam	Cosgrove	Male		MO	00:43:29	394	254
425	329	Jacob	Last	Male	Dereham Runners & AC	MO	00:43:31	395	255
426	693	Ross	Hollingsworth	Male		MO	00:43:33	396	256
427	582	Kieren	Davies	Male		M40	00:43:34	397	61
428	345	Bobby	Harrison	Male		M40	00:43:35	398	62
429	1085	Felicity	Quinn	Female		FO	00:43:35	31	26
430	975	Will	Gosling	Male		MO	00:43:36	399	257
431	829	Daniel	Gibb	Male		MO	00:43:36	400	258
432	1147	Kevin	Simpson	Male	Wymondham AC	MO	00:43:37	401	259
433	1394	Kelvin	Tan	Male		M40	00:43:37	402	63
434	610	James	Loughlin	Male		MO	00:43:38	403	260
435	540	Douglas	Andrew	Male		MO	00:43:39	404	261
436	541	Tom	Askew	Male		M40	00:43:39	405	64
437	2025	Jamie	Crowe	Male		MO	00:43:40	406	262
438	392	Dan	Heverson	Male		MO	00:43:40	407	263
439	466	Chris	Chaplin	Male	Ryston Runners	MO	00:43:40	408	264
440	265	Liam	Frost	Male		MO	00:43:41	409	265
441	832	Chris	Goodwin	Male		MO	00:43:41	410	266
442	424	Jon	Wiles	Male	Harleston Running Club	M50	00:43:41	411	31
443	1024	Christopher	Cann	Male	Ryston Runners	MO	00:43:41	412	267
444	621	Frank	Burniston	Male		MO	00:43:42	413	268
445	1411	Ryan	Mcnally	Male		MO	00:43:42	414	269
446	261	Adam	Leech	Male		MO	00:43:42	415	270
447	3245	Ben	Wilson	Male		MO	00:43:43	416	271
448	327	Lee	Johnson	Male	Ryston Runners	M40	00:43:43	417	65
449	1120	Christine	Faulkner	Female		F45	00:43:44	32	4
450	606	Brett	Patterson	Male		M40	00:43:44	418	66
451	738	Claire	Woodcroft	Female	Wymondham AC	F40	00:43:47	33	2
452	399	Ross	Lenton	Male		M40	00:43:49	419	67
453	631	Richard	Oot	Male		M40	00:43:50	420	68
454	232	Gregg	Hopper	Male		M40	00:43:50	421	69
455	546	Neil	Oxbury	Male		M50	00:43:50	422	32
456	322	Dan	Goodwin	Male		M40	00:43:51	423	70
457	1057	Kegan	Charlesworth	Male		MO	00:43:51	424	272
458	1032	Jamie	Sheehan	Male		MO	00:43:51	425	273
459	315	Luke	Bailey	Male		MO	00:43:52	426	274
460	666	Glenn	Orford	Male	Bungay Black Dog RC	M55	00:43:53	427	7
461	655	Tom	Pullinger	Male	Harleston Running Club	M50	00:43:53	428	33
462	984	Matthew	Pask	Male	Wymondham AC	M55	00:43:55	429	8
463	932	Ben	Cosgrove	Male		MO	00:43:56	430	275
464	1220	Jonny	Slater	Male		MO	00:43:57	431	276
465	1247	Jonathan	Percival	Male		MO	00:43:58	432	277
466	1423	Matt	Smith	Male		MO	00:43:59	433	278
467	707	Tom	Bloomfield	Male		MO	00:43:59	434	279
468	1555	Megan	Dack	Female		FO	00:44:01	34	27
469	1732	Paul	Shelley	Male	Harleston Running Club	M50	00:44:01	435	34
470	884	Jack	Smith	Male		MO	00:44:02	436	280
471	922	James	Boulton	Male		MO	00:44:02	437	281
472	788	Graham	O'hara	Male		M50	00:44:03	438	35
473	603	Clive	Cartner	Male	Norfolk Gazelles AC	M45	00:44:04	439	35
474	1452	Adam	Brown	Male		MO	00:44:05	440	282
475	188	Thomas	Carter	Male		MO	00:44:05	441	283
476	1110	Lewis	Neale	Male		MO	00:44:05	442	284
477	717	Michael	Fisher	Male		MO	00:44:05	443	285
478	1437	Abbey	Platten	Female		FO	00:44:07	35	28
479	428	Josh	Craske	Male		MO	00:44:07	444	286
480	414	Albert	Hicks	Male	City Of Norwich AC	MO	00:44:08	445	287



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
481	668	Tom	Harris	Male		MO	00:44:09	446	288
482	697	Lewis	Kelly	Male		MO	00:44:09	447	289
483	1131	Alan	Duncan	Male		M40	00:44:10	448	71
484	1141	Jamie	Smith	Male		MO	00:44:10	449	290
485	1438	Carl	Sitch	Male		MO	00:44:10	450	291
486	1001	Mark	Bailes	Male		M45	00:44:10	451	36
487	268	Tom	Leeder	Male		MO	00:44:10	452	292
488	836	Matthew	Trollope	Male	Lonely Goat RC	M40	00:44:10	453	72
489	364	Nick	Richards	Male		M45	00:44:11	454	37
490	430	William	Parker	Male	Wymondham AC	MO	00:44:11	455	293
491	1628	Carl	Jenkins	Male		M50	00:44:12	456	36
492	553	Nick	Randall	Male	Norwich Road Runners	M50	00:44:13	457	37
493	946	Bethany	Jackson	Female		FO	00:44:13	36	29
494	1019	Kailum	D'eath	Male		MO	00:44:13	458	294
495	1424	Paul	Doswell	Male		M45	00:44:13	459	38
496	1385	Tim	Smith	Male		M60	00:44:14	460	10
497	379	Daniel	Stocks	Male	Saint Edmund Pacers	MO	00:44:14	461	295
498	1075	Lewis	Render	Male		MO	00:44:15	462	296
499	676	Guy	Peres	Male		MO	00:44:15	463	297
500	754	Roly	Cook	Male	Norwich Road Runners	M60	00:44:16	464	11
501	664	Samuel	Rutterford	Male		MO	00:44:16	465	298
502	363	Ben	Davies	Male		MO	00:44:16	466	299
503	696	Jamie	Copeman	Male		M40	00:44:16	467	73
504	1670	Francesca	Gray	Female		FO	00:44:16	37	30
505	556	Andrew	Cornish	Male	Holland Sports AC	M55	00:44:17	468	9
506	303	Chris	Drake	Male		MO	00:44:17	469	300
507	2583	Owen	Strowger	Male		MO	00:44:17	470	301
508	583	Adam	Reynolds	Male		MO	00:44:18	471	302
509	726	Chris	Peck	Male	Waveney Valley AC	MO	00:44:18	472	303
510	835	Matt	Richardson	Male		MO	00:44:18	473	304
511	396	Lloyd	Chettle	Male	Great Yarmouth Road Runners	MO	00:44:19	474	305
512	474	Thomas	Hill	Male		M45	00:44:20	475	39
513	637	Alastair	Ross	Male	Bure Valley Harriers	M45	00:44:20	476	40
514	1055	Tom	Farrow	Male		MO	00:44:20	477	306
515	1042	James	Ames	Male		MO	00:44:21	478	307
516	1182	David	Wright	Male		M40	00:44:21	479	74
517	601	Joe	Page Brown	Male		MO	00:44:21	480	308
518	243	Philip	Donnor	Male		MO	00:44:21	481	309
519	493	Ben	Taylor	Male		M50	00:44:24	482	38
520	641	Mark	Bircham	Male		MO	00:44:25	483	310
521	489	Tyrone	Young	Male		M40	00:44:25	484	75
522	526	Andrew	Green	Male		M40	00:44:26	485	76
523	999	Steve	Metcalfe	Male		MO	00:44:26	486	311
524	1134	Keeley	Papworth	Female		FO	00:44:26	38	31
525	974	Benjamin	Foxcroft	Male	Tri-Anglia Triathlon Club	M45	00:44:27	487	41
526	1018	James	Watson	Male		M45	00:44:27	488	42
527	4228	Charlie	Bond	Male		MO	00:44:27	489	312
528	911	Mark	Crookes	Male	Bure Valley Harriers	M50	00:44:29	490	39
529	589	Graham	Tracy	Male		M40	00:44:29	491	77
530	276	Paul	Gallop	Male		M40	00:44:30	492	78
531	783	Paul	Guille	Male	Norwich Road Runners	MO	00:44:30	493	313
532	481	Callum	Mcveigh	Male		MO	00:44:30	494	314
533	1811	Richard	Nobes	Male		M40	00:44:31	495	79
534	949	Anthony	Kendrick	Male		MO	00:44:31	496	315
535	1651	Brian	Stokle	Male		M45	00:44:31	497	43
536	775	Jack	Davies	Male		MO	00:44:31	498	316
537	753	Charlie	Blandy	Male		MO	00:44:31	499	317
538	1023	Percy	Brown	Male		MO	00:44:32	500	318
539	875	Matt	Nelson	Male		MO	00:44:32	501	319
540	280	Chloe	Webb	Female		FO	00:44:32	39	32



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
541	608	Daniel	Gatward	Male	Norfolk Gazelles AC	MO	00:44:34	502	320
542	385	Daniel	Maskell	Male		MO	00:44:34	503	321
543	1847	Ander	Movilla	Male		MO	00:44:34	504	322
544	2972	Henry	Debenham	Male		MO	00:44:34	505	323
545	250	Stuart	Main	Male		M40	00:44:35	506	80
546	335	Joshua	Hill	Male	Norwich Road Runners	MO	00:44:36	507	324
547	504	Jason	Peck	Male		M45	00:44:36	508	44
548	1273	James	Connors	Male		MO	00:44:36	509	325
549	2156	Mark	Moffat	Male		M40	00:44:37	510	81
550	388	Zac	Sowter	Male		MO	00:44:37	511	326
551	1016	Mark	Hall	Male	Dereham Runners & AC	MO	00:44:38	512	327
552	448	Paul	Scott	Male		M40	00:44:38	513	82
553	491	Louis	Hardiman	Male		MO	00:44:39	514	328
554	1431	Lalisa	Kadiir	Male		MO	00:44:40	515	329
555	1105	Jack	Blandy	Male		MO	00:44:40	516	330
556	346	Wayne	Ramsbottom	Male	Tri-Anglia Triathlon Club	M55	00:44:40	517	10
557	968	Alex	Stabler-hall	Male		MO	00:44:40	518	331
558	558	James	Francis	Male		M45	00:44:40	519	45
559	801	Gregory	Stevenson	Male		M50	00:44:41	520	40
560	2860	Harry	Downing	Male		MO	00:44:41	521	332
561	1238	Andrew	Jackson	Male	Wymondham AC	MO	00:44:41	522	333
562	339	Billy	Dunthorne	Male		MO	00:44:42	523	334
563	813	Mathew	Gilbert	Male		MO	00:44:42	524	335
564	723	Lucas	Bull-anthony	Male		MO	00:44:42	525	336
565	505	Paul	Spooner	Male		MO	00:44:43	526	337
566	98	Ollie	Frary	Male	Kesgrave Kruisers	MO	00:44:43	527	338
567	1443	Alex	Chapman	Male		MO	00:44:43	528	339
568	496	Oliver	Owen	Male		MO	00:44:43	529	340
569	882	Ben	Houchen	Male		M40	00:44:43	530	83
570	909	Christopher	Noller	Male		M45	00:44:44	531	46
571	1343	Daniel	Chapman	Male	Bure Valley Harriers	MO	00:44:45	532	341
572	1419	Nora	Ostergaard	Female		FO	00:44:45	40	33
573	252	Katy	Dickinson	Female		FO	00:44:45	41	34
574	2170	David	Riglar	Male		M50	00:44:45	533	41
575	446	Robin	Maingay	Male		MO	00:44:45	534	342
576	876	Chris	Ashling	Male	Norwich Road Runners	M45	00:44:46	535	47
577	452	Adam	Vaughan	Male		MO	00:44:46	536	343
578	171	Jason	Hurst	Male		M50	00:44:46	537	42
579	979	Rob	Daniels	Male		M50	00:44:46	538	43
580	850	Sam	Poulter	Male		MO	00:44:46	539	344
581	1742	James	Rhodes	Male	Diss and District AC	MO	00:44:46	540	345
582	838	Chris	Wells	Male		M45	00:44:47	541	48
583	1725	Andrew	Broadley	Male		MO	00:44:47	542	346
584	680	Harly	Moon	Female		FO	00:44:47	42	35
585	688	Adrian	Lyne	Male		MO	00:44:48	543	347
586	3292	Tomas	Baker	Male	Norwich Road Runners	MO	00:44:49	544	348
587	2998	William	Tew	Male		MO	00:44:50	545	349
588	274	Kate	Gooding	Female		F40	00:44:51	43	3
589	1065	David	Kiy	Male		M40	00:44:51	546	84
590	1154	Joe	Palmer	Male		M45	00:44:53	547	49
591	581	Jack	Edwards	Male	Norwich Road Runners	MO	00:44:54	548	350
592	485	Abigail	Cossey	Female		FO	00:44:54	44	36
593	814	Stephen	Ambrose	Male		MO	00:44:55	549	351
594	908	Kate	Scotter	Female		F40	00:44:55	45	4
595	1726	Stephanie	Laurence	Female		FO	00:44:55	46	37
596	228	Shay	Walpole	Male	Norwich Road Runners	MO	00:44:55	550	352
597	1383	Emma	Griffiths	Female		FO	00:44:55	47	38
598	378	Lewis	Wilkins	Male		MO	00:44:55	551	353
599	920	Adam	Gusterson	Male		MO	00:44:55	552	354
600	531	Jamie	Collier	Male		M40	00:44:56	553	85



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
601	872	Danny	Hawkins	Male	Waveney Valley AC	M45	00:44:56	554	50
602	862	Daniel	Johnstone	Male		M40	00:44:56	555	86
603	1040	Neil	Weston-stokes	Male		M45	00:44:56	556	51
604	409	George	Brockhouse	Male	Great Yarmouth Road Runners	MO	00:44:56	557	355
605	316	Alan	Diaper	Male		M45	00:44:57	558	52
606	1186	Richard	Miller	Male		MO	00:44:57	559	356
607	820	Mark	Bloomfield	Male	Wymondham AC	M50	00:44:58	560	44
608	740	John	Bishop	Male		M55	00:44:58	561	11
609	508	Chris	Greenslade	Male		MO	00:44:58	562	357
610	528	Craig	Skipper	Male	Aylsham Runners	M45	00:44:59	563	53
611	1408	Sam	Ashford-thomas	Female		F50	00:44:59	48	2
612	415	Will	Layton	Male		MO	00:44:59	564	358
613	662	James	Halls	Male	Harling Athletic Club	MO	00:45:00	565	359
614	954	Joseph	Mills	Male		MO	00:45:01	566	360
615	554	Joe	Denton	Male		M50	00:45:01	567	45
616	1679	Emily	Salt	Female	Ely Runners	FO	00:45:01	49	39
617	955	Thomas	Hunnisett	Male	Saxmundham Sports Running & Fitness Club	MO	00:45:01	568	361
618	721	Chris	Ellis	Male	Great Yarmouth Road Runners	MO	00:45:03	569	362
619	1118	Warren	Tutt	Male	Aylsham Runners	MO	00:45:03	570	363
620	1490	Dominic	Barnard	Male		M40	00:45:05	571	87
621	1284	William	Blake	Male		MO	00:45:05	572	364
622	1150	Toby	Lane	Male	Saint Edmund Pacers	MO	00:45:06	573	365
623	1152	Neil	Dobson	Male		M40	00:45:06	574	88
624	1092	Tony	Thrusell	Male		MO	00:45:07	575	366
625	498	George	Chesney	Male	Norwich Road Runners	MO	00:45:08	576	367
626	574	Alan	Bullock	Male		M45	00:45:08	577	54
627	883	Ralph	Cox	Male		M40	00:45:08	578	89
628	7280	Oliver	Dyke	Male	Aylsham Runners	MO	00:45:08	579	368
629	1606	Patrick	Hardiman	Male		M55	00:45:09	580	12
630	255	Ollie	King	Male		MO	00:45:09	581	369
631	536	Carey	Pearson	Male	Bungay Black Dog RC	MO	00:45:09	582	370
632	418	Rob	Blackman	Male		MO	00:45:10	583	371
633	945	Michael	Beard	Male		MO	00:45:10	584	372
634	864	Pete	Brooks	Male	Norwich Road Runners	M40	00:45:10	585	90
635	597	Michael	Fleckney	Male		MO	00:45:11	586	373
636	259	Liam	Quadling	Male		MO	00:45:12	587	374
637	560	Luke	Wiltshire	Male	West Norfolk AC	MO	00:45:12	588	375
638	370	Joey	Clements	Male		M40	00:45:12	589	91
639	986	Will	Johnson	Male		M45	00:45:14	590	55
640	1883	Millie	Bradfield	Female	West Norfolk AC	FO	00:45:16	50	40
641	67	Callum	Stanforth	Male		MO	00:45:16	591	376
642	2234	Matthew	Conway	Male		M40	00:45:16	592	92
643	297	Alex	Walton	Male	Bure Valley Harriers	M50	00:45:16	593	46
644	189	Dan	Claflin	Male		M40	00:45:17	594	93
645	746	John	Osborne	Male		M45	00:45:17	595	56
646	550	Owen	Hudson	Male	Bure Valley Harriers	M50	00:45:17	596	47
647	1262	Leo	White	Male		MO	00:45:18	597	377
648	1509	Eleanor	Chapman	Female		FO	00:45:19	51	41
649	1063	Paul	Reed	Male	Norwich Road Runners	MO	00:45:19	598	378
650	1548	Edward	Atkins	Male		M40	00:45:19	599	94
651	762	Will	Abbs	Male		MO	00:45:19	600	379
652	524	Ben	Burgess	Male	Norwich Road Runners	M40	00:45:23	601	95
653	692	Oliver	Smith	Male		MO	00:45:23	602	380
654	539	Jake	Boykew	Male		MO	00:45:23	603	381
655	270	Samuel	Grimmer	Male	Norwich Road Runners	MO	00:45:24	604	382
656	691	Jamie	Smith	Male		M50	00:45:24	605	48
657	6519	Roy	Impey	Male		M55	00:45:25	606	13
658	1737	Jordon	King	Male	Aylsham Runners	MO	00:45:26	607	383
659	625	Jason	Gibbons	Male		MO	00:45:26	608	384
660	1435	Tom	Cole	Male		MO	00:45:26	609	385



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
661	765	Stuart	Thompson	Male		M50	00:45:27	610	49
662	2398	Matthew	Elsey	Male		MO	00:45:28	611	386
663	616	James	Sturman	Male		M40	00:45:28	612	96
664	1450	Joshua	Kirby	Male		MO	00:45:28	613	387
665	761	Luke	Bell	Male		MO	00:45:29	614	388
666	1253	Richard	Hart	Male		M45	00:45:29	615	57
667	1608	Jonathan	Lines	Male		M40	00:45:29	616	97
668	522	Ben	Moore	Male		MO	00:45:29	617	389
669	924	Rafal	Wisniewski	Male		M50	00:45:30	618	50
670	635	Jake	Mason	Male		MO	00:45:32	619	390
671	1219	Ashley	Dease-vincent	Male		M40	00:45:33	620	98
672	1306	Hugo	Persad	Male		MO	00:45:33	621	391
673	266	Stephen	Jessop	Male		MO	00:45:33	622	392
674	551	Joe	Marriott	Male		MO	00:45:34	623	393
675	1538	James	Byrne	Male		MO	00:45:34	624	394
676	739	Amy	Hanner	Female	Bungay Black Dog RC	F40	00:45:34	52	5
677	648	Chris	Brooke	Male		M40	00:45:35	625	99
678	1017	Hannah	Odonnell	Female		FO	00:45:36	53	42
679	2129	Lewis	Williams	Male		MO	00:45:36	626	395
680	366	Charlie	Parr	Male	City Of Norwich AC	MO	00:45:36	627	396
681	1482	Neil	Park	Male		M45	00:45:36	628	58
682	494	Sam	Cryan	Male		MO	00:45:37	629	397
683	647	Will	Alexander	Male		MO	00:45:37	630	398
684	4510	Chris	Mayes	Male		M45	00:45:38	631	59
685	2169	Liam	Killington	Male		MO	00:45:38	632	399
686	667	Ady	Penfold	Male		M45	00:45:38	633	60
687	915	Gav	Smith	Male		M45	00:45:38	634	61
688	636	Christopher	Carter	Male	Norfolk Gazelles AC	M50	00:45:39	635	51
689	2394	Alastair	Elsom	Male		MO	00:45:39	636	400
690	512	Tom	Messenger	Male		MO	00:45:39	637	401
691	802	Miles	Yaxley	Male		MO	00:45:39	638	402
692	1812	Rowena	Conway	Female	Spa Striders	FO	00:45:40	54	43
693	1208	Daryl	Earl	Male		MO	00:45:40	639	403
694	953	Liam	Bannon	Male	Norfolk Gazelles AC	MO	00:45:41	640	404
695	495	Tom	Pennington	Male		MO	00:45:41	641	405
696	590	Steve	Parry	Male		M45	00:45:41	642	62
697	766	Paul	Seabrook	Male		MO	00:45:42	643	406
698	1039	Ian	Brown	Male	Dereham Runners & AC	M55	00:45:43	644	14
699	793	Steven	Tuttle	Male		M60	00:45:43	645	12
700	251	Luke	Guy	Male	Norwich Road Runners	MO	00:45:44	646	407
701	1274	Simon	Smith	Male	North Norfolk Beach Runners	M50	00:45:44	647	52
702	1086	Alexandra	French	Female		F45	00:45:45	55	5
703	1146	Daniel	Paris	Male	Lowestoft Road Runners	MO	00:45:46	648	408
704	3513	Oliver	Forkes	Male		MO	00:45:47	649	409
705	928	Ken	Barcham-bool	Male	Tri-Anglia Triathlon Club	M40	00:45:47	650	100
706	1488	Chris	Haycox	Male		MO	00:45:47	651	410
707	1920	Sam	Ireland	Male		MO	00:45:48	652	411
708	617	Mark	Ogden	Male		M50	00:45:48	653	53
709	1738	Sandra	Roberts	Female	Coltishall Jaguars RC	F60	00:45:49	56	1
710	1195	Edward	Orchin	Male		MO	00:45:49	654	412
711	1128	Ian	Carrell	Male		M55	00:45:49	655	15
712	384	Richard	Crewe	Male	Thetford AC	M50	00:45:49	656	54
713	1413	Benjamin	Smith-wise	Male		MO	00:45:49	657	413
714	1144	Adam	Buffin	Male		MO	00:45:50	658	414
715	2488	Edgar	Da Silva	Male		MO	00:45:50	659	415
716	919	William	Beck	Male		MO	00:45:51	660	416
717	1239	Jason	Hawes	Male		M50	00:45:51	661	55
718	572	Stacy	Tovell	Male		M50	00:45:52	662	56
719	1168	Chris	Parke	Male		M55	00:45:53	663	16
720	479	Natasha	Moore	Female		FO	00:45:53	57	44



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
721	1727	Mark	Robinson	Male		MO	00:45:54	664	417
722	699	Jon	Shooter	Male		M45	00:45:54	665	63
723	208	Rob	Nettleton	Male		MO	00:45:55	666	418
724	1430	Sarah	Stubbs	Female	City Of Norwich AC	F45	00:45:55	58	6
725	881	Tom	Blake	Male		MO	00:45:55	667	419
726	654	Callum	Davenport	Male	Norfolk Gazelles AC	MO	00:45:56	668	420
727	477	Becky	Willett	Female	Norwich Road Runners	FO	00:45:56	59	45
728	892	James	Angier	Male	Ely Runners	M40	00:45:56	669	101
729	1280	Sam	Bence	Male		MO	00:45:58	670	421
730	2282	Adam	Timothy	Male	City Of Norwich AC	MO	00:45:58	671	422
731	1344	Ian	Chapman	Male		M50	00:45:58	672	57
732	510	Clare	Sandall	Female	Norwich Road Runners	F45	00:45:59	60	7
733	795	Christopher	Reeve	Male		MO	00:45:59	673	423
734	683	Ashley	Yellop	Male	Norwich Road Runners	M50	00:46:00	674	58
735	1496	Matt	Daniels	Male		MO	00:46:00	675	424
736	1028	Bob	Lightowler	Male		MO	00:46:01	676	425
737	923	Liam	Howes	Male		MO	00:46:01	677	426
738	1047	Ami	Russell	Female	Wymondham AC	FO	00:46:02	61	46
739	624	Matthew	Laband	Male		MO	00:46:03	678	427
740	969	James	Reeve	Male		MO	00:46:03	679	428
741	743	Paul	Freestone	Male		M45	00:46:04	680	64
742	846	Deborah	English	Female	Norwich Road Runners	F45	00:46:04	62	8
743	1266	Gavin	Small	Male	Tri-Anglia Triathlon Club	M45	00:46:05	681	65
744	1571	Ted	Morgan	Male		MO	00:46:06	682	429
745	1300	Paula	Carr	Female	Great Yarmouth Road Runners	F60	00:46:07	63	2
746	5872	Gavin	Egmore	Male		MO	00:46:07	683	430
747	918	Steve	Blomfield	Male		M55	00:46:07	684	17
748	484	Richard	Stanley	Male		M40	00:46:07	685	102
749	704	Steven	Guy	Male		M50	00:46:08	686	59
750	772	Simon	Griffith	Male		M40	00:46:08	687	103
751	1399	Hannah	Pool	Female	Reading Roadrunners	FO	00:46:08	64	47
752	1410	Harry	Cowper Johnson	Male		MO	00:46:09	688	431
753	1676	Melissa	Goodall	Female	Norwich Road Runners	FO	00:46:09	65	48
754	2207	Jack	Bent	Male		MO	00:46:09	689	432
755	771	Ben	Howes	Male	Norfolk Gazelles AC	MO	00:46:11	690	433
756	822	Andy	Pridmore	Male		M55	00:46:11	691	18
757	1036	David	Neeve	Male	Harleston Running Club	M40	00:46:11	692	104
758	1691	Steve	Costello	Male		M50	00:46:11	693	60
759	1275	Emma	Plane	Female		FO	00:46:12	66	49
760	465	Matt	Watts	Male		MO	00:46:13	694	434
761	750	Richard	Strange	Male		MO	00:46:13	695	435
762	103	Andrew	Buck	Male		M45	00:46:13	696	66
763	1015	Owen	Rhodes	Male		MO	00:46:15	697	436
764	745	Paul	Banks	Male	Lowestoft Road Runners	M50	00:46:15	698	61
765	1613	Jacob	Wardrop	Male		MO	00:46:16	699	437
766	1601	James	Richards	Male		M40	00:46:16	700	105
767	897	Scott	Wreford	Male		MO	00:46:16	701	438
768	689	Joseph	Mercer	Male		MO	00:46:16	702	439
769	1140	Andrew	Curson	Male	Norfolk Gazelles AC	M40	00:46:17	703	106
770	1059	Daniel	Easton	Male	Springfield Striders RC	M45	00:46:17	704	67
771	1806	Matthew	Cheung	Male		MO	00:46:17	705	440
772	1982	Sam	Pearcy	Male		MO	00:46:17	706	441
773	1196	Tara	Adams	Female		F50	00:46:17	67	3
774	2957	Joe	Turner	Male		MO	00:46:17	707	442
775	141	Remi	Bullent	Male	Great Yarmouth Road Runners	MO	00:46:18	708	443
776	406	Tom	Walters	Male		MO	00:46:18	709	444
777	1444	Steven	Allpress	Male		M40	00:46:19	710	107
778	1083	Joseph	Gilman	Male		M40	00:46:19	711	108
779	809	Nigel	Whiteley	Male		M55	00:46:20	712	19
780	460	Myles	Hague	Male		M40	00:46:20	713	109



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
781	899	Claire	Stroud	Female		F45	00:46:20	68	9
782	2700	Kirby	Savage	Female		FO	00:46:20	69	50
783	1402	George	Webster	Male		MO	00:46:21	714	445
784	1537	Roger	Madle	Male		M55	00:46:21	715	20
785	833	Edward	Briscoe	Male		MO	00:46:22	716	446
786	987	Jack	Webb	Male		MO	00:46:22	717	447
787	401	Garry	Smith	Male		MO	00:46:23	718	448
788	649	Philip	Houghton	Male		M40	00:46:24	719	110
789	1631	Danny	Burton	Male		MO	00:46:25	720	449
790	863	Daniel	Percival	Male		MO	00:46:25	721	450
791	1199	Samuel	Osborne	Male		M45	00:46:25	722	68
792	1283	Victoria	Tapp	Female	Hadleigh Hares AC	FO	00:46:26	70	51
793	2068	Charlotte	Harris Cook	Female	Bure Valley Harriers	F40	00:46:27	71	6
794	1379	James	Cossey	Male		MO	00:46:27	723	451
795	947	Pierre	Delhougne	Male		M45	00:46:27	724	69
796	1425	Tommy	Salmon	Male		MO	00:46:29	725	452
797	1192	Adam	Wigley	Male		M40	00:46:29	726	111
798	808	Kevin	Youngs	Male	Norfolk Gazelles AC	M75+	00:46:30	727	1
799	1372	Darren	Jones	Male		MO	00:46:30	728	453
800	2663	David	Cooper	Male		M40	00:46:30	729	112
801	718	Richard	Brown	Male		MO	00:46:31	730	454
802	4416	Molly	Grange	Female		FO	00:46:31	72	52
803	1299	Oliver	Willis	Male		MO	00:46:32	731	455
804	1687	Rebecca	Willis	Female		FO	00:46:33	73	53
805	1161	David	Van Den Bergh	Male		M60	00:46:33	732	13
806	1373	Steph	Hall	Female		FO	00:46:33	74	54
807	2930	Chris	Fraser	Male		MO	00:46:33	733	456
808	566	Paul	Price	Male	City Of Norwich AC	M60	00:46:33	734	14
809	650	Rachel	Lambert	Female		FO	00:46:34	75	55
810	332	Robbie	Starling	Male	Wymondham AC	M55	00:46:34	735	21
811	1975	Jacob	Desborough	Male		M40	00:46:35	736	113
812	1122	David	Bradbeer	Male		M40	00:46:35	737	114
813	1272	Katy	Oldman	Female	Lowestoft Road Runners	F45	00:46:36	76	10
814	1887	Craig	Francis	Male		M40	00:46:37	738	115
815	952	Andrew	Leggett	Male		M40	00:46:37	739	116
816	1896	Tilly	Meyrick	Female		FO	00:46:37	77	56
817	523	Stuart	Alexander	Male		M55	00:46:37	740	22
818	2118	Oscar	Knights	Male		MO	00:46:37	741	457
819	2585	Michael	Turner	Male		MO	00:46:37	742	458
820	4502	Toby	Blyth	Male		MO	00:46:37	743	459
821	1008	Aaron	Wooldridge	Male		MO	00:46:37	744	460
822	1160	Tim	Key	Male		MO	00:46:38	745	461
823	2539	Grace	Leavy	Female		FO	00:46:38	78	57
824	1331	Stephen	Belderbos	Male		M45	00:46:38	746	70
825	488	Neil	Boyce	Male	Norwich Road Runners	M50	00:46:39	747	62
826	5561	Nicholas	Hough	Male		MO	00:46:39	748	462
827	3498	Matthew	Cozens	Male		M40	00:46:40	749	117
828	1697	Will	Mcdaniel	Male		MO	00:46:41	750	463
829	1270	Harry	Ward	Male		MO	00:46:41	751	464
830	580	Alistair	Robinson	Male	Bure Valley Harriers	MO	00:46:41	752	465
831	368	John	Fagan	Male	North Norfolk Beach Runners	M50	00:46:42	753	63
832	1335	Andy	Goodson	Male		M45	00:46:42	754	71
833	5065	Sam	Chadwick	Male		MO	00:46:43	755	466
834	839	Daryl	Aldous	Male		M40	00:46:44	756	118
835	1050	Paul	Smith	Male	Norwich Road Runners	M45	00:46:44	757	72
836	779	Andy	Mcdonnell	Male	Otley AC	M45	00:46:45	758	73
837	2031	Eddie	Webster	Male		MO	00:46:45	759	467
838	798	Stewart	Curson	Male		M40	00:46:45	760	119
839	1316	Scott	Prentice	Male		MO	00:46:45	761	468
840	894	Lisa	Greengrass	Female	Wymondham AC	F45	00:46:46	79	11



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
841	1398	Stephen	Wood	Male	Great Yarmouth Road Runners	M50	00:46:46	762	64
842	1002	Thomas	Osborne	Male		MO	00:46:46	763	469
843	1953	George	Watts	Male		MO	00:46:47	764	470
844	811	Skye	Birch	Male		MO	00:46:47	765	471
845	992	Oliver	Gillard-eastop	Male		M55	00:46:48	766	23
846	1341	Julia	Parsley	Female		F40	00:46:48	80	7
847	764	Claire	Brown	Female	Wymondham AC	F60	00:46:48	81	3
848	1307	Sean	Cockrell	Male		M55	00:46:49	767	24
849	563	Corin	Thoday	Male	Reepham Runners	M45	00:46:50	768	74
850	533	Adam	Paice	Male		MO	00:46:50	769	472
851	1607	Samuel	Chick	Male		MO	00:46:50	770	473
852	521	Sam	Blaney	Male		M40	00:46:50	771	120
853	2498	Luke	Gibson	Male		MO	00:46:50	772	474
854	1313	Craig	Mccann	Male		M40	00:46:51	773	121
855	542	Zoe	Chase	Female	Waveney Valley AC	F45	00:46:51	82	12
856	1291	John	Morgan	Male	Aylsham Runners	M60	00:46:52	774	15
857	4828	David	Thomas	Male		M40	00:46:52	775	122
858	519	Chris	Greenough	Male	Tri-Anglia Triathlon Club	M40	00:46:53	776	123
859	1933	Shane	Kelly	Male		M40	00:46:53	777	124
860	944	Matt	Bradshaw	Male		MO	00:46:53	778	475
861	1149	Tom	Braddock	Male		MO	00:46:53	779	476
862	978	Joel	Thomas	Male		MO	00:46:54	780	477
863	1663	Cat	Wardell	Female		F50	00:46:54	83	4
864	509	Richard	Dade	Male	City Of Norwich AC	M55	00:46:54	781	25
865	1473	Steve	Woolston	Male		MO	00:46:54	782	478
866	1091	Matt	Isherwood	Male		M45	00:46:55	783	75
867	1089	Dane	Boyle-smith	Male		MO	00:46:55	784	479
868	730	Mark	Hilton	Male		M55	00:46:55	785	26
869	2074	Samuel	Sadd	Male		MO	00:46:55	786	480
870	593	Danny	Knights	Male		MO	00:46:56	787	481
871	2157	Lee	Johnson	Male		MO	00:46:56	788	482
872	1376	Tom	Nichols	Male		MO	00:46:57	789	483
873	1415	Liam	O'sullivan	Male	Norfolk Gazelles AC	M45	00:46:57	790	76
874	659	Mark	Stewart	Male	Waveney Valley AC	M55	00:46:57	791	27
875	830	Michael	Quantrill	Male	Waveney Valley AC	M55	00:46:58	792	28
876	1102	Eden	Simmonds	Female		FO	00:46:58	84	58
877	547	Liam	Marshall	Male		MO	00:46:58	793	484
878	1900	Aaron	Hooper	Male		MO	00:46:59	794	485
879	782	Andy	Palmer	Male	Norwich Road Runners	M60	00:46:59	795	16
880	5557	Colin	Woodcock	Male		M55	00:46:59	796	29
881	2492	Neftaly	Cruz Mireles	Male		MO	00:47:02	797	486
882	807	Matthew	Parkes	Male		MO	00:47:02	798	487
883	888	Patrick	Swinley	Male		MO	00:47:02	799	488
884	3052	Justin	Pearce	Male		M50	00:47:02	800	65
885	1103	Sean	Reeve	Male	Harleston Running Club	M50	00:47:03	801	66
886	990	Andrew	Read	Male	Wymondham AC	M40	00:47:03	802	125
887	1282	Sam	Watkinson	Male		MO	00:47:03	803	489
888	1921	Owen	Bradfield	Male		MO	00:47:04	804	490
889	709	Matthew	Powell	Male		MO	00:47:04	805	491
890	663	Ben	Cliffe	Male		MO	00:47:05	806	492
891	2355	Claudia	Grattan	Female		FO	00:47:05	85	59
892	644	Vince	Butler	Male		M55	00:47:06	807	30
893	784	Elizabeth	Goodliffe	Female	North Norfolk Beach Runners	F45	00:47:06	86	13
894	398	William	Riches	Male		MO	00:47:06	808	493
895	1303	Chris	Chorley	Male	Bungay Black Dog RC	M60	00:47:06	809	17
896	3323	Nicholas	Parry	Male		MO	00:47:07	810	494
897	2455	Brenden	Carman	Male		MO	00:47:08	811	495
898	973	Timothy	Bishop	Male		M55	00:47:08	812	31
899	552	Tom	Gathercole	Male		MO	00:47:08	813	496
900	1256	Tom	Hunt	Male		MO	00:47:08	814	497



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
901	2924	Catriona	Bowen	Female		FO	00:47:08	87	60
902	1229	Bruce	Sigrist	Male		MO	00:47:09	815	498
903	958	Nathan	Gardiner	Male		MO	00:47:09	816	499
904	5467	Jason	Reynolds	Male		MO	00:47:09	817	500
905	869	James	Page	Male		M45	00:47:10	818	77
906	1340	George	Smy	Male		MO	00:47:10	819	501
907	698	Jack	Harris	Male		MO	00:47:11	820	502
908	104	James	Cain	Male	Loughborough Students AC	MO	00:47:11	821	503
909	1518	Emily	Goodey	Female		FO	00:47:12	88	61
910	1318	David	Vass	Male		MO	00:47:13	822	504
911	914	Louis	Strehlow	Male		MO	00:47:14	823	505
912	1190	Jack	Bligh	Male		MO	00:47:14	824	506
913	800	Michael	Clarke	Male		MO	00:47:14	825	507
914	1237	Ivan	Cuturello	Male		MO	00:47:15	826	508
915	2334	Paul	Norris	Male		M40	00:47:15	827	126
916	865	Matt	Waters	Male		MO	00:47:15	828	509
917	1305	James	Chaplin	Male		MO	00:47:15	829	510
918	1177	Stephen	Day	Male		M40	00:47:15	830	127
919	828	Thomas	English	Male		MO	00:47:16	831	511
920	1885	James	Whitlock	Male		MO	00:47:16	832	512
921	507	Dale	Hurren	Male		M65	00:47:16	833	2
922	1724	Harry	Livermore	Male		MO	00:47:16	834	513
923	1458	Mark	Smithurst	Male		M45	00:47:16	835	78
924	630	Jamie	Pretty	Male		M40	00:47:18	836	128
925	1432	Samuel James Michael	Betts	Male		MO	00:47:18	837	514
926	760	Christopher	Dent	Male		M60	00:47:18	838	18
927	1211	Adam	Northcut	Male		MO	00:47:18	839	515
928	548	Keith	Blake	Male	Wymondham AC	M60	00:47:18	840	19
929	1863	Liam	Scorer	Male	Thetford AC	MO	00:47:19	841	516
930	1560	Scott	Turner	Male		M55	00:47:19	842	32
931	1338	Russ	Haddow	Male		MO	00:47:19	843	517
932	781	Thomas	Townshend	Male		M45	00:47:19	844	79
933	549	Daniel	Green	Male		MO	00:47:20	845	518
934	1592	Tom	Lardner	Male		MO	00:47:20	846	519
935	1107	Louise	Gatley	Female	Norwich Road Runners	FO	00:47:20	89	62
936	805	Summer	Simmons	Female		FO	00:47:21	90	63
937	1114	Thomas	Smith	Male		MO	00:47:21	847	520
938	1346	Nikos	Sola	Male		M45	00:47:21	848	80
939	1591	Charlie	Moss	Male		MO	00:47:23	849	521
940	826	Shannon	Brown	Female		FO	00:47:23	91	64
941	5340	Jemima	Roques	Female		FO	00:47:25	92	65
942	940	Edward	Brisley	Male		MO	00:47:25	850	522
943	1504	Luke	Church	Male		MO	00:47:25	851	523
944	995	Olivia	Smith	Female		FO	00:47:26	93	66
945	1674	David	Mower	Male	Waveney Valley AC	M70	00:47:26	852	1
946	1540	James	Rayner	Male	Norwich Road Runners	M40	00:47:26	853	129
947	1694	Sean	Lambert	Male		MO	00:47:27	854	524
948	799	Shaun	Conway	Male		M60	00:47:27	855	20
949	614	Frankie	Evans	Male		MO	00:47:29	856	525
950	1442	Mark	Shelsher	Male		MO	00:47:30	857	526
951	1124	Steven	Newton	Male	Norfolk Gazelles AC	M45	00:47:30	858	81
952	752	Thomas	Barnston	Male		MO	00:47:30	859	527
953	2248	Wayne	Cutting	Male		MO	00:47:30	860	528
954	728	Dean	Burridge	Male	City Of Norwich AC	MO	00:47:31	861	529
955	1356	Alex	Morris	Male	City Of Norwich AC	MO	00:47:32	862	530
956	4028	Jason	Scott	Male		MO	00:47:32	863	531
957	2475	Zoe	Pruce	Female		FO	00:47:32	94	67
958	1244	Josh	Bothe	Male		MO	00:47:33	864	532
959	939	Daniel	Sadler	Male		MO	00:47:33	865	533
960	570	Isabella	Williams	Female	City Of Norwich AC	FO	00:47:33	95	68



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
961	2057	Olly	Huggett	Male		MO	00:47:34	866	534
962	642	Craig	Frosdick	Male		M40	00:47:37	867	130
963	6308	Tom	Thornhill	Male		MO	00:47:37	868	535
964	2891	Richard	Cornelius	Male		M50	00:47:38	869	67
965	4183	Joshua	Brett	Male		MO	00:47:38	870	536
966	1038	Eleanor	Stevens	Female	City Of Norwich AC	F45	00:47:38	96	14
967	2051	Mark	Harper	Male		MO	00:47:39	871	537
968	1414	Spencer	Hunt	Male		MO	00:47:39	872	538
969	295	James	Williams	Male	Norwich Road Runners	MO	00:47:40	873	539
970	1037	Jim	Fitch	Male		M50	00:47:40	874	68
971	2605	Sam	Woods	Male		MO	00:47:40	875	540
972	1360	Ruth	Chadwick	Female	Ryston Runners	F55	00:47:41	97	1
973	1696	Will	Bryan	Male		MO	00:47:41	876	541
974	269	Hayley	Parker	Female		FO	00:47:42	98	69
975	1029	Ian	Simpson	Male		M50	00:47:42	877	69
976	927	Taylor	Jones	Male		MO	00:47:42	878	542
977	1824	Andrew	Anthony	Male		M45	00:47:44	879	82
978	767	Louise	Gardiner	Female		F50	00:47:44	99	5
979	3803	Joe	Cassidy	Male		MO	00:47:44	880	543
980	794	Ben	Liddiard	Male		MO	00:47:44	881	544
981	1556	John	Cashen	Male		M55	00:47:45	882	33
982	1544	Scott	Taylor	Male		MO	00:47:45	883	545
983	1164	Sam	Webb	Male		MO	00:47:45	884	546
984	525	Robert	Groves	Male	Reepham Runners	MO	00:47:46	885	547
985	2239	Luke	Mcgurk	Male		M40	00:47:46	886	131
986	5517	Jack	Dean	Male		MO	00:47:48	887	548
987	4322	Matt	Hunt	Male		M40	00:47:48	888	132
988	848	Neil	Rivers	Male	Dereham Runners & AC	M50	00:47:49	889	70
989	2035	Christian	Cornell	Male		MO	00:47:49	890	549
990	972	Eve	Dewsnap	Female	Tri-Anglia Triathlon Club	F45	00:47:50	100	15
991	1716	Nathan	Bursnell	Male		MO	00:47:50	891	550
992	742	Laura	Parry	Female	City Of Norwich AC	FO	00:47:50	101	70
993	3213	Owen	Fox	Male		MO	00:47:51	892	551
994	768	Carlene	Johnson	Female		FO	00:47:51	102	71
995	1013	Rebecca	Oettle	Female	Newmarket Joggers	FO	00:47:52	103	72
996	1641	Peter	Stillings	Male		M40	00:47:52	893	133
997	543	Dick	Cheung	Male		M45	00:47:52	894	83
998	1312	Jonathan	Cole	Male		MO	00:47:52	895	552
999	1271	Simeon	Lee	Male		MO	00:47:53	896	553
1000	980	Sam	Dearing	Female		FO	00:47:53	104	73
1001	1179	Jonathan	Orbell	Male		M60	00:47:53	897	21
1002	2089	George	Crowe	Male		MO	00:47:53	898	554
1003	561	Jack	Cheung	Male		M45	00:47:53	899	84
1004	2094	Tom	Harvey	Male		MO	00:47:53	900	555
1005	1069	Richard	Palmer	Male		M40	00:47:54	901	134
1006	262	Tom	West	Male		MO	00:47:54	902	556
1007	806	Tess	Andrews	Female	Bungay Black Dog RC	FO	00:47:54	105	74
1008	2425	Tim	Lomas	Male		MO	00:47:54	903	557
1009	5092	Scot	Symonds	Male		M45	00:47:55	904	85
1010	1081	Freddie	Beckett	Male		MO	00:47:55	905	558
1011	1913	Patrick	Dickinson	Male		MO	00:47:56	906	559
1012	1652	Laura	Ward	Female	Harleston Running Club	F40	00:47:56	106	8
1013	1242	Kevin	Mann	Male		M55	00:47:59	907	34
1014	569	Matt	Baldry	Male	Lowestoft Road Runners	M50	00:48:00	908	71
1015	729	Chloe	Tovell	Female		FO	00:48:00	107	75
1016	8360	Michael	Bates	Male		MO	00:48:01	909	560
1017	1508	Chris	Woodcock	Male	Lowestoft Road Runners	MO	00:48:01	910	561
1018	3407	Morgan	Mccurdy-kenny	Male		MO	00:48:01	911	562
1019	2403	David	Lewiss	Male		M55	00:48:02	912	35
1020	1927	James	Holland	Male		MO	00:48:02	913	563



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1021	1804	Mike	Burton	Male	Attleborough Athletics Academy	M50	00:48:03	914	72
1022	516	Mark	Townsend	Male	Norwich Road Runners	M50	00:48:03	915	73
1023	818	Stacey	Harper	Female	Norwich Road Runners	F45	00:48:06	108	16
1024	1639	James	Cressey	Male		MO	00:48:06	916	564
1025	8259	Kevin	Mace	Male		M60	00:48:06	917	22
1026	1180	Shaun	Sparkes	Male		MO	00:48:07	918	565
1027	855	Jimmy	Seymour	Male		MO	00:48:07	919	566
1028	1123	Luke	Townshend	Male		M40	00:48:07	920	135
1029	1241	Steve	Sanders	Male		MO	00:48:07	921	567
1030	759	Grant	King	Male	Dereham Runners & AC	M45	00:48:08	922	86
1031	1143	Kirsty	Parke	Female		FO	00:48:08	109	76
1032	1294	Laura	Adams	Female		FO	00:48:08	110	77
1033	1348	Calum	Page	Male		MO	00:48:08	923	568
1034	1287	Martyn	Riches	Male	Lonely Goat RC	MO	00:48:09	924	569
1035	1503	Jamie	Davey	Male		MO	00:48:09	925	570
1036	2581	Louis	Tylka-simms	Male		MO	00:48:10	926	571
1037	1269	Bronwen	Brown	Female		FO	00:48:11	111	78
1038	1817	Mitchell	Wesley	Male		M55	00:48:11	927	36
1039	2022	Sam	Platt	Male		MO	00:48:11	928	572
1040	755	Angela	Cole	Female		F40	00:48:11	112	9
1041	1647	Philip	Semmence	Male	Lonely Goat RC	M45	00:48:11	929	87
1042	906	Simon	Farrow	Male		M45	00:48:12	930	88
1043	1532	Marek	Zdan	Male		M40	00:48:12	931	136
1044	1126	Adam	Wright	Male		MO	00:48:12	932	573
1045	2969	Kevin	Brown	Male		M40	00:48:13	933	137
1046	1657	Wayne	Halam	Male	Fordy Runs Running Club	M45	00:48:13	934	89
1047	2873	Megan	Greenacre	Female		FO	00:48:14	113	79
1048	1802	Neil	Bunnage	Male	Norwich Road Runners	M55	00:48:14	935	37
1049	1596	Adele	Edwards	Female	Dereham Runners & AC	F40	00:48:14	114	10
1050	4678	Jonathan	Coe	Male		MO	00:48:14	936	574
1051	605	James	Moy	Male		MO	00:48:15	937	575
1052	792	Will	Moy	Male		MO	00:48:15	938	576
1053	976	Ashley	Grote	Male		M40	00:48:15	939	138
1054	2735	Simon	Daniels	Male		MO	00:48:15	940	577
1055	2472	Wayne	Clough	Male		M40	00:48:16	941	139
1056	2083	Craig	Blakemore	Male		MO	00:48:17	942	578
1057	1457	Joe	Faulkner	Male		M40	00:48:17	943	140
1058	2555	Chris	Page	Male		MO	00:48:17	944	579
1059	1926	Ryan	Bullock	Male		MO	00:48:17	945	580
1060	1839	Max	Oppenheim	Male		M40	00:48:17	946	141
1061	1554	Harry	Farr	Male		MO	00:48:18	947	581
1062	786	Richard	Moore	Male		MO	00:48:18	948	582
1063	1728	Jake	Saville	Male		MO	00:48:18	949	583
1064	1426	Iain	Hill	Male		M45	00:48:19	950	90
1065	121	Will	Dorsett	Male		MO	00:48:20	951	584
1066	1463	Ben	Kendall	Male	Norwich Road Runners	M40	00:48:21	952	142
1067	4656	Andy	Dorsett	Male		MO	00:48:21	953	585
1068	1513	Nickolas	Goodge	Male		M50	00:48:21	954	74
1069	8042	Craig	Hall	Male		M55	00:48:21	955	38
1070	4941	Sophie	Polak	Female		FO	00:48:21	115	80
1071	1928	Dominic	Jarvis	Male		MO	00:48:22	956	586
1072	1080	Stephanie	Hudson	Female		F40	00:48:22	116	11
1073	1172	Louise	Hudson	Female	Dereham Runners & AC	F45	00:48:22	117	17
1074	1983	Marcus	Paterson	Male		MO	00:48:22	957	587
1075	1021	Stuart	Gollands	Male		M45	00:48:23	958	91
1076	4972	Jack	Parr	Male		MO	00:48:23	959	588
1077	1530	Lucy	Mcdowie	Female	Ryston Runners	F45	00:48:23	118	18
1078	2531	Chris	Fisher	Male		MO	00:48:23	960	589
1079	5207	Michael	Woods	Male		MO	00:48:23	961	590
1080	1929	Neil	Holmes	Male	MY CLUB IS NOT LISTED	MO	00:48:23	962	591



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1081	701	Terry	Haggerty	Male	MY CLUB IS NOT LISTED	M40	00:48:23	963	143
1082	1902	Mark	Taylor	Male		M50	00:48:24	964	75
1083	1564	Steve	Barkey	Male	Norwich Road Runners	M60	00:48:24	965	23
1084	1298	Robert	Castle	Male		M40	00:48:25	966	144
1085	2377	Stuart	Smith	Male		M45	00:48:25	967	92
1086	3400	Heidi	Teixeira-moss	Female		FO	00:48:26	119	81
1087	1446	Leo	Whitmore	Male	Wymondham AC	MO	00:48:27	968	592
1088	1661	Chris	O'connor	Male		M40	00:48:27	969	145
1089	895	Julian	Smith	Male	Coltishall Jaguars RC	M55	00:48:27	970	39
1090	1389	John	Green	Male		MO	00:48:28	971	593
1091	2152	Chau Lui	Lam	Male		M45	00:48:29	972	93
1092	1428	Jack	Lovick	Male		MO	00:48:29	973	594
1093	1527	Louise	Isherwood	Female	Norfolk Gazelles AC	F45	00:48:29	120	19
1094	3355	Simon	Wardale	Male		M60	00:48:30	974	24
1095	1286	Lee	Wicks	Male		MO	00:48:30	975	595
1096	2811	Callum	Boulter	Male		MO	00:48:31	976	596
1097	819	Christopher	Parsons	Male		M40	00:48:31	977	146
1098	1293	Marc	Gridley	Male		M45	00:48:31	978	94
1099	2266	James	Hoskins	Male		M45	00:48:31	979	95
1100	1860	Linda	Pettit	Female		F40	00:48:31	121	12
1101	1049	Clare	Bland	Female		FO	00:48:31	122	82
1102	1709	Adam	Javes	Male		MO	00:48:31	980	597
1103	2698	Sam	Loaker	Male		MO	00:48:32	981	598
1104	1362	Richard	Alecock	Male		M55	00:48:32	982	40
1105	1427	Simon	Martin	Male		MO	00:48:32	983	599
1106	1707	Levi	De Belgeonne	Male		MO	00:48:33	984	600
1107	1174	Russell	Parkins	Male		M50	00:48:33	985	76
1108	1650	Ben	Bussens	Male		MO	00:48:33	986	601
1109	1119	Liam	Buffin	Male		MO	00:48:33	987	602
1110	2979	Oliver	Medler	Male		MO	00:48:34	988	603
1111	2136	Steven	Mills	Male		M40	00:48:35	989	147
1112	2096	Liam	Payne	Male		M40	00:48:35	990	148
1113	734	Brett	Cornish	Male		M50	00:48:35	991	77
1114	2608	Tony	Beales	Male	Wymondham AC	M55	00:48:36	992	41
1115	773	Dan	North	Male		MO	00:48:36	993	604
1116	1421	Mark	Stone	Male	Great Yarmouth Road Runners	M50	00:48:37	994	78
1117	2010	Robert	Last	Male	Dereham Runners & AC	M45	00:48:37	995	96
1118	3131	Sam	Postle	Male		M40	00:48:37	996	149
1119	2106	Charlotte	Sparkes	Female		FO	00:48:38	123	83
1120	1441	Ady	Goodall	Male		M45	00:48:38	997	97
1121	5442	Catherine	Grange	Female		F55	00:48:38	124	2
1122	2180	James	Gladden	Male		MO	00:48:39	998	605
1123	787	Andrew	Owen	Male		M55	00:48:39	999	42
1124	1706	Andrew	Biss	Male		M50	00:48:39	1000	79
1125	2600	Christian	Lingley	Male		M45	00:48:39	1001	98
1126	1862	Brian	Bannon	Male		MO	00:48:39	1002	606
1127	1573	Dominic	West	Male		M45	00:48:39	1003	99
1128	3114	Abigail	Langley	Female		FO	00:48:40	125	84
1129	3421	Rupert	Best	Male		MO	00:48:40	1004	607
1130	3360	Ben	Aylmer	Male		MO	00:48:41	1005	608
1131	1096	John	Wilson	Male		M60	00:48:42	1006	25
1132	712	Ben	Williamson	Male		MO	00:48:42	1007	609
1133	1257	Thomas	Annable	Male		M40	00:48:43	1008	150
1134	1121	Connor	Pells	Male		MO	00:48:43	1009	610
1135	905	Fraser	Steggles	Male		MO	00:48:43	1010	611
1136	1213	Ian	Hawkes	Male	Waveney Valley AC	M60	00:48:44	1011	26
1137	2584	Alex	Mills	Male		M40	00:48:44	1012	151
1138	1136	James	Bates	Male		MO	00:48:44	1013	612
1139	518	Simon	Bransby	Male	Norwich Road Runners	M55	00:48:45	1014	43
1140	1563	Mark	Willeard	Male		M50	00:48:45	1015	80



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1141	1051	Hamish	Rogers	Male	Dereham Runners & AC	MO	00:48:45	1016	613
1142	2183	Emma	Turley	Female		FO	00:48:46	126	85
1143	1214	Steven	Rix	Male		M40	00:48:46	1017	152
1144	1088	Karl	Steward	Male	Lonely Goat RC	M50	00:48:46	1018	81
1145	1672	Warren	Newell	Male		M60	00:48:46	1019	27
1146	1588	Ali	Dewar	Male		MO	00:48:47	1020	614
1147	1369	Matt	Hendry	Male	Coltishall Jaguars RC	MO	00:48:47	1021	615
1148	1319	Barry	Halkyard	Male		M50	00:48:47	1022	82
1149	812	Tim	Dixon	Male		MO	00:48:48	1023	616
1150	2321	Alex	Coburn	Male	Thetford AC	M45	00:48:48	1024	100
1151	4524	Paul	Mattin	Male		M60	00:48:49	1025	28
1152	2357	Natalie	King	Female		F50	00:48:49	127	6
1153	2246	Sam	Larnder	Male		MO	00:48:49	1026	617
1154	5188	Luke	Payne	Male		MO	00:48:51	1027	618
1155	4962	Alex	Curl	Male		MO	00:48:51	1028	619
1156	1468	Richard	Huggins	Male		M45	00:48:52	1029	101
1157	1100	Lucy	Andrews	Female		FO	00:48:52	128	86
1158	1216	James	Boagey	Male		MO	00:48:53	1030	620
1159	1733	Mark	Lawes	Male		MO	00:48:53	1031	621
1160	6406	Jaan	Larner	Male		M50	00:48:53	1032	83
1161	3139	Julian	Bishop	Male		M45	00:48:53	1033	102
1162	2343	Ian	Minns	Male		M45	00:48:54	1034	103
1163	555	Stephen	Ramm	Male		M45	00:48:55	1035	104
1164	1695	Tony	Pelan	Male		M50	00:48:56	1036	84
1165	1169	Ben	Abbott	Male		MO	00:48:56	1037	622
1166	2295	Alexander	Fitzgerald	Male		M50	00:48:56	1038	85
1167	1888	Simon	King	Male		MO	00:48:56	1039	623
1168	724	Robyn	Macrae	Female	Beccles Triathlon Club	FO	00:48:57	129	87
1169	1597	Ben	Steed	Male		M40	00:48:57	1040	153
1170	4749	Nic	Gordon	Male		MO	00:48:57	1041	624
1171	1330	Dominic	Conquest	Male	Harling Athletic Club	MO	00:48:57	1042	625
1172	2044	Pat	Wallace	Male		M50	00:48:58	1043	86
1173	2582	Lisa	Stoner	Female		FO	00:48:58	130	88
1174	2954	Daniel	Bodimeade	Male	Norfolk Gazelles AC	MO	00:48:58	1044	626
1175	2108	Richard	Avery	Male		M60	00:48:58	1045	29
1176	1589	Joanne	Jackson	Female		F55	00:48:58	131	3
1177	1866	Des	Vanhinsbergh	Male		M50	00:48:59	1046	87
1178	1525	Stanley	Dunn	Male		MO	00:48:59	1047	627
1179	1580	Julian	Blake	Male		M60	00:48:59	1048	30
1180	1832	Sarah	Meehan	Female		F40	00:48:59	132	13
1181	1841	Matt	Walker	Male		M40	00:49:00	1049	154
1182	679	Luke	Coyte-mckenzie	Male		MO	00:49:00	1050	628
1183	1453	James	Orr	Male		M55	00:49:01	1051	44
1184	5838	Toby	Wardrop	Male		M40	00:49:01	1052	155
1185	544	Ruth	Haynes	Female		FO	00:49:02	133	89
1186	594	Chris	Kidd	Male		MO	00:49:02	1053	629
1187	1660	Matt	Meazey	Male		MO	00:49:02	1054	630
1188	1054	Robert	Stevens	Male		M50	00:49:02	1055	88
1189	2721	Edward	Holmes	Male	Three Counties Running Club	M40	00:49:02	1056	156
1190	2127	Craig	Osben	Male		MO	00:49:02	1057	631
1191	2878	Ian	Doe	Male		M50	00:49:03	1058	89
1192	933	Danny	Sharpe	Male	Harleston Running Club	M40	00:49:03	1059	157
1193	1966	Craig	Edwards	Male		M40	00:49:05	1060	158
1194	1068	Gemma	Johnson	Female		FO	00:49:05	134	90
1195	2807	Lewis	Hart	Male		MO	00:49:05	1061	632
1196	2362	Vicki	Newton	Female		FO	00:49:06	135	91
1197	1412	Leo	Stead	Male		M45	00:49:07	1062	105
1198	2471	Charlie	Lambe	Male		MO	00:49:07	1063	633
1199	653	Helen	Allman	Female		F45	00:49:07	136	20
1200	1082	Jason	Buckley	Male		MO	00:49:08	1064	634



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1201	3802	Steve	Hope	Male		M40	00:49:08	1065	159
1202	1618	Brian	Wilson	Male		MO	00:49:08	1066	635
1203	2076	Amelia	Whiting	Female	Norfolk Gazelles AC	F45	00:49:09	137	21
1204	817	Peter	Bond	Male	Victory AC	M55	00:49:09	1067	45
1205	2713	Emma	Elliot	Female		F40	00:49:09	138	14
1206	2640	Sinead	Taylor	Female		FO	00:49:10	139	92
1207	5135	Liam	Clews	Male		MO	00:49:10	1068	636
1208	860	Martin	Law	Male	Reepham Runners	M50	00:49:10	1069	90
1209	2662	Stephen	Warncken	Male		M65	00:49:10	1070	3
1210	1071	Matthew	Stocks	Male		MO	00:49:10	1071	637
1211	2725	Seb	Butcher	Male		MO	00:49:11	1072	638
1212	2865	Josh	Goddard	Male		MO	00:49:11	1073	639
1213	2687	Liam	Ray	Male		MO	00:49:11	1074	640
1214	5555	Adam	Webb	Male		MO	00:49:12	1075	641
1215	3020	Bronwyn	Lingley	Female		FO	00:49:13	140	93
1216	4185	Harry	Cresswell	Male		MO	00:49:13	1076	642
1217	2053	Charlotte	Dowson	Female		FO	00:49:13	141	94
1218	2250	Barry	Stocks	Male		M55	00:49:14	1077	46
1219	501	James	Hyde	Male		MO	00:49:14	1078	643
1220	1093	Neil	Dennis	Male	Stowmarket Striders RC	M40	00:49:14	1079	160
1221	1108	Mark	Collins	Male	Great Yarmouth Road Runners	M55	00:49:14	1080	47
1222	1377	E E Manuel	Nicolaus	Male	Lowestoft Road Runners	M40	00:49:14	1081	161
1223	2114	Declan	Nicol	Male		MO	00:49:14	1082	644
1224	1420	Connor	Watkins	Male		MO	00:49:14	1083	645
1225	1604	Peter	Laddiman	Male	Norfolk Harriers RC	M65	00:49:15	1084	4
1226	1165	Riley	Weston	Male		MO	00:49:15	1085	646
1227	1880	Simon	Hawken	Male		M45	00:49:15	1086	106
1228	774	Chris	Wiseman	Male		MO	00:49:15	1087	647
1229	1700	Mark	Appleton	Male		MO	00:49:16	1088	648
1230	3032	Eric	Caasi	Male		MO	00:49:16	1089	649
1231	1429	Lloyd	Cossey	Male		MO	00:49:16	1090	650
1232	1363	Eleanor	Watters	Female		F40	00:49:16	142	15
1233	2870	Paul	Cosgrove	Male		M50	00:49:17	1091	91
1234	2361	Liam	Smith	Male		M40	00:49:17	1092	162
1235	2871	Becky	Edwards	Female		F40	00:49:17	143	16
1236	1139	Matthew	Forrester	Male		M40	00:49:18	1093	163
1237	2374	Helen	Thacker	Female		F50	00:49:18	144	7
1238	851	Matthew	Metcalf	Male		M45	00:49:19	1094	107
1239	3209	William	Battams	Male		MO	00:49:19	1095	651
1240	1546	Chris	Browne	Male		M50	00:49:19	1096	92
1241	1404	Patrick	Bernard	Male		MO	00:49:20	1097	652
1242	1934	Dan	Archer	Male		M55	00:49:20	1098	48
1243	720	Dan	Sparkes	Male		MO	00:49:21	1099	653
1244	2271	Thomas	Beatham	Male		MO	00:49:21	1100	654
1245	1166	Gary	Turner	Male		M55	00:49:21	1101	49
1246	1640	Anne-marie	Wilson	Female	Lonely Goat RC	FO	00:49:21	145	95
1247	1184	Jon	Goodson	Male		M45	00:49:21	1102	108
1248	2587	Ashley	Gray	Male		MO	00:49:21	1103	655
1249	2649	Danielle	Gilbert	Female	Wymondham AC	FO	00:49:22	146	96
1250	1125	Carly	Grimmer	Female		FO	00:49:22	147	97
1251	3932	Matt	Smith	Male		MO	00:49:23	1104	656
1252	777	Andrew	Woods	Male		M45	00:49:24	1105	109
1253	1189	Sam	Kent	Male		MO	00:49:24	1106	657
1254	2302	Corrado	Di Maria	Male		M50	00:49:24	1107	93
1255	1500	Kevin	Ward	Male		M50	00:49:24	1108	94
1256	6923	Sophie	Macallan	Female		FO	00:49:24	148	98
1257	2874	Ben	King	Male	Almost Athletes	M60	00:49:24	1109	31
1258	1252	Kevin	Garrod	Male		MO	00:49:24	1110	658
1259	5823	Tekendra	Limbu	Male		M40	00:49:24	1111	164
1260	1112	Andrew	Tibble	Male	Norwich Road Runners	M55	00:49:25	1112	50



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1261	985	Robbie	Breach	Male		MO	00:49:25	1113	659
1262	1006	Brett	Colclough	Male		MO	00:49:25	1114	660
1263	1397	Sarah-jane	Smith	Female		FO	00:49:26	149	99
1264	2033	Sam	Warren	Male		MO	00:49:26	1115	661
1265	1969	Hannah	Daniel	Female		FO	00:49:27	150	100
1266	2100	Jamie	Saunders	Male	Norwich Road Runners	M40	00:49:28	1116	165
1267	2371	Matthew	Gibbard	Male		M40	00:49:29	1117	166
1268	758	Charlotte Lucy	Hodgson	Female	Norwich Road Runners	FO	00:49:30	151	101
1269	1649	Nicholas	Caley	Male		M45	00:49:30	1118	110
1270	1894	Rosalie	Green	Female		F40	00:49:31	152	17
1271	2869	Jacob	Curtis	Male		MO	00:49:32	1119	662
1272	1906	Hannah	Seago	Female	Norfolk Gazelles AC	FO	00:49:32	153	102
1273	1617	Peter	Fox	Male		M60	00:49:32	1120	32
1274	1675	Emma	Halmshaw	Female		FO	00:49:33	154	103
1275	310	Travis	Dodsworth	Male		MO	00:49:33	1121	663
1276	2187	Phil	Robinson	Male		M40	00:49:34	1122	167
1277	997	James	Cordeaux	Male	City Of Norwich AC	M55	00:49:35	1123	51
1278	2231	Luke	Mayhew	Male		MO	00:49:35	1124	664
1279	2098	Kate	King	Female		FO	00:49:35	155	104
1280	2766	Esme	Abbott	Female	City Of Norwich AC	FO	00:49:36	156	105
1281	1957	Andy	Sparrow	Male		M45	00:49:36	1125	111
1282	3430	Bradley	Miller	Male		MO	00:49:36	1126	665
1283	1625	Andy	Bayliss	Male		M55	00:49:36	1127	52
1284	2277	Matthew	Nichols	Male		MO	00:49:36	1128	666
1285	301	Harry	Gagen	Male		MO	00:49:37	1129	667
1286	100	Jason	Painter	Male	Beccles Triathlon Club	M50	00:49:38	1130	95
1287	852	Roisin	Marks	Female		FO	00:49:38	157	106
1288	154	Kate	Bryson	Female	Beccles Triathlon Club	F60	00:49:39	158	4
1289	1612	Noam	Dewhurst	Male		MO	00:49:39	1131	668
1290	2378	Edmund	Woodrow	Male		MO	00:49:39	1132	669
1291	1115	Joshua	Woolnough	Male		M40	00:49:39	1133	168
1292	840	Phillip	Bray	Male		M40	00:49:39	1134	169
1293	2787	Catherine	Spencer	Female		F45	00:49:40	159	22
1294	2037	Adam	Beckett	Male	Lonely Goat RC	M50	00:49:40	1135	96
1295	1833	Keith	Andrews	Male		M40	00:49:40	1136	170
1296	1844	Lisa	Hall	Female	Wymondham AC	F45	00:49:40	160	23
1297	2095	Steve	Hutchinson	Male		M55	00:49:40	1137	53
1298	8733	Rose	Newman	Female		FO	00:49:41	161	107
1299	1910	Thomas	Feary	Male		MO	00:49:41	1138	670
1300	1908	Oliver	Crocker	Male		M40	00:49:41	1139	171
1301	2489	Gary	Fryer	Male		M40	00:49:42	1140	172
1302	1636	David	Biggins	Male		MO	00:49:42	1141	671
1303	1871	David	Welsh	Male	Norwich Road Runners	M55	00:49:42	1142	54
1304	2145	Carlos	Nodar	Male		M45	00:49:42	1143	112
1305	2143	Tracy	Williamson	Female		F45	00:49:42	162	24
1306	1576	Stuart	Roberts	Male		M60	00:49:43	1144	33
1307	731	Shane	Loftus	Male		MO	00:49:43	1145	672
1308	1212	Amii	Andrews	Female	Aylsham Runners	FO	00:49:44	163	108
1309	1217	Lee	Phillips	Male	Lowestoft Road Runners	MO	00:49:44	1146	673
1310	1821	Tobias	Ellenor	Male		M45	00:49:44	1147	113
1311	1349	Michael	Green	Male	Great Yarmouth Road Runners	M50	00:49:45	1148	97
1312	4775	George	Hilton	Male		MO	00:49:45	1149	674
1313	8645	Emma	Pain	Female		FO	00:49:45	164	109
1314	2413	Luke	Richmond	Male		MO	00:49:45	1150	675
1315	2019	David	Knight	Male	Norwich Road Runners	M45	00:49:45	1151	114
1316	1045	Adrian	Jay	Male	Aylsham Runners	M50	00:49:45	1152	98
1317	962	Kirk	Vincent	Male		M40	00:49:46	1153	173
1318	2955	Richard	Underhill	Male		M45	00:49:46	1154	115
1319	1506	Kevin	Raisborough	Male		M55	00:49:46	1155	55
1320	2465	Rebecca	Elmy	Female		FO	00:49:46	165	110



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1321	6788	Raghul	Sekar	Male	Norwich Road Runners	MO	00:49:46	1156	676
1322	763	Rachel	Miller	Female		F50	00:49:47	166	8
1323	1416	Daniel	Lowthorpe	Male		M40	00:49:47	1157	174
1324	1263	Matthew	White	Male		M40	00:49:47	1158	175
1325	1736	Lewis	Evans	Male		MO	00:49:48	1159	677
1326	1922	Ashley	Black	Male	Fordy Runs Running Club	M40	00:49:48	1160	176
1327	1938	Sacha	Downs	Female		FO	00:49:48	167	111
1328	3344	Elliot	Chapman	Male		MO	00:49:48	1161	678
1329	1923	Jamie	Goose	Male		MO	00:49:48	1162	679
1330	1911	Robert	Harmer	Male		MO	00:49:48	1163	680
1331	4742	George	King	Male	Wymondham AC	MO	00:49:48	1164	681
1332	5368	Andrew	Howes	Male		MO	00:49:49	1165	682
1333	943	Oliver	Smith	Male		MO	00:49:49	1166	683
1334	2913	Nicci	Manning	Female		F55	00:49:50	168	4
1335	2628	Kevin	Denmark	Male		M65	00:49:50	1167	5
1336	3232	Lloyd	Perfitt	Male	Wymondham AC	MO	00:49:51	1168	684
1337	1308	Michael	Austin	Male		M50	00:49:51	1169	99
1338	815	Charly	Willis	Female		FO	00:49:51	169	112
1339	1859	Connor	Laskey	Male		MO	00:49:52	1170	685
1340	2402	Katie	Halmshaw	Female		FO	00:49:52	170	113
1341	2390	Mike	Dewbery	Male	Wymondham AC	MO	00:49:52	1171	686
1342	736	James	Pegg	Male		MO	00:49:53	1172	687
1343	2212	James	Kent	Male		MO	00:49:53	1173	688
1344	1267	Ross	Weir	Male		M45	00:49:53	1174	116
1345	1967	Kieron	Wardrope	Male		MO	00:49:54	1175	689
1346	1855	Edward	Taylor	Male	Wymondham AC	M40	00:49:54	1176	177
1347	1159	Niall	Scott	Male		M40	00:49:54	1177	178
1348	1984	Ashley	Judd	Male		M55	00:49:54	1178	56
1349	2487	William	Hawes	Male		MO	00:49:54	1179	690
1350	161	Lewis	Fleming	Male		MO	00:49:54	1180	691
1351	2123	Nadine	Jasinski	Female	Wymondham AC	FO	00:49:54	171	114
1352	1304	Lloyd	Davis	Male		MO	00:49:54	1181	692
1353	1380	Ben	Snelling	Male		M50	00:49:56	1182	100
1354	1350	James	Hooton	Male		MO	00:49:56	1183	693
1355	2806	Rhys	Howard	Male		MO	00:49:56	1184	694
1356	2411	Tom	Bart	Male	Wymondham AC	MO	00:49:56	1185	695
1357	534	Matthew	Rowe	Male		M40	00:49:56	1186	179
1358	1845	Reuben	Noller	Male		MO	00:49:56	1187	696
1359	6336	Kathryn	Hirst	Female		FO	00:49:57	172	115
1360	5453	Kirk	Moore	Male		M55	00:49:57	1188	57
1361	7331	Joel	Allard	Male	Wymondham AC	MO	00:49:57	1189	697
1362	1638	Richard	Lacey	Male		MO	00:49:57	1190	698
1363	796	Darren	Beard	Male		M50	00:49:57	1191	101
1364	859	Sacha	Hill	Female		F40	00:49:58	173	18
1365	1531	Peter	Sharpe	Male		M45	00:49:58	1192	117
1366	4225	Luke	Moorhouse	Male	Wymondham AC	MO	00:49:58	1193	699
1367	4464	Rebecca	Seabrook	Female		F40	00:49:58	174	19
1368	885	Percy	Brown	Male		MO	00:49:59	1194	700
1369	780	Chris	Hill	Male		M45	00:49:59	1195	118
1370	1436	Bethany	Gammage	Female		FO	00:49:59	175	116
1371	1113	Luke	Bellamy	Male	Wymondham AC	MO	00:49:59	1196	701
1372	1116	Amy	Belham	Female		FO	00:49:59	176	117
1373	2058	Abi	Davis	Female		FO	00:49:59	177	118
1374	3461	Matt	Downing	Male		MO	00:50:00	1197	702
1375	2940	David	Lane	Male		MO	00:50:00	1198	703
1376	916	Pete	Thompson	Male	Norfolk Gazelles AC	MO	00:50:00	1199	704
1377	1194	Charlie	Ladyman	Female		F40	00:50:00	178	20
1378	1281	Dougie	Barber	Male		M60	00:50:01	1200	34
1379	1585	Dominik	Drzymala	Male		M40	00:50:01	1201	180
1380	2009	Craig	Farr	Male		M45	00:50:01	1202	119



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1381	1231	Matthew	Pummell	Male	Norwich Road Runners	MO	00:50:01	1203	705
1382	1522	Neil	Stevens	Male		M55	00:50:02	1204	58
1383	824	Nicola	Hill	Female		F45	00:50:02	179	25
1384	2441	Craig	Parfitt	Male		MO	00:50:03	1205	706
1385	1566	Charlie	Matthews	Male		MO	00:50:03	1206	707
1386	3325	Chris	Goreham	Male		M40	00:50:04	1207	181
1387	2358	Sammy	Hughes	Male		MO	00:50:04	1208	708
1388	3153	Lily	Churchyard	Female		FO	00:50:05	180	119
1389	2966	Darin	Turner	Male		M55	00:50:05	1209	59
1390	5196	John	Chamberlain	Male		MO	00:50:06	1210	709
1391	1997	Craig	David	Male	Wymondham AC	MO	00:50:06	1211	710
1392	748	Ross	Browne	Male		MO	00:50:06	1212	711
1393	719	Jack	Jillings	Male		MO	00:50:07	1213	712
1394	2048	Karl	Moore	Male		MO	00:50:07	1214	713
1395	600	Sophie	Redgrave	Female		FO	00:50:07	181	120
1396	3410	Freddy	Lowe	Male		MO	00:50:07	1215	714
1397	3731	Alison	Riches	Female		F45	00:50:07	182	26
1398	1577	Dave	Hyam	Male		M40	00:50:07	1216	182
1399	1501	Matt	Wickham	Male		M40	00:50:08	1217	183
1400	1932	Jen	Rudd	Female		F50	00:50:08	183	9
1401	1368	Josh	Halliday	Male	HI Runners	MO	00:50:08	1218	715
1402	1856	Liz	Highton	Female		F60	00:50:08	184	5
1403	1937	Mary	Pinching	Female		FO	00:50:08	185	121
1404	2753	Hannah	Howard	Female		FO	00:50:08	186	122
1405	568	Eddie	Warren	Male		MO	00:50:09	1219	716
1406	1060	Harry	Reilly	Male		MO	00:50:09	1220	717
1407	7221	Anthony	Elsey	Male		MO	00:50:09	1221	718
1408	2268	Nathan	Voller	Male		MO	00:50:09	1222	719
1409	1622	Peter	Charman	Male		M50	00:50:10	1223	102
1410	2333	Vicky	Tovell	Female		F50	00:50:10	187	10
1411	1094	Tara	Hall	Female	Coltishall Jaguars RC	FO	00:50:10	188	123
1412	2162	Ella	Harold	Female		FO	00:50:11	189	124
1413	1717	William	Vincent	Male		MO	00:50:11	1224	720
1414	431	John	Fensom	Male		M45	00:50:11	1225	120
1415	1662	Macaulay	King	Male		MO	00:50:11	1226	721
1416	1185	Robert	Organ	Male		MO	00:50:11	1227	722
1417	2036	Sarah	Johnson	Female		F40	00:50:11	190	21
1418	1472	Ella	Wakeley	Female		FO	00:50:12	191	125
1419	983	James	Brady	Male		MO	00:50:13	1228	723
1420	2016	Harry	Green	Male		MO	00:50:13	1229	724
1421	1946	Lewis	Buxton	Male	Rutland Running & Triathlon Club	MO	00:50:13	1230	725
1422	502	Lucian	Iftimie Hau	Male		M45	00:50:13	1231	121
1423	1227	Joanne	Cox	Female		F50	00:50:14	192	11
1424	4644	Dudley	Buck	Male		MO	00:50:15	1232	726
1425	861	Callum	Scott	Male		MO	00:50:15	1233	727
1426	2397	Edward	Turner	Male		MO	00:50:15	1234	728
1427	1210	Stuart	Coe	Male		M45	00:50:15	1235	122
1428	1815	Emily	Goodrich	Female		FO	00:50:16	193	126
1429	1495	Lindsay	Black	Female		F40	00:50:16	194	22
1430	937	Jason	Black	Male		M50	00:50:16	1236	103
1431	2427	Andy	Pomfret	Male	Norfolk Gazelles AC	M45	00:50:17	1237	123
1432	1635	Tom	Rivett	Male		M45	00:50:17	1238	124
1433	2276	Jason	Day	Male		M50	00:50:17	1239	104
1434	2708	Adam	Waters	Male		MO	00:50:17	1240	729
1435	1130	Scott	Bemment	Male		M50	00:50:18	1241	105
1436	2511	John	Hooper	Male		M50	00:50:18	1242	106
1437	1978	Wil	Holman	Male		M40	00:50:18	1243	184
1438	2133	William	Baird	Male		MO	00:50:19	1244	730
1439	2259	Duncan	Jenkinson	Male		MO	00:50:19	1245	731
1440	2130	Dario	Palumbo	Male		MO	00:50:19	1246	732



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1441	2216	Alina	Iftimiciuc	Female		F40	00:50:19	195	23
1442	487	Edward	Jacobs	Male		MO	00:50:20	1247	733
1443	2833	Tom	Wadlow	Male		MO	00:50:20	1248	734
1444	2258	Ben	Warminger	Male		MO	00:50:20	1249	735
1445	2499	Chloe	Higenbottam	Female		FO	00:50:20	196	127
1446	1370	Emma	Wilkins	Female		FO	00:50:21	197	128
1447	2040	Erin	Jennis	Female		FO	00:50:21	198	129
1448	282	Marcus	Westgate	Male		M50	00:50:22	1250	107
1449	1203	Lauro	Chaves	Male		M40	00:50:22	1251	185
1450	791	Lee	Roots	Male		MO	00:50:22	1252	736
1451	2224	Katie	Allan	Female		FO	00:50:22	199	130
1452	3389	Jake	Shears	Male		MO	00:50:22	1253	737
1453	2075	Mark	Smith	Male		M50	00:50:23	1254	108
1454	2105	Carrie	Grimbleby	Female		FO	00:50:23	200	131
1455	1826	Jamie	Tidswell	Male		MO	00:50:24	1255	738
1456	2557	Will	Mitchell	Male		M40	00:50:24	1256	186
1457	1133	Craig	Rush	Male		MO	00:50:24	1257	739
1458	1202	Tom	Storey	Male	Wymondham AC	M55	00:50:24	1258	60
1459	2062	Neil	Batchelor	Male		M45	00:50:25	1259	125
1460	715	Joe	Parker	Male		MO	00:50:25	1260	740
1461	1135	Christopher	Stones	Male		MO	00:50:26	1261	741
1462	977	Mark	Duffield	Male		M50	00:50:26	1262	109
1463	2139	Stuart	Peck	Male		M45	00:50:26	1263	126
1464	2803	Colin	Lockwood	Male	Norfolk Gazelles AC	MO	00:50:27	1264	742
1465	2243	Tony	Wood	Male		M60	00:50:27	1265	35
1466	4451	Leo	Blyth	Male	Norfolk Harriers RC	M45	00:50:27	1266	127
1467	2442	Carl	Eastick	Male		M50	00:50:28	1267	110
1468	2858	Brendan	Scott	Male		MO	00:50:28	1268	743
1469	2285	Stuart	Charlesworth	Male	Norfolk Gazelles AC	M45	00:50:28	1269	128
1470	1290	Garry	Whiting	Male		M55	00:50:29	1270	61
1471	1995	Mark	Rymarz	Male		M45	00:50:29	1271	129
1472	7640	Andrew	Witton	Male		M50	00:50:29	1272	111
1473	2267	Desmond	Michael	Male	Barnet & District AC	M70	00:50:29	1273	2
1474	3373	Cleveland	Bennett	Male		M55	00:50:29	1274	62
1475	5796	Philip	Howard	Male		M55	00:50:29	1275	63
1476	4770	Morgan	Bowsher-kent	Male	1485 Triathlon Club	MO	00:50:30	1276	744
1477	4487	Richard	Calver	Male		MO	00:50:30	1277	745
1478	4024	Ami	Reynolds	Female		FO	00:50:31	201	132
1479	3144	Jamie	Schweigart	Male		MO	00:50:31	1278	746
1480	6969	Ben	Brown	Male		M45	00:50:31	1279	130
1481	2006	Carl	Boardman	Male		M40	00:50:32	1280	187
1482	1669	Archie	Buck	Male		MO	00:50:32	1281	747
1483	2699	Daniel	Stacey	Male		MO	00:50:32	1282	748
1484	1673	Jon	Buck	Male		M45	00:50:32	1283	131
1485	749	Craig	Knights	Male		M50	00:50:32	1284	112
1486	1905	Paul	Utting	Male		M40	00:50:32	1285	188
1487	1403	Benjamin	Rout	Male		MO	00:50:33	1286	749
1488	2502	Tom	Brooks	Male		MO	00:50:33	1287	750
1489	3277	Karen	Bell	Female		F45	00:50:35	202	27
1490	1321	Alison	Stewart	Female	Norwich Road Runners	F65	00:50:35	203	1
1491	4738	Carla	Saunders	Female		FO	00:50:35	204	133
1492	2350	Joe	Forshaw	Male		MO	00:50:36	1288	751
1493	2061	Jack	Payne	Male		MO	00:50:36	1289	752
1494	1868	John	Higgs	Male		M45	00:50:36	1290	132
1495	2494	Austin	Spence	Male		M45	00:50:37	1291	133
1496	2404	Paul	Baisley	Male	Lonely Goat RC	M50	00:50:38	1292	113
1497	5213	Natasha	Cooper	Female		F40	00:50:38	205	24
1498	1511	Karen	Patterson	Female	Norwich Road Runners	FO	00:50:38	206	134
1499	652	James	Hoyle	Male		MO	00:50:38	1293	753
1500	4947	Joshua	Fiske	Male		MO	00:50:38	1294	754



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1501	2466	Glen	Robinson	Male	Wymondham AC	M50	00:50:39	1295	114
1502	1819	Natasha	Eagle	Female		FO	00:50:39	207	135
1503	1814	Michael	Williams	Male		MO	00:50:39	1296	755
1504	1816	John	Shippey	Male		M70	00:50:39	1297	3
1505	1853	Oliver	Banks	Male		MO	00:50:39	1298	756
1506	1599	Tom	Denby	Male	MY CLUB IS NOT LISTED	MO	00:50:40	1299	757
1507	2945	John	Wright	Male		M40	00:50:40	1300	189
1508	2828	Richard	Povey	Male		M50	00:50:40	1301	115
1509	1986	Shaun	Crowe	Male		M40	00:50:40	1302	190
1510	2004	Karen	Evans	Female		F45	00:50:41	208	28
1511	2086	Lisa	Williamson	Female	Lowestoft Road Runners	FO	00:50:41	209	136
1512	3294	Ben	Clark	Male		MO	00:50:41	1303	758
1513	2546	Andrew	Griffiths	Male		M55	00:50:41	1304	64
1514	2911	Simon	Willis	Male		MO	00:50:41	1305	759
1515	2298	Faith	Lane	Female		FO	00:50:41	210	137
1516	3462	Rebecca	Shaw	Female	Waveney Valley AC	FO	00:50:42	211	138
1517	2116	Steph	Johnson	Female		F40	00:50:42	212	25
1518	1325	Miriam	Bennett	Female		FO	00:50:43	213	139
1519	669	James	Cooper	Male		M40	00:50:43	1306	191
1520	3931	Dominic	Dennis	Male		MO	00:50:45	1307	760
1521	2590	Gavin	Critchell	Male	Coltishall Jaguars RC	M50	00:50:45	1308	116
1522	2759	Adam	Kobylecki	Male		MO	00:50:45	1309	761
1523	1255	Lee	Grantham	Male		M40	00:50:45	1310	192
1524	2270	Hannah	Halsey	Female		FO	00:50:46	214	140
1525	2174	Robin	Jones	Male		M65	00:50:46	1311	6
1526	2486	Nathan	Parkinson	Male	Norwich Road Runners	MO	00:50:46	1312	762
1527	2841	Chris	Palmer	Male		M40	00:50:46	1313	193
1528	3555	Jordan	Burrage	Male		MO	00:50:47	1314	763
1529	1870	Sonja	White	Female		F45	00:50:47	215	29
1530	2284	Stuart	Hardy	Male		M45	00:50:47	1315	134
1531	1297	Emiliya	Lazarova	Female	Wymondham AC	F45	00:50:47	216	30
1532	2077	Nick	Atling	Male		MO	00:50:47	1316	764
1533	1246	Lucy	Clark	Female		FO	00:50:48	217	141
1534	1188	James	Richardson	Male		MO	00:50:48	1317	765
1535	2121	Simon	Burke	Male		M55	00:50:49	1318	65
1536	2977	Lottie	Stringer	Female	Norwich Road Runners	FO	00:50:49	218	142
1537	3701	Jamie	Blunden	Male		MO	00:50:50	1319	766
1538	2976	Naomi	Cooper	Female		FO	00:50:50	219	143
1539	4882	Jamie	Gladstone	Male		MO	00:50:50	1320	767
1540	1395	Adrian	Leddy	Male		M45	00:50:51	1321	135
1541	1919	Kevin	Johnson	Male	Thetford AC	M50	00:50:51	1322	117
1542	2079	Tim	Renshaw	Male		MO	00:50:51	1323	768
1543	2537	Heather	Briggs	Female		FO	00:50:51	220	144
1544	1378	Grace	Ellis	Female		FO	00:50:51	221	145
1545	4078	Will	Dye	Male		MO	00:50:52	1324	769
1546	1988	Jurgen	Long	Male	Thetford AC	MO	00:50:52	1325	770
1547	1582	Gemma	Tracy	Female		F40	00:50:53	222	26
1548	1254	Owen	Reynolds	Male		MO	00:50:53	1326	771
1549	3236	Sarah	Russell	Female		FO	00:50:53	223	146
1550	2281	Jessica	Hood	Female		FO	00:50:53	224	147
1551	3084	Stephanie	Brown	Female	Thetford AC	FO	00:50:53	225	148
1552	2007	Andrew	Stacey	Male		MO	00:50:54	1327	772
1553	993	Nicholas	Jones	Male		MO	00:50:54	1328	773
1554	1070	Frank	Campling	Male		MO	00:50:54	1329	774
1555	2366	Russell	Slattery	Male		MO	00:50:55	1330	775
1556	1643	Richard	Woods	Male	Thetford AC	M50	00:50:55	1331	118
1557	4125	Matthew	Stanton	Male		M45	00:50:56	1332	136
1558	4681	Matthew	Blanch	Male		MO	00:50:57	1333	776
1559	2522	Michael	Punt	Male		M40	00:50:57	1334	194
1560	2202	Rebecca	Bond	Female		FO	00:50:57	226	149



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1561	2414	Niall	Broomfield	Male		M55	00:50:58	1335	66
1562	4702	James	Stanford	Male		MO	00:50:58	1336	777
1563	2226	Kate	Hodds	Female		F40	00:50:58	227	27
1564	1474	Gary	Cheesman	Male		MO	00:50:58	1337	778
1565	1302	Andrea	Marietta Leina	Male		MO	00:50:59	1338	779
1566	2769	Ryan	Hills	Male		MO	00:50:59	1339	780
1567	1315	Ian	Ratcliffe	Male		M40	00:50:59	1340	195
1568	1872	Stephen	White	Male	Coltishall Jaguars RC	M50	00:50:59	1341	119
1569	3429	William	Foster	Male		MO	00:51:00	1342	781
1570	4723	Jamie	Peacock	Male		MO	00:51:00	1343	782
1571	825	James	Crisp	Male	Lowestoft Road Runners	MO	00:51:00	1344	783
1572	3036	Gary	Carruthers	Male		M50	00:51:00	1345	120
1573	4562	Daniel	Scales	Male		MO	00:51:00	1346	784
1574	757	Wayne	Easlea	Male		M50	00:51:00	1347	121
1575	1603	Laura	Seago	Female		FO	00:51:00	228	150
1576	1448	Kevin	Fuller	Male	Great Yarmouth Road Runners	M40	00:51:01	1348	196
1577	1483	Christian	Green	Male		MO	00:51:02	1349	785
1578	1261	John	Bolton	Male		M40	00:51:02	1350	197
1579	2623	Esther	Skelhorn	Female	Norfolk Gazelles AC	FO	00:51:03	229	151
1580	440	Simon	Ray-jones	Male	Norfolk Gazelles AC	MO	00:51:03	1351	786
1581	2340	Fiona	Williams	Female	Great Yarmouth Road Runners	F50	00:51:03	230	12
1582	3307	Ollie	Wales	Male		MO	00:51:04	1352	787
1583	3805	Paul	Quadling	Male		M50	00:51:05	1353	122
1584	4711	Daniel	Keeley	Male		M40	00:51:05	1354	198
1585	3233	James	Nash	Male		MO	00:51:05	1355	788
1586	2336	Mark	Tremelling	Male		M50	00:51:06	1356	123
1587	3197	Charles	Mathews	Male		M45	00:51:06	1357	137
1588	5682	Tom	Ablett	Male		M40	00:51:06	1358	199
1589	2686	Nick	Goddard	Male		MO	00:51:07	1359	789
1590	1407	James	Larnder	Male		M45	00:51:07	1360	138
1591	1678	Mark	Adams	Male		M45	00:51:08	1361	139
1592	2396	Michael	Persich	Male	Beccles & Bungay Harriers	M70	00:51:08	1362	4
1593	3728	Ella	Rowe	Female		FO	00:51:08	231	152
1594	2938	Haydn	Orford	Male		M40	00:51:08	1363	200
1595	2024	Ryan	Britcher	Male		MO	00:51:08	1364	790
1596	1324	Stuart	Whiley	Male		MO	00:51:08	1365	791
1597	1620	Danny	Gowing	Male		M40	00:51:09	1366	201
1598	3434	Stephen	Higgs	Male		M70	00:51:09	1367	5
1599	1499	Alice	Melvin	Female		FO	00:51:10	232	153
1600	4083	Paul	Currie	Male		M50	00:51:10	1368	124
1601	1035	Glyn	Manton	Male		M55	00:51:10	1369	67
1602	1353	Thomas	Plane	Male		MO	00:51:10	1370	792
1603	2780	Andy	Housego	Male		M50	00:51:11	1371	125
1604	2091	Aidan	Reilly	Male	Thetford AC	MO	00:51:11	1372	793
1605	2496	Ethan	Norman	Male	Beccles Triathlon Club	MO	00:51:11	1373	794
1606	1078	Kevin	Hyden	Male		MO	00:51:11	1374	795
1607	5215	Phillip	Palmer	Male		M40	00:51:11	1375	202
1608	2082	Jamie	Read	Male		MO	00:51:11	1376	796
1609	3409	Matt	Whisker	Male	Wikiwiki Tri Team	MO	00:51:14	1377	797
1610	2107	Emma	Bolderstone	Female		FO	00:51:14	233	154
1611	3592	Kaloyan	Valchev	Male		MO	00:51:14	1378	798
1612	3220	Nicola	Byford	Female	Thetford AC	F45	00:51:14	234	31
1613	1633	Jack	Collins	Male		MO	00:51:14	1379	799
1614	3161	Frank	Smith	Male	Bure Valley Harriers	MO	00:51:14	1380	800
1615	3851	Richard	Lawes	Male		M65	00:51:16	1381	7
1616	2627	Andrew	Truswell	Male		M45	00:51:17	1382	140
1617	4984	Serena	Verney	Female		FO	00:51:17	235	155
1618	1940	Alwin	Ediagbonya	Male		MO	00:51:17	1383	801
1619	588	Simon	Goodman	Male		M50	00:51:18	1384	126
1620	3375	Dale	Cooper	Male		M65	00:51:19	1385	8



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1621	2479	Jak	Hume	Male	Norwich Road Runners	MO	00:51:20	1386	802
1622	1539	Matt	Howes	Male		M50	00:51:20	1387	127
1623	2845	Jack	Williams Dodd	Male		M40	00:51:20	1388	203
1624	4461	James	Buchan	Male		M40	00:51:21	1389	204
1625	2532	Amy	Webb	Female		FO	00:51:21	236	156
1626	2961	Danielle	King	Female	Wymondham AC	FO	00:51:21	237	157
1627	2716	James	Erskine-griffiths	Male		M45	00:51:21	1390	141
1628	769	Lewis	Grimes	Male		MO	00:51:21	1391	803
1629	2529	Stan	Clarke	Male		MO	00:51:21	1392	804
1630	2346	Phrancesca	Harrison	Female	Great Yarmouth & District AC	FO	00:51:22	238	158
1631	2326	David	Francis	Male		MO	00:51:22	1393	805
1632	3061	Ross	Lomax	Male		MO	00:51:22	1394	806
1633	3794	Richard	Edwards	Male		M45	00:51:22	1395	142
1634	2771	Helen	Sides	Female		F40	00:51:22	239	28
1635	2273	Anne Marie	Minihane	Female	Norfolk Harriers RC	F55	00:51:22	240	5
1636	2103	Oliver	Harman-howes	Male		MO	00:51:23	1396	807
1637	4066	Chris	Scott	Male		M40	00:51:23	1397	205
1638	1337	Nathaniel	Laker	Male		MO	00:51:23	1398	808
1639	3334	Lee	Myers	Male		MO	00:51:23	1399	809
1640	2426	Dave	Brailey	Male	Dereham Runners & AC	M50	00:51:24	1400	128
1641	390	Oliver	Farrow	Male		M40	00:51:24	1401	206
1642	3489	Lilly-ella	Kane	Female		FO	00:51:24	241	159
1643	2480	Roger	Daniels	Male		M60	00:51:25	1402	36
1644	4154	Jack	O'malley	Male		MO	00:51:25	1403	810
1645	910	Andy	Rowles	Male	MY CLUB IS NOT LISTED	M60	00:51:27	1404	37
1646	3059	Josh	Collister	Male		MO	00:51:27	1405	811
1647	2072	Mark	Jolly	Male		M55	00:51:27	1406	68
1648	870	Ben	Watson	Male		MO	00:51:28	1407	812
1649	3043	Ian	Woolston	Male		MO	00:51:28	1408	813
1650	8672	Will	Mills	Male	Ryston Runners	M40	00:51:28	1409	207
1651	1157	Andrew	Smythe	Male		MO	00:51:29	1410	814
1652	1869	Jason	Roberts	Male		MO	00:51:29	1411	815
1653	2436	Phil	Pope	Male		M50	00:51:30	1412	129
1654	834	Aaron	Leverett	Male		MO	00:51:30	1413	816
1655	4783	Nicky	Savage	Female	Great Yarmouth Road Runners	F45	00:51:30	242	32
1656	2610	Christopher	Pryke	Male		MO	00:51:31	1414	817
1657	1898	James	Grantham	Male		M55	00:51:31	1415	69
1658	3333	Donatas	Staniulis	Male		MO	00:51:31	1416	818
1659	893	Veronica	Longman	Female		FO	00:51:33	243	160
1660	2751	Alex	Wynn	Female	Bure Valley Harriers	FO	00:51:33	244	161
1661	2784	Abigail	King	Female		FO	00:51:33	245	162
1662	1918	Darren	Johnson	Male		M50	00:51:33	1417	130
1663	4689	Lola	Brooke	Female		FO	00:51:33	246	163
1664	4141	Robert	Bakewell	Male		M45	00:51:33	1418	143
1665	1579	Daniel	Savage	Male	North Norfolk Beach Runners	M40	00:51:34	1419	208
1666	2368	Kerry	Alderton	Female		FO	00:51:34	247	164
1667	2902	Tom	Richardson	Male		M40	00:51:34	1420	209
1668	3327	Jo	Hipperson	Female		F50	00:51:34	248	13
1669	2167	Erin	Mcneil	Female		FO	00:51:34	249	165
1670	4701	Derek	Wilson	Male	City Of Norwich AC	M70	00:51:35	1421	6
1671	1433	Gary	Aldred	Male		M50	00:51:35	1422	131
1672	3107	Sam	Smith	Male		M45	00:51:35	1423	144
1673	4112	Dios	Fernandez	Male		M55	00:51:35	1424	70
1674	482	Paul	Tripp	Male		M50	00:51:35	1425	132
1675	1486	Mark	Bagnall	Male	Newmarket Joggers	M50	00:51:35	1426	133
1676	879	Ben	Frost	Male		MO	00:51:36	1427	819
1677	877	Stephen	Faragher	Male		M40	00:51:36	1428	210
1678	2824	Meera	Mahadevan	Female		F45	00:51:36	250	33
1679	4557	Chris	Egmore	Male		M40	00:51:36	1429	211
1680	2289	Scott	Laws	Male		MO	00:51:37	1430	820



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1681	4647	Adam	Reece	Male		M50	00:51:37	1431	134
1682	478	Aaron	Stearman	Male		MO	00:51:37	1432	821
1683	2524	Darren	Nockels	Male		M50	00:51:38	1433	135
1684	2400	Kieran	Mellet	Male		MO	00:51:38	1434	822
1685	2538	Ben	Shearing	Male		MO	00:51:39	1435	823
1686	2093	Deborah	Last	Female	Dereham Runners & AC	F50	00:51:39	251	14
1687	2304	Rick	Voutt	Male		M50	00:51:39	1436	136
1688	3691	Liam	Mullen	Male	Lowestoft Road Runners	MO	00:51:39	1437	824
1689	998	William	Boulton	Male		MO	00:51:39	1438	825
1690	2512	Joe	Racey	Male		MO	00:51:40	1439	826
1691	4626	Joe	Tomato	Male		M55	00:51:40	1440	71
1692	841	Luke	Pecher	Male		MO	00:51:41	1441	827
1693	2347	Dina	Aldrich	Female		FO	00:51:42	252	166
1694	13	Daniel	Critoph	Male	Waveney Valley AC	MO	00:51:42	1442	828
1695	1351	Francisco	Aldrich	Male		MO	00:51:42	1443	829
1696	2551	Daniel	Barnston	Male		M50	00:51:42	1444	137
1697	1994	Alex	Ware	Male		MO	00:51:43	1445	830
1698	2388	Thierry	Pigeanne	Male	MY CLUB IS NOT LISTED	M65	00:51:43	1446	9
1699	2424	Louis	Saada	Male		MO	00:51:44	1447	831
1700	2692	Thomas	Lacey	Male		MO	00:51:44	1448	832
1701	3019	Sharon	Chatfield	Female	Lowestoft Road Runners	FO	00:51:44	253	167
1702	2154	Sarah	MacLennan	Female		FO	00:51:44	254	168
1703	2612	Susan	Larke	Female		F50	00:51:45	255	15
1704	1658	Gary	Ingrey	Male	Three Counties Running Club	M60	00:51:45	1449	38
1705	1907	Liam	Winter	Male		MO	00:51:45	1450	833
1706	2060	Noel	Hinton	Male		M45	00:51:45	1451	145
1707	3966	Thara	Askar	Female		FO	00:51:45	256	169
1708	1505	Colin	Foreman	Male	Waveney Valley AC	M55	00:51:46	1452	72
1709	1874	Matthew	Somerton	Male		M40	00:51:47	1453	212
1710	1619	Symon	Sims	Male		M55	00:51:47	1454	73
1711	1578	Daniel	Herrick	Male		MO	00:51:47	1455	834
1712	3763	Lee	Taylor	Male		MO	00:51:47	1456	835
1713	6331	Lauren Nicola	Higginson	Female		FO	00:51:47	257	170
1714	1454	Nick	Taylor	Male		MO	00:51:47	1457	836
1715	3611	Charlie	Woodcock	Male		MO	00:51:47	1458	837
1716	1897	Glen	Squire	Male		M45	00:51:47	1459	146
1717	2497	Patrick	Lloyd	Male		MO	00:51:48	1460	838
1718	3121	Emma	Sturman	Female		FO	00:51:48	258	171
1719	3783	Jacek	Staworzynski	Male	Thetford AC	M40	00:51:49	1461	213
1720	5476	Gary	Hindle	Male		M40	00:51:49	1462	214
1721	1529	Thom	Woods	Male		MO	00:51:49	1463	839
1722	1586	Martin	Trick	Male		M65	00:51:49	1464	10
1723	2242	George	Couzens	Male		MO	00:51:50	1465	840
1724	4203	Mark	Winteringham	Male		M40	00:51:50	1466	215
1725	1931	Peter	Gotts	Male		MO	00:51:50	1467	841
1726	2467	Barry	Smith	Male	Thetford AC	M55	00:51:50	1468	74
1727	2615	Jamie	Allison	Male		MO	00:51:51	1469	842
1728	5501	Isabelle	Nicholls	Female		FO	00:51:51	259	172
1729	1295	Michael	Armes	Male	Norwich Road Runners	M55	00:51:51	1470	75
1730	8195	Abbie	Spriddell	Female		FO	00:51:51	260	173
1731	1852	Sam	Scott	Male		MO	00:51:51	1471	843
1732	1322	Adrian	Jones	Male		MO	00:51:52	1472	844
1733	3387	Aidan	Bull	Male		MO	00:51:53	1473	845
1734	2211	Mark	Elms	Male		MO	00:51:54	1474	846
1735	1334	Tom	Holmes	Male		MO	00:51:55	1475	847
1736	1104	Thomas	Oliver	Male		MO	00:51:55	1476	848
1737	2606	Paul	Richardson	Male	Norwich Road Runners	M65	00:51:56	1477	11
1738	1462	Naomi	Bowditch	Female		F45	00:51:56	261	34
1739	3474	Ernest Glenn	Blas	Male		MO	00:51:57	1478	849
1740	2200	Hayley	Coleman	Female		F40	00:51:57	262	29



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1741	2726	James	Dewbery	Male	Lonely Goat RC	MO	00:51:57	1479	850
1742	2376	Gareth	Nicholls	Male		M45	00:51:57	1480	147
1743	2937	Simon	Howard	Male		M45	00:51:58	1481	148
1744	2393	Sarah	Lowery	Female		F40	00:51:58	263	30
1745	2704	Ryan	Bullock	Male		MO	00:51:58	1482	851
1746	1857	Beth	Roch	Female		FO	00:51:58	264	174
1747	1958	Will	Tuttle	Male		MO	00:51:59	1483	852
1748	2144	Kate	Johnson	Female		F45	00:51:59	265	35
1749	4051	Kate	Andrews	Female		F40	00:51:59	266	31
1750	2232	Oliver	Smith	Male		M40	00:51:59	1484	216
1751	2292	Perdita	Dafforn	Female	Harling Athletic Club	F40	00:51:59	267	32
1752	2119	Eleanor	Papworth	Female		FO	00:51:59	268	175
1753	2728	Richard	Cator	Male		M60	00:51:59	1485	39
1754	1963	Nico	Paganini	Male		M50	00:51:59	1486	138
1755	1598	Kate	Wood	Female		FO	00:52:00	269	176
1756	4584	Paul	Keyte	Male		M40	00:52:00	1487	217
1757	1200	Michelle	Atkinson	Female		F45	00:52:00	270	36
1758	348	John	Jarvis	Male		MO	00:52:01	1488	853
1759	1976	Michael	Mccormick	Male		MO	00:52:01	1489	854
1760	2899	Hadleigh	Drake	Male		MO	00:52:01	1490	855
1761	4277	Andy	Wolfe	Male	Norfolk Harriers RC	M45	00:52:01	1491	149
1762	1218	Matthew	Seaman	Male		M55	00:52:02	1492	76
1763	2385	Toby	Allen	Male		MO	00:52:02	1493	856
1764	1536	Jane	Williams	Female		F45	00:52:02	271	37
1765	4574	Andrew	Hubbard	Male		M40	00:52:02	1494	218
1766	3479	Stuart	Spencer	Male		MO	00:52:02	1495	857
1767	2460	Carl	Atkins	Male		M40	00:52:02	1496	219
1768	3521	Ryan	Hardman	Male		M45	00:52:03	1497	150
1769	1611	Wesley	Holloway	Male		M45	00:52:03	1498	151
1770	2490	Daniel	Crowder	Male		M40	00:52:03	1499	220
1771	2138	Katie	Davis	Female	Norfolk Gazelles AC	F45	00:52:04	272	38
1772	2664	Mat	Ewing	Male		M40	00:52:04	1500	221
1773	3432	Luke	Millar	Male		MO	00:52:04	1501	858
1774	1884	Hannah	Bradfield	Female		FO	00:52:04	273	177
1775	2236	Gary	Durrant	Male		M55	00:52:04	1502	77
1776	3064	Michaela Jade	Adams	Female		FO	00:52:04	274	178
1777	1392	Sam	Blackman	Male		MO	00:52:05	1503	859
1778	2325	Sam	Gooderham	Male		M45	00:52:06	1504	152
1779	3312	Jake	Amies	Male		MO	00:52:06	1505	860
1780	1206	Mark	Ollett	Male		M50	00:52:06	1506	139
1781	1510	Glynn	White	Male	Lonely Goat RC	M65	00:52:07	1507	12
1782	847	Dennis	Simpson	Male		M60	00:52:07	1508	40
1783	330	Michael	Dean	Male		MO	00:52:07	1509	861
1784	2971	Rachel	Mitchell	Female		FO	00:52:08	275	179
1785	2386	Joseph	Meades	Male		MO	00:52:09	1510	862
1786	3117	Kelly	Clyne	Female		FO	00:52:09	276	180
1787	2264	Thom	Annisson	Male		MO	00:52:09	1511	863
1788	2866	Sean	Higginbotham	Male		MO	00:52:10	1512	864
1789	3829	Joe	Youngs	Male		MO	00:52:10	1513	865
1790	2092	Gemma	Edwards	Female	Diss and District AC	FO	00:52:10	277	181
1791	3391	Alice	Hsu	Female		FO	00:52:10	278	182
1792	1685	Isabelle	Temple	Female		FO	00:52:11	279	183
1793	1741	Emma	Seager	Female		FO	00:52:11	280	184
1794	1534	Stuart	Clarke	Male		MO	00:52:11	1514	866
1795	744	Tom	Grayling	Male		MO	00:52:11	1515	867
1796	3050	Stephen	Reed	Male		M40	00:52:11	1516	222
1797	1406	Andrew	Eade	Male		M40	00:52:11	1517	223
1798	2655	Angela	Ocal	Female		F50	00:52:12	281	16
1799	3426	Anna	Downer	Female		FO	00:52:13	282	185
1800	3044	Martin	Matthews	Male		M65	00:52:13	1518	13



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1801	1998	Olivia	Button	Female		FO	00:52:14	283	186
1802	1693	Sam	Burnham	Male		MO	00:52:14	1519	868
1803	3417	Adam	Fiddament	Male		M40	00:52:14	1520	224
1804	3241	Chris	Newby	Male		M40	00:52:14	1521	225
1805	1829	María	Escudero	Female		FO	00:52:15	284	187
1806	2412	Ashley	Whitehair	Male		MO	00:52:15	1522	869
1807	2320	Matthew	Wicks	Male		MO	00:52:15	1523	870
1808	1959	Joshua	Bird	Male		MO	00:52:16	1524	871
1809	1936	Daniel	Rogers	Male		MO	00:52:16	1525	872
1810	3078	Gavin	Pauling	Male		M50	00:52:17	1526	140
1811	2886	Megan	Swain	Female	Coltishall Jaguars RC	FO	00:52:17	285	188
1812	2832	Joshua	Williams	Male		MO	00:52:17	1527	873
1813	2862	Daniel	Minister	Male	North Norfolk Beach Runners	MO	00:52:17	1528	874
1814	4698	Kevin	Froatick	Male		M45	00:52:17	1529	153
1815	1155	Richard	Allen	Male		M40	00:52:17	1530	226
1816	1485	Martin	Davila-smith	Male	Lonely Goat RC	M50	00:52:17	1531	141
1817	1400	Martin	Jones	Male	Wymondham AC	M40	00:52:18	1532	227
1818	2275	Paul	Durrant	Male	Norfolk Gazelles AC	M50	00:52:18	1533	142
1819	2501	Louise	Farr	Female		F40	00:52:18	286	33
1820	1935	Kane	St Quintin	Male		MO	00:52:18	1534	875
1821	2000	Oliver	Baxter	Male		MO	00:52:19	1535	876
1822	3492	Maxwell	Beckett	Male		MO	00:52:19	1536	877
1823	837	Stefan	Glaysher	Male		M60	00:52:19	1537	41
1824	2201	Carey	Briggs	Female		F50	00:52:19	287	17
1825	1543	Richard	Peters	Male	Coltishall Jaguars RC	M50	00:52:20	1538	143
1826	1892	Anthony	Fullam	Male		M50	00:52:20	1539	144
1827	2953	Robert	Yaxley	Male		MO	00:52:21	1540	878
1828	2597	Ruth	Steele	Female	Fordy Runs Running Club	F55	00:52:22	288	6
1829	2779	Richard	Foweraker	Male	Bishops Stortford RC	M45	00:52:22	1541	154
1830	1156	Ceri	Theobald	Male	Norfolk Gazelles AC	M45	00:52:22	1542	155
1831	4767	Lewis	Renaldy	Male		M40	00:52:22	1543	228
1832	2190	Graham	Fryer	Male	Coltishall Jaguars RC	M50	00:52:22	1544	145
1833	2416	Rebecca	Davis	Female		FO	00:52:23	289	189
1834	2625	Andrew	Mccormack	Male		M45	00:52:23	1545	156
1835	1533	Owen	Gooch	Male		MO	00:52:24	1546	879
1836	2783	Mark	Bunn	Male		M45	00:52:24	1547	157
1837	722	Neil	Timms	Male		M60	00:52:25	1548	42
1838	710	Paul	Hawkins	Male		M50	00:52:25	1549	146
1839	2335	Olivia	Abbott	Female		FO	00:52:25	290	190
1840	500	Simon	Muskett	Male		M40	00:52:25	1550	229
1841	1712	Craig	Wright	Male		MO	00:52:26	1551	880
1842	3293	Miles	Riches	Male		MO	00:52:28	1552	881
1843	2483	Josh	Appleton	Male		MO	00:52:28	1553	882
1844	1759	Nick	Green	Male		M50	00:52:28	1554	147
1845	2864	Daniel	Richmond	Male		M40	00:52:28	1555	230
1846	7610	Marcus	Stone	Male		MO	00:52:28	1556	883
1847	854	Andrew	Mundy	Male	Wymondham AC	MO	00:52:28	1557	884
1848	1535	Nick	Holtzer	Male		M40	00:52:29	1558	231
1849	3683	Tom	Burdett	Male		MO	00:52:29	1559	885
1850	2305	Josh	Horton	Male		MO	00:52:30	1560	886
1851	4688	Chris	Lintern	Male		M40	00:52:30	1561	232
1852	249	Gav	Dent	Male	North Norfolk Beach Runners	M40	00:52:30	1562	233
1853	2352	Jack	Flory	Male		MO	00:52:30	1563	887
1854	756	Ness	Dent	Female	North Norfolk Beach Runners	F40	00:52:30	291	34
1855	747	Leon	Egmore	Male		M40	00:52:30	1564	234
1856	1837	Freya	Penn	Female		FO	00:52:31	292	191
1857	3951	Erin	Castle	Female		FO	00:52:31	293	192
1858	2039	Scott	Guyton	Male		MO	00:52:31	1565	888
1859	2008	Mark	Circuit	Male		M40	00:52:31	1566	235
1860	2737	Darren	Claxton	Male		M50	00:52:31	1567	148



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1861	2613	James	Mason	Male	Lonely Goat RC Norwich Road Runners	M40	00:52:31	1568	236
1862	3549	Matthew	Ware	Male		M40	00:52:32	1569	237
1863	1808	Oliver	Rowland	Male		MO	00:52:33	1570	889
1864	1095	James	Pallant	Male		M45	00:52:33	1571	158
1865	2749	Martin	Howard	Male		M70	00:52:34	1572	7
1866	2197	Neil	Dent	Male	Wymondham AC	MO	00:52:34	1573	890
1867	2680	Emma	Evans	Female		F40	00:52:34	294	35
1868	2785	Anna	Paterson	Female		FO	00:52:34	295	193
1869	1296	Sam	Harbrow	Male		M40	00:52:35	1574	238
1870	2668	Konnar	Smith	Male		MO	00:52:36	1575	891
1871	1949	Christina	Sharpe	Female	Dereham Runners & AC	F45	00:52:36	296	39
1872	2069	David	Lefevre	Male		M45	00:52:37	1576	159
1873	3186	Regan	Nicolaou	Male		MO	00:52:37	1577	892
1874	2825	Daniel	Hawking	Male		M45	00:52:37	1578	160
1875	1605	Jonathan	Blagrove	Male		M45	00:52:37	1579	161
1876	2922	Michael	Bowen	Male	North Norfolk Beach Runners	MO	00:52:37	1580	893
1877	3138	Andrew	Plater	Male		M40	00:52:38	1581	239
1878	4789	Georgia	Ingham	Female		FO	00:52:38	297	194
1879	1834	Vic	Reeve	Female		FO	00:52:38	298	195
1880	4614	David	Percival	Male		M50	00:52:39	1582	149
1881	3341	Jemima	Malcolm	Female	Attleborough Athletics Academy	FO	00:52:39	299	196
1882	5422	Ignacio	Correas	Male		MO	00:52:39	1583	894
1883	5740	Jack	Skitmore	Male		MO	00:52:39	1584	895
1884	963	James	Whitmore	Male		MO	00:52:39	1585	896
1885	3654	Thomas	Grimshaw	Male		MO	00:52:40	1586	897
1886	2055	Brett	Melling	Male		M45	00:52:40	1587	162
1887	2897	Robert	Hardman	Male		M45	00:52:40	1588	163
1888	956	Toby	Russell	Male		MO	00:52:40	1589	898
1889	661	Greg	Herring	Male		M50	00:52:40	1590	150
1890	2050	Paul	Hann	Male		M75+	00:52:41	1591	2
1891	1005	Martin	Traverse	Male		M40	00:52:42	1592	240
1892	2752	Dave	Foulkes	Male		M55	00:52:42	1593	78
1893	8491	Caroline	Goves	Female		F45	00:52:42	300	40
1894	483	Simon	Baxter	Male		M40	00:52:43	1594	241
1895	7026	Lewis	Gant	Male		MO	00:52:43	1595	899
1896	2360	Jess	Ball	Female		FO	00:52:44	301	197
1897	3145	Rebecca	Loveday	Female		FO	00:52:44	302	198
1898	2823	Gareth	Lamb	Male		M45	00:52:44	1596	164
1899	4615	Eleanor	Overvoorde	Female		FO	00:52:44	303	199
1900	2253	Lindsay	Howlett	Female		F55	00:52:45	304	7
1901	1440	Matthew	Baker	Male		M50	00:52:45	1597	151
1902	3490	Suzanne	Orr	Female		F50	00:52:45	305	18
1903	2703	Paul	Ellis	Male		M55	00:52:46	1598	79
1904	2918	Michael	Earrye	Male		M60	00:52:46	1599	43
1905	3201	Matthew	Goodfellow	Male		MO	00:52:46	1600	900
1906	2300	Darren	Collison	Male		M55	00:52:46	1601	80
1907	1830	Joshua	Fulcher	Male		MO	00:52:47	1602	901
1908	1553	Jonathan	Mcmanus	Male		M50	00:52:47	1603	152
1909	2523	Trafford	Burrell	Male		MO	00:52:48	1604	902
1910	2332	Howard	Carter	Male		MO	00:52:48	1605	903
1911	604	Aaron	Baines	Male		MO	00:52:48	1606	904
1912	3038	Daniel	Skipper	Male		M40	00:52:48	1607	242
1913	3984	Linda	Green	Female		F55	00:52:49	306	8
1914	2071	Ian	Dallain	Male		M50	00:52:49	1608	153
1915	2283	Stephanie	Ellis	Female	Bure Valley Harriers	F50	00:52:49	307	19
1916	5179	Jeremy	Lo	Male		MO	00:52:49	1609	905
1917	2461	Tom	Stevens	Male		M40	00:52:49	1610	243
1918	2045	Daisy	Smith	Female		FO	00:52:50	308	200
1919	2223	Julian	Hanton	Male		M50	00:52:50	1611	154
1920	1289	William	Bennet	Male	Ealing Eagles Running Club	MO	00:52:50	1612	906



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1921	2364	George	Savva	Male	Thetford AC	M40	00:52:51	1613	244
1922	2142	Andrew	Smith	Male		M55	00:52:51	1614	81
1923	2797	Vincent	Ho	Male		M45	00:52:51	1615	165
1924	1528	Andy	Bobbin	Male		M50	00:52:52	1616	155
1925	3792	Edward	Bouckley	Male		MO	00:52:52	1617	907
1926	1739	Rachel	Southgate	Female	Coltishall Jaguars RC	F40	00:52:52	309	36
1927	6143	Jacob	Carr	Male		MO	00:52:52	1618	908
1928	2111	Nigel	Stallard-mulford	Male		M40	00:52:52	1619	245
1929	2256	Nathan	Lake	Male		MO	00:52:52	1620	909
1930	1542	James	Roberts	Male		M45	00:52:53	1621	166
1931	1198	Luke	Davis	Male	North Norfolk Beach Runners	MO	00:52:53	1622	910
1932	1072	Lee	West	Male		MO	00:52:53	1623	911
1933	3388	Raymond	Dunne	Male		M45	00:52:54	1624	167
1934	1584	Lauren	Stafford	Female		FO	00:52:54	310	201
1935	4133	Bethany	Gaskin	Female		FO	00:52:54	311	202
1936	2395	Sam	Weller	Male	North Norfolk Beach Runners	M75+	00:52:54	1625	3
1937	3497	Charlotte	Smith	Female	Lowestoft Road Runners	FO	00:52:54	312	203
1938	2520	Olivia	Maguire	Female	Norfolk Gazelles AC	FO	00:52:54	313	204
1939	3874	Luke	Coleman	Male		MO	00:52:55	1626	912
1940	2519	Richard	Taylor	Male		MO	00:52:55	1627	913
1941	2813	Kate	Bartrum	Female		F40	00:52:55	314	37
1942	3886	Liam	O'reilly	Male		MO	00:52:55	1628	914
1943	3301	Paul	Martin	Male	Fordy Runs Running Club	M40	00:52:56	1629	246
1944	3104	Ellie- Marie	Keeler	Female		FO	00:52:56	315	205
1945	2110	David	Owen	Male		M60	00:52:56	1630	44
1946	2322	Jamie	Palmer	Male		M45	00:52:57	1631	168
1947	3402	Adam	Harpin	Male		M50	00:52:57	1632	156
1948	2657	Aaron	Nice	Male	Dereham Runners & AC	MO	00:52:58	1633	915
1949	2744	Dave	Hallam	Male		M60	00:52:58	1634	45
1950	3351	Duncan	Partridge	Male		M50	00:52:58	1635	157
1951	2931	Julian	Allaker	Male		M45	00:52:58	1636	169
1952	1595	Matt	Bailey	Male		M40	00:52:58	1637	247
1953	3435	Adam	Higgs	Male	Aylsham Runners	MO	00:52:58	1638	916
1954	1249	Callum	Rhodes	Male		MO	00:52:59	1639	917
1955	2804	Jack	Rhodes	Male		MO	00:52:59	1640	918
1956	2229	Christopher	Cook	Male		MO	00:52:59	1641	919
1957	1478	John	Gostling	Male		M45	00:52:59	1642	170
1958	7946	Hannah	Nelson-smith	Female	Beccles & Bungay Harriers	FO	00:52:59	316	206
1959	3449	Charlie	Holmes	Male		MO	00:52:59	1643	920
1960	2983	Samuel	Hayward	Male		MO	00:52:59	1644	921
1961	1610	Alex	George	Male		M40	00:53:00	1645	248
1962	3205	Joshua	Larner	Male		MO	00:53:00	1646	922
1963	3608	Paul	Gooch	Male	Tri-Anglia Triathlon Club	M55	00:53:00	1647	82
1964	4009	Jeremy	Aldous	Male		M50	00:53:00	1648	158
1965	5084	Laura	George	Female		FO	00:53:01	317	207
1966	6073	Iris	Palmer	Female		FO	00:53:03	318	208
1967	2255	James	Hipperson	Male		MO	00:53:03	1649	923
1968	2484	Lucy	Mcnarry	Female	Springfield Striders RC	FO	00:53:03	319	209
1969	5069	Laura	Hammerton	Female		FO	00:53:03	320	210
1970	2782	Jamie	Nottage	Male		M45	00:53:03	1650	171
1971	4346	Emily	Bridges	Female		FO	00:53:04	321	211
1972	4256	Chalank	Nasim	Male		MO	00:53:04	1651	924
1973	2227	Chrissie	Boswell	Female	East Cornwall Harriers	F40	00:53:05	322	38
1974	4031	Brendan	Audis	Male		MO	00:53:05	1652	925
1975	3765	Nick	Wells	Male		M50	00:53:05	1653	159
1976	2159	Sam	Coulthard	Male		MO	00:53:05	1654	926
1977	1523	Susan	Aves	Female		F60	00:53:06	323	6
1978	857	Rick	Bisset	Male		M45	00:53:06	1655	172
1979	1333	Will	Easter	Male		MO	00:53:06	1656	927
1980	964	Armin	Palmer	Male		M60	00:53:06	1657	46



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
1981	3318	Joe	Liddament	Male	Great Yarmouth Road Runners	M55	00:53:07	1658	83
1982	2844	Sophie	Thomas	Female		FO	00:53:07	324	212
1983	3459	Antony	Davies	Male		MO	00:53:07	1659	928
1984	741	Michael	Lefevre	Male	Norfolk Harriers RC	MO	00:53:07	1660	929
1985	1101	Guy	Shearwood	Male	Tri-Anglia Triathlon Club	M65	00:53:07	1661	14
1986	2947	Rebecca	Spencer	Female		FO	00:53:08	325	213
1987	2348	Matt	Stokes	Male		MO	00:53:08	1662	930
1988	7001	Holly	Cross	Female		FO	00:53:08	326	214
1989	2117	Claire	Nobbs	Female		FO	00:53:08	327	215
1990	1491	Antony	Fairclough	Male		M40	00:53:09	1663	249
1991	3501	Charlotte	Wickham	Female		F45	00:53:09	328	41
1992	1952	Andrew	Barkell	Male		M40	00:53:09	1664	250
1993	3575	Simon	Parker	Male		M50	00:53:09	1665	160
1994	3348	Daniel	Carter	Male		MO	00:53:09	1666	931
1995	2128	James	Snow	Male		M40	00:53:09	1667	251
1996	2722	Matthew	Deane	Male		MO	00:53:10	1668	932
1997	2929	Paul	Harris	Male		M40	00:53:10	1669	252
1998	2633	Michelle	Crane	Female		F55	00:53:10	329	9
1999	4971	Annelies	Dixie	Female		FO	00:53:11	330	216
2000	2651	Rachel	Nelson	Female		FO	00:53:11	331	217
2001	2887	Gary	Jones	Male	Waveney Valley AC	M70	00:53:11	1670	8
2002	4114	Olivia	Fiske	Female		FO	00:53:11	332	218
2003	3110	Jack	Hinch	Male		MO	00:53:12	1671	933
2004	2126	Lukasz	Mioduszeowski	Male		M40	00:53:12	1672	253
2005	5648	Kel	Norton	Male	Runners-Next-the-Sea	M55	00:53:12	1673	84
2006	2665	Milly	Chalcraft	Female		FO	00:53:13	333	219
2007	1843	Thomas	Nudd	Male	Norwich Road Runners	M40	00:53:13	1674	254
2008	2917	Howard	Jones	Male		M60	00:53:14	1675	47
2009	1944	Justin	Smith	Male		M45	00:53:14	1676	173
2010	2457	Carl	Marjoram	Male		M50	00:53:14	1677	161
2011	3950	George	Medhurst	Male		MO	00:53:14	1678	934
2012	3165	Ben	Driver	Male		MO	00:53:14	1679	935
2013	4531	Robert	Lee	Male	Dereham Runners & AC	M50	00:53:15	1680	162
2014	2056	Sammi	Carroll	Female		FO	00:53:15	334	220
2015	2251	Rachel	Matthews	Female		F45	00:53:15	335	42
2016	5895	Stokely	Howard	Male		MO	00:53:15	1681	936
2017	3642	Leo	Osborne	Male		MO	00:53:15	1682	937
2018	2148	Ollie	Watkins	Male		MO	00:53:15	1683	938
2019	4894	Thomas	Wilkinson	Male		MO	00:53:15	1684	939
2020	4065	Evie	Brandish	Female		FO	00:53:15	336	221
2021	2632	Pierce	Badger	Male		MO	00:53:16	1685	940
2022	4026	Lauren	Booth	Female		FO	00:53:16	337	222
2023	2831	Joanna	Clarke	Female	Beccles & Bungay Harriers	F40	00:53:16	338	39
2024	4060	Max	Hamlet	Male		M40	00:53:17	1686	255
2025	2099	Heather	Bush	Female		F45	00:53:17	339	43
2026	4631	Mike	George	Male		M55	00:53:17	1687	85
2027	1924	Nathan	Punter	Male		MO	00:53:18	1688	941
2028	1637	Tom	Clark	Male		MO	00:53:19	1689	942
2029	5083	Maria	Garavand	Female		FO	00:53:21	340	223
2030	2330	Oliver	Wright	Male		MO	00:53:21	1690	943
2031	3316	Connie	Hodgkinson Lahiff	Female		FO	00:53:21	341	224
2032	4115	Matthew	Peak	Male		M40	00:53:21	1691	256
2033	3603	James	Applegate	Male		MO	00:53:22	1692	944
2034	112	Robbie	Birtwell	Male		MO	00:53:22	1693	945
2035	5151	Brad	Rice	Male		M40	00:53:23	1694	257
2036	2070	Scott	Chapman	Male	Bure Valley Harriers	M45	00:53:23	1695	174
2037	1886	Christopher	Flatt	Male		M45	00:53:23	1696	175
2038	2542	Sandra	Dixon	Female		F60	00:53:24	342	7
2039	2220	Adam	Penny	Male		M40	00:53:24	1697	258
2040	5576	Helen	Spencer Smith	Female		F45	00:53:24	343	44



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
2041	4836	Emily	Frost	Female		FO	00:53:24	344	225
2042	2611	Joshua	Powley	Male		MO	00:53:24	1698	946
2043	3095	Arabella	Woodruff	Female		FO	00:53:25	345	226
2044	1961	Kelly	Simmonds	Female		F40	00:53:25	346	40
2045	3760	Christopher	Long	Male		MO	00:53:25	1699	947
2046	3376	Finbar	Conway	Male		MO	00:53:25	1700	948
2047	8420	Howard	Hannah	Male		M50	00:53:26	1701	163
2048	2493	Greg	Taylor	Male		MO	00:53:27	1702	949
2049	1162	Mark	Oliver	Male		M50	00:53:27	1703	164
2050	6473	James	Farrelly	Male		M40	00:53:27	1704	259
2051	6244	Sarah	Berry	Female		FO	00:53:28	347	227
2052	3527	Heidi	Pearson	Female		FO	00:53:28	348	228
2053	2765	Oliver	Stone	Male		MO	00:53:29	1705	950
2054	1445	James	Crisp	Male		MO	00:53:29	1706	951
2055	3729	Zachary	Thoday	Male		M40	00:53:29	1707	260
2056	1807	Seth	Rowden	Male	Norfolk Gazelles AC	MO	00:53:29	1708	952
2057	257	Marcus	Pearson	Male		MO	00:53:29	1709	953
2058	2963	Curtis	Harrison	Male		MO	00:53:29	1710	954
2059	2491	Andrew	Oldridge	Male		M40	00:53:30	1711	261
2060	1901	Jason	Howes	Male		M55	00:53:30	1712	86
2061	1803	Tom	Purchase	Male		MO	00:53:30	1713	955
2062	867	Rich	Beadle	Male	Norwich Road Runners	MO	00:53:30	1714	956
2063	2793	Wayne	Coleman	Male		M50	00:53:31	1715	165
2064	3090	Misty	Smith	Female	Ipswich Jaffa RC	F40	00:53:31	349	41
2065	1809	Flora	Dell	Female		FO	00:53:32	350	229
2066	732	Nick	Overy	Male		M55	00:53:32	1716	87
2067	2047	Lewis	Brooker	Male		M40	00:53:32	1717	262
2068	1723	Steve	Berry	Male		MO	00:53:32	1718	957
2069	2889	James	Cleverley	Male		MO	00:53:32	1719	958
2070	4268	Ashleigh	Armstrong	Female		FO	00:53:32	351	230
2071	5187	Robert	Knights	Male		M50	00:53:32	1720	166
2072	2616	James	Ducker	Male	Lonely Goat RC	MO	00:53:33	1721	959
2073	2314	Stuart	Claxton	Male		M40	00:53:33	1722	263
2074	3684	Dominique	Hudson	Female		F45	00:53:34	352	45
2075	3727	Kirsty	West	Female		F45	00:53:35	353	46
2076	3463	Alex	Hall	Male		MO	00:53:35	1723	960
2077	2743	John	Byrne	Male	Wymondham AC	M60	00:53:35	1724	48
2078	2799	Polly	Willis	Female		FO	00:53:35	354	231
2079	929	Sam	Willis	Male		MO	00:53:36	1725	961
2080	1996	Rosemary	Thompson	Female		FO	00:53:36	355	232
2081	2278	Lloyd	Kidd	Male		MO	00:53:36	1726	962
2082	1917	Phil	Wright	Male		M45	00:53:36	1727	176
2083	2049	Dharmesh	Chandaria	Male		MO	00:53:36	1728	963
2084	3125	David	Swales	Male		M60	00:53:37	1729	49
2085	3456	Steve	Neumann	Male		M45	00:53:37	1730	177
2086	2146	Christopher	Drummee	Male		M55	00:53:37	1731	88
2087	1664	Jim	Flatt	Male		M40	00:53:37	1732	264
2088	2959	Jack	Bartle	Male		MO	00:53:38	1733	964
2089	3746	Pete	Marron	Male		M55	00:53:38	1734	89
2090	3113	Andrew	Menin	Male		M60	00:53:39	1735	50
2091	2375	Steve	Williams	Male		MO	00:53:39	1736	965
2092	2898	Martin	Parker	Male		MO	00:53:39	1737	966
2093	4313	Matt	Bark	Male		MO	00:53:39	1738	967
2094	4914	Emma	Williams	Female		FO	00:53:39	356	233
2095	2459	Lucy	Callaby	Female	Dereham Runners & AC	FO	00:53:39	357	234
2096	1574	David	Burlingham	Male		M40	00:53:39	1739	265
2097	3436	Sally	Higgins	Female		F45	00:53:40	358	47
2098	2890	Katie	Lingwood	Female		FO	00:53:40	359	235
2099	4575	Alan	Barnes	Male	Great Yarmouth Road Runners	M60	00:53:40	1740	51
2100	4375	Bruce	Lyons	Male		M70	00:53:40	1741	9



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
2101	5221	Christian	Taylor	Male		MO	00:53:41	1742	968
2102	2463	Liam	Barnett	Male		MO	00:53:41	1743	969
2103	6847	Catalina	Ruane	Female		FO	00:53:41	360	236
2104	804	Neil	Bullen	Male		M45	00:53:42	1744	178
2105	930	Tomasz	Kwiatkowski	Male		M45	00:53:42	1745	179
2106	2337	Claire	Rackham	Female	Norwich Road Runners	F50	00:53:42	361	20
2107	1698	Hope	Paganini	Female		FO	00:53:42	362	237
2108	2503	Ethan	Rundle	Male		MO	00:53:43	1746	970
2109	2912	Connor	Johnson	Male		MO	00:53:43	1747	971
2110	2124	Guy	Bronze	Male		MO	00:53:44	1748	972
2111	1173	Sarah	Proudfoot	Female		F40	00:53:44	363	42
2112	1066	Martin	Mcconnell	Male		MO	00:53:44	1749	973
2113	3812	Sophie	Sheppard	Female		FO	00:53:45	364	238
2114	1642	Hilary	Byrne	Female	Wymondham AC	F55	00:53:45	365	10
2115	2474	Tadas	Vitas	Male		MO	00:53:45	1750	974
2116	5440	Sally-ann	Edmonds	Female		F55	00:53:45	366	11
2117	3883	Matty	Storey	Male		MO	00:53:45	1751	975
2118	2067	Erin	Kelf	Female	Great Yarmouth Road Runners	FO	00:53:45	367	239
2119	2423	George	Ziogkas	Male		M40	00:53:45	1752	266
2120	373	Richard	Day	Male		MO	00:53:45	1753	976
2121	3280	John	Bennett	Male		M40	00:53:46	1754	267
2122	2854	Ben	Houldsworth	Male		M40	00:53:46	1755	268
2123	1614	Tom	Livermore	Male		MO	00:53:46	1756	977
2124	3302	Jefferson	Creed	Male		M55	00:53:46	1757	90
2125	1645	Tim	Royds	Male		M55	00:53:47	1758	91
2126	2135	Oliver	Self	Male		MO	00:53:47	1759	978
2127	3284	Aidan	Tidnam	Male		M45	00:53:47	1760	180
2128	3710	Deborah	Lawrence	Female	Norwich Road Runners	F60	00:53:47	368	8
2129	4155	Libby	Masters	Female		FO	00:53:48	369	240
2130	4272	Lee	Hannant	Male		M50	00:53:48	1761	167
2131	1572	Emma	Meadows	Female	Diss and District AC	F40	00:53:48	370	43
2132	5325	Ben	Grose	Male		MO	00:53:49	1762	979
2133	3133	David	Little	Male		MO	00:53:49	1763	980
2134	3558	Jack	Long	Male		MO	00:53:49	1764	981
2135	2389	Joe	Durant	Male		MO	00:53:50	1765	982
2136	1823	Rob	Feast	Male		M50	00:53:50	1766	168
2137	3089	Owen	Hoy	Male		MO	00:53:50	1767	983
2138	2351	Robert	Greeves	Male	Reepham Runners	MO	00:53:50	1768	984
2139	2814	Helen	Mcqueen	Female		F40	00:53:50	371	44
2140	8140	Shane	Aldridge	Male		M50	00:53:50	1769	169
2141	3116	Kate	Smith	Female		F40	00:53:50	372	45
2142	2853	Michael	Ellis	Male		M55	00:53:51	1770	92
2143	4126	Jack	Boyce	Male		MO	00:53:51	1771	985
2144	3319	Ben	Lambert	Male		MO	00:53:51	1772	986
2145	3612	Fay	Wheeler	Female	Tri-Anglia Triathlon Club	F45	00:53:53	373	48
2146	3063	Peter	Cole	Male		M40	00:53:53	1773	269
2147	4649	Stephen	Hinde	Male		M55	00:53:53	1774	93
2148	3300	Simon	Best	Male	Attleborough Athletics Academy	M45	00:53:53	1775	181
2149	2286	Anne	Ellen	Female	Norfolk Gazelles AC	F65	00:53:54	374	2
2150	2175	Kate	Squires	Female		FO	00:53:54	375	241
2151	2507	Dylan	Thomas	Male		M45	00:53:54	1776	182
2152	1684	Alex	Tutt	Female		FO	00:53:55	376	242
2153	1234	Emma	Ward	Female	Diss and District AC	FO	00:53:55	377	243
2154	4041	James	Miller	Male		M40	00:53:55	1777	270
2155	3013	Chris	Belcher	Male		M45	00:53:56	1778	183
2156	3895	Claire	Childs	Female		FO	00:53:56	378	244
2157	2331	Luke	White	Male		MO	00:53:56	1779	987
2158	3357	Michael	Antill	Male		M60	00:53:56	1780	52
2159	2881	Laura	Fleckney	Female		FO	00:53:56	379	245
2160	1981	Paul	Smith	Male		M50	00:53:57	1781	170



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
2161	2153	Michelle	Gardiner	Female		F55	00:53:57	380	12
2162	2914	Matt	Johnson	Male		M50	00:53:57	1782	171
2163	4498	Rob	Parker	Male		MO	00:53:57	1783	988
2164	3678	Thomas	Stead	Male		MO	00:53:57	1784	989
2165	776	Peter	Minns	Male		MO	00:53:57	1785	990
2166	2020	Andrew	Hardy	Male		M65	00:53:58	1786	15
2167	2421	Jonathan	Sapsford	Male		MO	00:53:58	1787	991
2168	3025	Amy	Roberts	Female		FO	00:53:58	381	246
2169	5105	Megan	Greenwood Mace	Female		FO	00:53:59	382	247
2170	2003	Daniel	Shanks	Male		M45	00:53:59	1788	184
2171	2586	Rachael	Hutchinson	Female		F50	00:54:00	383	21
2172	3384	Andrew	Kerling	Male		M45	00:54:00	1789	185
2173	4826	Laura	Moorhouse	Female		F45	00:54:00	384	49
2174	3177	John	Jennings	Male		M65	00:54:01	1790	16
2175	8196	Ronnie	Simpson	Male		M60	00:54:01	1791	53
2176	3276	Jason	Povey	Male		M50	00:54:01	1792	172
2177	2417	Jayne	Hudson	Female		F45	00:54:02	385	50
2178	3005	Liam	Hobdell	Male		MO	00:54:02	1793	992
2179	1197	Matthew	Webb	Male	City Of Norwich AC	MO	00:54:02	1794	993
2180	3916	Ian	Fisher	Male		M60	00:54:02	1795	54
2181	4014	Lucy	Vanhinsbergh	Female		F50	00:54:03	386	22
2182	3972	Kieran	Luker	Male		MO	00:54:03	1796	994
2183	3146	Beth	Underwood	Female		FO	00:54:03	387	248
2184	3715	Neil	Littler	Male	Waveney Valley AC	M60	00:54:03	1797	55
2185	1558	Paul	Wheeler	Male	Norwich Road Runners	MO	00:54:04	1798	995
2186	1713	Joshua	Cooper	Male		MO	00:54:04	1799	996
2187	2029	Alex	Mcqueen	Male		M40	00:54:04	1800	271
2188	4108	Jenine	Gillett-thomas	Female		F40	00:54:04	388	46
2189	2464	Nicholas	Hudson	Male	Coltishall Jaguars RC	M40	00:54:05	1801	272
2190	2884	Martin	Colley	Male	Bure Valley Harriers	MO	00:54:05	1802	997
2191	3339	Tiffany	Atkinson	Female		F50	00:54:05	389	23
2192	2431	Christopher	High	Male		M50	00:54:06	1803	173
2193	3732	Brian	Donovan	Male		M65	00:54:06	1804	17
2194	3157	Anna	Golamy	Female		F45	00:54:06	390	51
2195	4134	Duncan	Potter	Male		M50	00:54:06	1805	174
2196	3270	Victoria	Robinson	Female	Attleborough Athletics Academy	F40	00:54:07	391	47
2197	2052	Sue	Cooke	Female		F60	00:54:07	392	9
2198	1507	Rebecca	Bone	Female	Great Yarmouth Road Runners	F40	00:54:08	393	48
2199	3769	David	Mills	Male		M40	00:54:08	1806	273
2200	4492	Stuart	Chapman	Male	Dereham Runners & AC	M50	00:54:08	1807	175
2201	3496	Daren	Maeer	Male	MY CLUB IS NOT LISTED	M45	00:54:08	1808	186
2202	2214	Mark	Willis	Male		M45	00:54:08	1809	187
2203	4457	Connor	Marrison	Male		MO	00:54:09	1810	998
2204	5047	Beth	Boucher	Female		FO	00:54:09	394	249
2205	6747	Peter	Smith	Male		M55	00:54:09	1811	94
2206	3289	Anna	Wilson	Female		F50	00:54:09	395	24
2207	4974	Daniel	Gentle	Male		MO	00:54:09	1812	999
2208	1943	Mark	Holroyd	Male		M55	00:54:10	1813	95
2209	1655	Thomas	Vowles	Male		M45	00:54:11	1814	188
2210	2510	Erin	Holroyd	Female		FO	00:54:11	396	250
2211	651	Andrew	Pond	Male	Tri-Anglia Triathlon Club	M55	00:54:12	1815	96
2212	4474	James	Ridgeon	Male		MO	00:54:12	1816	1000
2213	6383	Vince	Keen	Male		M50	00:54:12	1817	176
2214	2602	Jack	Goddard	Male		MO	00:54:12	1818	1001
2215	3468	Caroline	Fletcher	Female		F40	00:54:12	397	49
2216	2603	Adrian	Dyde	Male		M65	00:54:12	1819	18
2217	3586	Russell	Hack	Male		MO	00:54:13	1820	1002
2218	3033	Lorna	Hemmant	Female	Beccles & Bungay Harriers	F40	00:54:13	398	50
2219	4050	Michael	Johnson	Male		M55	00:54:13	1821	97
2220	3248	Elizabeth	Hughes	Female		F40	00:54:13	399	51



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
2221	4300	Jenna	Ansell	Female	Ryston Runners	FO	00:54:14	400	251
2222	1364	Chris	Chadwick	Male		M50	00:54:14	1822	177
2223	2446	Paul	Choak	Male		M70	00:54:14	1823	10
2224	2353	Neil	Osborne	Male	Wymondham AC	M45	00:54:14	1824	189
2225	1512	Thomas	Woods	Male		M45	00:54:14	1825	190
2226	2173	Sarah	Nelis	Female		F50	00:54:15	401	25
2227	2018	Gavin	Flood	Male		M55	00:54:16	1826	98
2228	6769	Anthony	Cronin	Male		M50	00:54:16	1827	178
2229	3055	John	Gibson	Male		M40	00:54:17	1828	274
2230	5540	Tom	Steggall	Male		MO	00:54:17	1829	1003
2231	2588	Chris	Howard	Male		M45	00:54:17	1830	191
2232	3647	Tony	Eves	Male		M45	00:54:18	1831	192
2233	2781	Olivia	Nicholas	Female		FO	00:54:18	402	252
2234	2525	Mike	Fox	Male		M55	00:54:18	1832	99
2235	4862	Kieran	Brady	Male		MO	00:54:18	1833	1004
2236	2993	Dale	Larwood	Male		M40	00:54:18	1834	275
2237	2712	Michael	Barker	Male		MO	00:54:19	1835	1005
2238	2308	William	Jackson	Male		MO	00:54:20	1836	1006
2239	1889	Sarah	Cunningham	Female		FO	00:54:20	403	253
2240	3167	David	Palmer	Male		M45	00:54:20	1837	193
2241	6535	Jake	Taylor	Male		MO	00:54:21	1838	1007
2242	4407	Jacob	Scott	Male		MO	00:54:21	1839	1008
2243	3799	Nathan	White	Male		MO	00:54:21	1840	1009
2244	5111	Ben	Docwra	Male		MO	00:54:21	1841	1010
2245	2774	Richard	Hoolahan	Male		M50	00:54:21	1842	179
2246	2935	Todd	Watts	Male		MO	00:54:21	1843	1011
2247	3088	Ben	Green	Male		M45	00:54:22	1844	194
2248	3646	Daniel	Baron	Male		M45	00:54:22	1845	195
2249	3057	Lily	Beel	Female		FO	00:54:22	404	254
2250	3495	Brett	Steggles	Male		MO	00:54:22	1846	1012
2251	810	Callum	Lawlor	Male		MO	00:54:23	1847	1013
2252	4642	Jason	Forder	Male		M45	00:54:23	1848	196
2253	2017	Grainne	Purvis	Female		F55	00:54:23	405	13
2254	3305	Ellie	Davies	Female		FO	00:54:23	406	255
2255	2297	Liam	Powers	Male		MO	00:54:23	1849	1014
2256	2885	Samantha	Ralph	Female		F40	00:54:23	407	52
2257	1541	Jonathan	Frary	Male		M50	00:54:24	1850	180
2258	3616	Courtney	Laskey	Female		FO	00:54:24	408	256
2259	1668	Ashley	Watson	Male		M40	00:54:24	1851	276
2260	2941	Martin	Tropman	Male		MO	00:54:24	1852	1015
2261	3872	Fiona	Tucker	Female		F50	00:54:25	409	26
2262	468	Kevin	Worlock	Male		M50	00:54:25	1853	181
2263	1467	Ruth	Elsworth	Female	Norwich Road Runners	FO	00:54:25	410	257
2264	2944	Jon	Dicks	Male		M40	00:54:26	1854	277
2265	3035	George	Mcwilliam	Male		MO	00:54:26	1855	1016
2266	7016	Jack	Gray	Male		MO	00:54:27	1856	1017
2267	1711	William	Shreeve	Male		MO	00:54:27	1857	1018
2268	904	Lewis	Garner	Male		M45	00:54:27	1858	197
2269	2307	Matt	Sampson	Male		M50	00:54:27	1859	182
2270	3042	Elaine	Hudson	Female		F65	00:54:27	411	3
2271	3751	Rachel	Ollett	Female		F50	00:54:27	412	27
2272	2928	Sarah	Harris	Female		F45	00:54:28	413	52
2273	5795	Mark	O'Neill	Male		MO	00:54:29	1860	1019
2274	2301	Andrea Carolina	Olave Achury	Female		FO	00:54:29	414	258
2275	1681	Matthew	Taylor	Male		MO	00:54:29	1861	1020
2276	1909	Martin	Herrmann	Male	Lonely Goat RC	M45	00:54:29	1862	198
2277	2410	Daniel	Ballantyne	Male		MO	00:54:29	1863	1021
2278	3831	Jodie	Sibley	Female		FO	00:54:30	415	259
2279	4199	Lewis	Garvey	Male		MO	00:54:30	1864	1022
2280	472	Kieran	Harris	Male		MO	00:54:31	1865	1023



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
2281	2656	Jodie	Drake	Female	Norwich Road Runners	FO	00:54:31	416	260
2282	3254	Federico	Alfano	Male		MO	00:54:31	1866	1024
2283	2958	Sam	Allen	Male		MO	00:54:31	1867	1025
2284	3771	Anthony	Hughes	Male		MO	00:54:31	1868	1026
2285	2621	Anne	Millett	Female		F65	00:54:31	417	4
2286	7446	Cameron	Vincent	Male	Wymondham AC	MO	00:54:31	1869	1027
2287	1968	James	Heaney	Male		MO	00:54:32	1870	1028
2288	1352	Morgan	Smith	Male		MO	00:54:32	1871	1029
2289	4506	Michael	Price	Male		MO	00:54:32	1872	1030
2290	3451	George	Maidment	Male		MO	00:54:33	1873	1031
2291	3955	Gytis	Stankus	Male	Aylsham Runners	MO	00:54:33	1874	1032
2292	1347	Matthew	Taylor	Male		M40	00:54:33	1875	278
2293	4038	Fiona	Laskey	Female		F60	00:54:33	418	10
2294	2997	Emma	Pells	Female		F40	00:54:33	419	53
2295	1455	Danielle	Howes	Female		F40	00:54:34	420	54
2296	4118	Susie	Goodman	Female	Harleston Running Club	F40	00:54:34	421	55
2297	1873	David	Stubley	Male		MO	00:54:35	1876	1033
2298	2888	Sam	Burton	Male		MO	00:54:35	1877	1034
2299	2260	Jamie	Tink	Male		M50	00:54:36	1878	183
2300	4813	Lee	Bailey	Male		M40	00:54:36	1879	279
2301	3340	Paul	Bilham	Male	Norfolk Gazelles AC	M50	00:54:36	1880	184
2302	1971	Sarah	Bird	Female		FO	00:54:36	422	261
2303	3000	Edward	Whall	Male		M45	00:54:36	1881	199
2304	2923	Lily	Woods	Female		FO	00:54:36	423	262
2305	1954	Simon	Caley	Male		M45	00:54:36	1882	200
2306	3965	Kyle	Doughty	Male	Lowestoft Road Runners	MO	00:54:36	1883	1035
2307	5585	Stu	Hillman	Male		MO	00:54:36	1884	1036
2308	3086	Adam	Evans	Male		MO	00:54:36	1885	1037
2309	2151	Sean	McNulty	Male		MO	00:54:36	1886	1038
2310	2171	Alan	Mickleburgh	Male		M65	00:54:37	1887	19
2311	4310	Andrew	Miller	Male	City Of Norwich AC	MO	00:54:37	1888	1039
2312	2679	Aaron	Joyce	Male		M50	00:54:37	1889	185
2313	7980	Ben	Green	Male		MO	00:54:37	1890	1040
2314	6680	Cameron	Moore	Male		MO	00:54:37	1891	1041
2315	3880	Samuel	Chapman	Male		MO	00:54:37	1892	1042
2316	3386	Sabrina	Norton	Female	City Of Norwich AC	F45	00:54:38	424	53
2317	1470	Ian	Pope-gardner	Male		MO	00:54:38	1893	1043
2318	2950	Ashley	Sale	Male		MO	00:54:38	1894	1044
2319	2240	Chris	Hyam	Male		MO	00:54:38	1895	1045
2320	3170	Lewis	Markwell	Male		MO	00:54:39	1896	1046
2321	3550	Cameron	Rudd	Male	City Of Norwich AC	MO	00:54:39	1897	1047
2322	4398	Simon	Pini	Male		M40	00:54:40	1898	280
2323	6368	Conor	Rutland	Male		MO	00:54:40	1899	1048
2324	2315	Ethan	Taylor	Male		MO	00:54:40	1900	1049
2325	2882	Kevin	Atkins	Male		MO	00:54:40	1901	1050
2326	2172	Liam	Dougal	Male	City Of Norwich AC	MO	00:54:41	1902	1051
2327	5822	Martin	Westgate	Male		MO	00:54:41	1903	1052
2328	2727	Joshua	Fox	Male		MO	00:54:41	1904	1053
2329	4917	Cora	O'mahony	Female		FO	00:54:42	425	263
2330	2319	Nikhil	Mhasal	Male		M40	00:54:42	1905	281
2331	991	Rachel	Plant	Female	City Of Norwich AC	FO	00:54:42	426	264
2332	2168	Edward	Notley	Male		MO	00:54:43	1906	1054
2333	2506	Henry	Plume	Male		MO	00:54:43	1907	1055
2334	2688	Lindsay	Stansbury	Female		F55	00:54:43	427	14
2335	2158	Neculai	Robota	Male		MO	00:54:43	1908	1056
2336	2639	Harrison	Harper	Male	City Of Norwich AC	MO	00:54:43	1909	1057
2337	1590	Gemma	Garland	Female		FO	00:54:43	428	265
2338	2975	Ian	Freel	Male		M65	00:54:43	1910	20
2339	2090	Sunny	Winter	Male		MO	00:54:44	1911	1058
2340	5152	Ben	Jackson	Male		M40	00:54:44	1912	282



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
2341	3482	Darryl	Hannan	Male		MO	00:54:44	1913	1059
2342	4949	Gia Long	Luong	Male		MO	00:54:44	1914	1060
2343	4672	Max	Avery	Male		MO	00:54:44	1915	1061
2344	3700	Jorge	Cristobal Enriquez	Male		MO	00:54:45	1916	1062
2345	3665	Brett	Alexander	Male		M55	00:54:45	1917	100
2346	1550	Oliver	Russell	Male		M45	00:54:45	1918	201
2347	3287	Lucy	Day	Female		FO	00:54:45	429	266
2348	3773	Lisa	Beales	Female		FO	00:54:46	430	267
2349	682	Jacob	Briggs	Male		MO	00:54:46	1919	1063
2350	2328	Seth	Atkin	Male	City of Birmingham Striders	M55	00:54:47	1920	101
2351	3467	Ruby	Hutchins	Female		F40	00:54:47	431	56
2352	2992	Craig	Guyton	Male		MO	00:54:47	1921	1064
2353	3785	Madeleine	Adey	Female		FO	00:54:47	432	268
2354	4885	Kat	Norry	Female		FO	00:54:48	433	269
2355	2755	Tom	Jones	Male	Aylsham Runners	M50	00:54:48	1922	186
2356	3651	Steve	Church	Male		M45	00:54:48	1923	202
2357	4355	Megan	Norry	Female		FO	00:54:49	434	270
2358	2176	Jerry	Thaxton	Male		M50	00:54:50	1924	187
2359	3382	Vinnie	King	Male	Thetford AC	MO	00:54:51	1925	1065
2360	2030	Linda	Cusack	Female	Thetford AC	F65	00:54:51	435	5
2361	1127	Sophie	Moore	Female		FO	00:54:51	436	271
2362	2658	Emily	Cuthell	Female		FO	00:54:51	437	272
2363	831	Jonny	Ray	Male		M40	00:54:52	1926	283
2364	1805	Wayne	Rostant	Male		M45	00:54:52	1927	203
2365	3822	Amanda	Healy	Female		FO	00:54:52	438	273
2366	5101	Harriet	Smithurst	Female		FO	00:54:52	439	274
2367	5588	Lawrence	Malyon	Male		MO	00:54:52	1928	1066
2368	2678	William	Corner	Male		M45	00:54:52	1929	204
2369	1098	Adam	Haylett	Male		M40	00:54:52	1930	284
2370	2738	James	Mitchell	Male		MO	00:54:53	1931	1067
2371	2856	Tim	Thrower	Male		M40	00:54:53	1932	285
2372	3060	Steven	Leunis	Male		MO	00:54:53	1933	1068
2373	3808	Jack	Pearce	Male		MO	00:54:53	1934	1069
2374	3172	Lisa	Potter	Female		F45	00:54:53	440	54
2375	3563	Andrew	Sutton	Male		M40	00:54:53	1935	286
2376	3396	Tom	Maingay	Male		MO	00:54:53	1936	1070
2377	422	Lois	Bryson-edmett	Female	Fulham Running Club	FO	00:54:53	441	275
2378	3047	Neil	Collins	Male		M55	00:54:53	1937	102
2379	2198	Simon	Britcher	Male		M55	00:54:53	1938	103
2380	4618	Hannah	Ely	Female		FO	00:54:54	442	276
2381	2695	Chris	Johnson	Male		M40	00:54:54	1939	287
2382	5988	Georgia	Gittens	Female		FO	00:54:55	443	277
2383	2740	Barrie	Shacklock	Male		M50	00:54:56	1940	188
2384	3223	Trevor	Hutchinson	Male		M45	00:54:57	1941	205
2385	4015	Nigel	Willis	Male		M50	00:54:57	1942	189
2386	1960	Scott	Hayes	Male		M45	00:54:57	1943	206
2387	2088	Gavin	Sargent	Male		MO	00:54:57	1944	1071
2388	3094	Stephen	Hill	Male	Norwich Road Runners	M55	00:54:57	1945	104
2389	3108	Marc	Haslegrave	Male		MO	00:54:57	1946	1072
2390	5597	Maisie	Dunthorne	Female		FO	00:54:58	444	278
2391	4899	Alex	Vasey	Male		MO	00:54:58	1947	1073
2392	3971	Felicity	Dugdale	Female		FO	00:54:58	445	279
2393	2910	Luke	Dagg	Male		MO	00:54:58	1948	1074
2394	2191	Georgia	Moyes	Female		FO	00:54:58	446	280
2395	3854	Maisie	Lee	Female		FO	00:54:58	447	281
2396	4837	Mark	Palmer	Male		M50	00:54:58	1949	190
2397	3251	Cristina	Lemus	Female		F40	00:54:58	448	57
2398	4954	Faye	Crampton	Female		FO	00:54:58	449	282
2399	1704	Leslie	Hill	Male	Norfolk Gazelles AC	M60	00:54:59	1950	56
2400	7309	David	Jarrold	Male		M40	00:54:59	1951	288



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
2401	1677	Beth	King	Female	Bure Valley Harriers	F45	00:54:59	450	55
2402	3875	Linzi	Gray	Female		F40	00:54:59	451	58
2403	3056	Kirstin	English	Female		FO	00:55:00	452	283
2404	3996	Louise	Elphick	Female		F55	00:55:01	453	15
2405	2392	Oliver	Harper	Male		M40	00:55:01	1952	289
2406	2839	Megan	Dove	Female		FO	00:55:01	454	284
2407	4004	Karen	Prime	Female		F55	00:55:02	455	16
2408	1456	Emma	Deeba	Female		F40	00:55:02	456	59
2409	7451	Matthew	Buskell	Male		M50	00:55:02	1953	191
2410	1109	Sarah	Dack	Female		FO	00:55:02	457	285
2411	3046	David	Partington	Male		M50	00:55:03	1954	192
2412	6307	Tom	Musker	Male		MO	00:55:03	1955	1075
2413	5852	Nick	Frost	Male		MO	00:55:03	1956	1076
2414	5177	Carl	Weathers	Male		MO	00:55:03	1957	1077
2415	4219	Alex	Hinton	Female		FO	00:55:03	458	286
2416	4094	Richard	Franklin	Male		M60	00:55:03	1958	57
2417	2430	Aj	Johnson	Male		MO	00:55:03	1959	1078
2418	2921	Craig	Rackham	Male		MO	00:55:04	1960	1079
2419	4494	Kevin	Ames	Male		M55	00:55:04	1961	105
2420	2011	Sonya	Cooper	Female		F50	00:55:04	459	28
2421	1715	Aaron	Cook	Male		MO	00:55:04	1962	1080
2422	4891	Thea	Hackney	Female		FO	00:55:04	460	287
2423	1003	Jason	Sparkes	Male		M40	00:55:04	1963	290
2424	3544	Roisin	Delaney	Female		FO	00:55:05	461	288
2425	3643	Neil	Flaxman	Male		M55	00:55:05	1964	106
2426	1073	Alistair	Laidlaw	Male		M40	00:55:05	1965	291
2427	5874	Sarah	Hoskins	Female		FO	00:55:05	462	289
2428	2433	Georgie	Manly	Female		F40	00:55:06	463	60
2429	2125	Amanda	Hards	Female		F55	00:55:06	464	17
2430	2477	Sam	Mcallister	Male	Norwich Road Runners	M40	00:55:06	1966	292
2431	5819	Michael	Wonnacott	Male		MO	00:55:06	1967	1081
2432	3314	Alex	Ferris	Male		M45	00:55:07	1968	207
2433	2380	Kamran	Uddin	Male		MO	00:55:07	1969	1082
2434	5827	James	Palmer	Male		MO	00:55:07	1970	1083
2435	4347	John	Causer	Male		M75+	00:55:07	1971	4
2436	2894	Stuart	Anderson	Male		M45	00:55:08	1972	208
2437	3564	Georgie	Bramble	Female		FO	00:55:08	465	290
2438	4881	Stuart	Ringwood	Male		MO	00:55:08	1973	1084
2439	3634	Beatrice	Blyth	Female		FO	00:55:08	466	291
2440	3431	Erica	Auger	Female		F40	00:55:09	467	61
2441	4123	Jake	Crisp	Male		MO	00:55:09	1974	1085
2442	3842	Kieran	Brennan	Male		MO	00:55:09	1975	1086
2443	3087	David	Ramsbottom	Male		M60	00:55:09	1976	58
2444	3460	Jason	Wiseman	Male		M40	00:55:09	1977	293
2445	2855	Keiran	Mottley	Male		M50	00:55:10	1978	193
2446	1545	Richard	Holland	Male		M40	00:55:10	1979	294
2447	2984	Jon	Periam	Male		M60	00:55:10	1980	59
2448	4831	Addison	Pattison	Male		MO	00:55:10	1981	1087
2449	4746	Shane	Eke	Male	Waveney Valley AC	M45	00:55:11	1982	209
2450	1990	Kerry	Bridgford	Female		FO	00:55:12	468	292
2451	3775	Hannah	Rutherford	Female	Norwich Road Runners	FO	00:55:12	469	293
2452	4696	Gareth	Ducker	Male		M40	00:55:12	1983	295
2453	2303	Matthew	Cox	Male		MO	00:55:12	1984	1088
2454	2905	Charlotte	Youngs	Female		FO	00:55:13	470	294
2455	674	Sam	Radford	Male		MO	00:55:13	1985	1089
2456	8274	Benjamin	Rollinson	Male		MO	00:55:13	1986	1090
2457	2578	Sam	Jones	Male		MO	00:55:13	1987	1091
2458	3553	Leanne	Heavens-hunt	Female		FO	00:55:13	471	295
2459	2434	Victoria	Bowen	Female	Bungay Black Dog RC	FO	00:55:13	472	296
2460	2981	Tony	Wakeling	Male		M65	00:55:14	1988	21



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
2461	5409	Mark	Duckett	Male		M55	00:55:14	1989	107
2462	2815	Matthew	Barnes	Male		M40	00:55:14	1990	296
2463	1632	Matt	Parker	Male		MO	00:55:15	1991	1092
2464	3379	Matthew	Field	Male		MO	00:55:15	1992	1093
2465	4334	Steve	Martin	Male		M60	00:55:15	1993	60
2466	7568	Spencer	Ward	Male		M40	00:55:15	1994	297
2467	4221	Kris	Southgate	Male		M40	00:55:15	1995	298
2468	2805	Maria	Gillings	Female	Norwich Road Runners	F55	00:55:15	473	18
2469	4406	Kieran	Smith	Male		MO	00:55:15	1996	1094
2470	4332	Steve	Cross	Male	Waveney Valley AC	M55	00:55:16	1997	108
2471	3077	Abigail	Clarke	Female		FO	00:55:16	474	297
2472	3623	Ian	Marshall	Male		M55	00:55:16	1998	109
2473	3106	Javier	Gonzalez Castro	Male		MO	00:55:16	1999	1095
2474	4008	Simon	Kettley	Male		M55	00:55:17	2000	110
2475	3128	Nerys	Botwright	Female		F50	00:55:17	475	29
2476	4399	Ashley	Blyth	Male		MO	00:55:18	2001	1096
2477	3428	Josh	Hubbard	Male		MO	00:55:18	2002	1097
2478	1836	Matthew	Freezer	Male	Runners-Next-The-Sea	MO	00:55:18	2003	1098
2479	289	Sandy	Telfer	Male	Tri-Anglia Triathlon Club	MO	00:55:19	2004	1099
2480	4438	Grace	Lawry	Female		FO	00:55:19	476	298
2481	8664	Kayley	Boreham	Female		FO	00:55:19	477	299
2482	2946	Phil	Tipping	Male		MO	00:55:19	2005	1100
2483	3477	Amy	Thornton	Female		F40	00:55:20	478	62
2484	1466	Marcus	Jennings	Male	Tri-Anglia Triathlon Club	M55	00:55:20	2006	111
2485	3129	Susanna	Johns	Female		F50	00:55:21	479	30
2486	5107	Vicky	Gooda	Female		FO	00:55:21	480	300
2487	3124	Jens	Schweigart	Male		M45	00:55:21	2007	210
2488	2005	David	Shirley	Male		M60	00:55:22	2008	61
2489	1494	David	Crow	Male		M45	00:55:22	2009	211
2490	1875	Paul	Gould	Male		M45	00:55:22	2010	212
2491	1634	Charles	Devlin	Male		MO	00:55:22	2011	1101
2492	3183	Louise	Newson	Female		FO	00:55:22	481	301
2493	4442	Rachael	Forton	Female		F45	00:55:22	482	56
2494	2903	Kevin	Matless	Male		M60	00:55:22	2012	62
2495	3850	Tracie	Draeger	Female	Wymondham AC	F60	00:55:22	483	11
2496	3718	Katie	Room	Female		FO	00:55:23	484	302
2497	5962	Carla	Beane	Female		FO	00:55:23	485	303
2498	1827	Richard	Rance	Male		M50	00:55:23	2013	194
2499	4342	Chris	Ward	Male		MO	00:55:23	2014	1102
2500	2948	Gregg	Baker	Male		MO	00:55:23	2015	1103
2501	2550	Hannah	Cousins	Female	Chorlton Runners	FO	00:55:23	486	304
2502	1240	Ollie	Adams	Male		MO	00:55:23	2016	1104
2503	1692	Lee	Cheung	Male		MO	00:55:23	2017	1105
2504	2563	Martin	Horrex-heys	Male		MO	00:55:23	2018	1106
2505	1358	Eileen	Gallacher	Female		FO	00:55:23	487	305
2506	733	Marc	Grady	Male	Norwich Road Runners	MO	00:55:24	2019	1107
2507	1365	Helen	Terry	Female	Norfolk Gazelles AC	F40	00:55:24	488	63
2508	3310	Paul	Westgate	Male	Great Yarmouth Road Runners	M65	00:55:24	2020	22
2509	6449	Jake	Leech	Male		MO	00:55:24	2021	1108
2510	4178	Imogen	Lees	Female	Norfolk Gazelles AC	F50	00:55:24	489	31
2511	3414	Garri	Davies	Male		MO	00:55:24	2022	1109
2512	1557	Theresa	Dooley	Female	Norfolk Gazelles AC	F50	00:55:24	490	32
2513	2552	Katie	Buckley	Female		FO	00:55:24	491	306
2514	3819	Lisa	Wilson	Female		F40	00:55:24	492	64
2515	6813	Richard	Looney	Male		M50	00:55:24	2023	195
2516	1498	Ewan	Wilson	Male		MO	00:55:24	2024	1110
2517	8773	Nathaniel	Birch	Male		MO	00:55:25	2025	1111
2518	1526	Iosif	Zafeiropoulos	Male		MO	00:55:25	2026	1112
2519	2066	Jonathan	Howes	Male		M55	00:55:26	2027	112
2520	2177	Jordan	Baldry	Male		MO	00:55:26	2028	1113



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
2521	4439	Richard	Wales	Male	Three Counties Running Club	M45	00:55:26	2029	213
2522	6433	Richard	Foyster	Male		M50	00:55:26	2030	196
2523	4863	James	Somerfield	Male		MO	00:55:27	2031	1114
2524	6518	Janine	Salter	Female		F45	00:55:27	493	57
2525	2041	Brad	Day	Male		MO	00:55:27	2032	1115
2526	2592	Chris	Poll	Male		MO	00:55:28	2033	1116
2527	2730	Arpit	Kaushik	Male		MO	00:55:28	2034	1117
2528	2809	Les	Phillips	Male		M60	00:55:28	2035	63
2529	6897	Caitlin	Long	Female		FO	00:55:28	494	307
2530	3858	Nicole	Bates	Female		F50	00:55:29	495	33
2531	2408	William	Robinson	Male	Norfolk Gazelles AC	MO	00:55:29	2036	1118
2532	3945	Darren	Clack	Male		M60	00:55:29	2037	64
2533	3192	Derek	Jackson	Male		M40	00:55:29	2038	299
2534	3685	Dhinasha	Balachandre	Female		FO	00:55:29	496	308
2535	1090	Philip	Caley	Male		M45	00:55:29	2039	214
2536	2760	Jon	Holt	Male		M45	00:55:29	2040	215
2537	4804	Zoe	Baynes	Female		FO	00:55:29	497	309
2538	4780	Rob	Dack	Male		M40	00:55:30	2041	300
2539	8030	Gareth	Ross	Male		M45	00:55:30	2042	216
2540	2309	Paul	Clarke	Male		MO	00:55:30	2043	1119
2541	2719	Christopher	Taylor	Male	Great Yarmouth Road Runners	M45	00:55:30	2044	217
2542	1659	Christopher	Gay	Male		M60	00:55:30	2045	65
2543	4551	Jonathan	Pett	Male		M50	00:55:31	2046	197
2544	3218	Ian	Fitchew	Male		M45	00:55:31	2047	218
2545	3369	Caroline	Flello	Female		F45	00:55:31	498	58
2546	2527	Katherine	Martin	Female		FO	00:55:31	499	310
2547	1682	Sarah	Oldham	Female		FO	00:55:32	500	311
2548	1145	Daniel	Craske	Male		MO	00:55:32	2048	1120
2549	2449	Richard	Moyse	Male		M50	00:55:32	2049	198
2550	3815	Darren	Burden	Male		M40	00:55:33	2050	301
2551	2617	William	Durrant	Male	Norwich Road Runners	M40	00:55:33	2051	302
2552	3908	Paul	Stephens	Male		M50	00:55:33	2052	199
2553	1667	Grace	Emmerson	Female		FO	00:55:33	501	312
2554	3403	Timothy	Waddell	Male		M40	00:55:34	2053	303
2555	2636	Judy	Crooks	Female		F60	00:55:34	502	12
2556	2598	Sean	Thompson	Male		MO	00:55:34	2054	1121
2557	4665	Ellen	Stolworthy	Female		FO	00:55:34	503	313
2558	2667	Maureen	Rumsby	Female		F45	00:55:35	504	59
2559	2219	Nick	Bradley	Male		MO	00:55:35	2055	1122
2560	3187	Stuart	Dewell	Male		M60	00:55:35	2056	66
2561	2834	Hayley	Hurst	Female	Lowestoft Road Runners	FO	00:55:36	505	314
2562	5205	Adelaide	Leeder	Female		F40	00:55:36	506	65
2563	2568	Chloe	Peek	Female		FO	00:55:37	507	315
2564	687	David	Wilson	Male		MO	00:55:37	2057	1123
2565	3866	Emily	Francis	Female		FO	00:55:37	508	316
2566	1489	Wendy	Burgess	Female		F45	00:55:37	509	60
2567	5755	Jasmine	Katie	Female		FO	00:55:37	510	317
2568	3118	Declan	Marks	Male		MO	00:55:38	2058	1124
2569	4713	Katie	Harvey	Female		FO	00:55:39	511	318
2570	1565	Nathan	May	Male		M40	00:55:39	2059	304
2571	2444	Geoffrey	Brown	Male	City Of Norwich AC	MO	00:55:39	2060	1125
2572	2745	Thomas	Rowley	Male		MO	00:55:39	2061	1126
2573	7864	Sagadai	Saravanavel	Male		M55	00:55:39	2062	113
2574	3283	Amy	Ribbans	Female		FO	00:55:40	512	319
2575	3626	Mark	Lambert	Male		M60	00:55:40	2063	67
2576	4554	Ian	Scales	Male		M60	00:55:40	2064	68
2577	3330	Nathan	Jones	Male		MO	00:55:41	2065	1127
2578	4293	Emma	Lunny	Female		F45	00:55:41	513	61
2579	4697	John	Crowley	Male		M50	00:55:41	2066	200
2580	2949	Louise	Rowe	Female		F40	00:55:41	514	66



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
2581	5721	Laura	Wing	Female	Dereham Runners & AC	FO	00:55:42	515	320
2582	3561	Joss	Berry	Female		FO	00:55:42	516	321
2583	4056	James	Broughton	Male		MO	00:55:42	2067	1128
2584	3635	Robert	Laws	Male		MO	00:55:43	2068	1129
2585	2872	Paul	Robbins	Male		M50	00:55:43	2069	201
2586	1947	Richard	Lain-smith	Male	Lonely Goat RC	M55	00:55:43	2070	114
2587	3080	Julian	Flatt	Male		M60	00:55:43	2071	69
2588	3750	Mark	Hawkes	Male		M45	00:55:44	2072	219
2589	2762	Steve	Lucas	Male		M50	00:55:44	2073	202
2590	6325	Shaun	Daly	Male		M60	00:55:44	2074	70
2591	4371	David	Price	Male	Great Yarmouth Road Runners	M40	00:55:44	2075	305
2592	1851	Matt	Downton	Male		MO	00:55:44	2076	1130
2593	4120	Antonio	Baiao	Male		M40	00:55:44	2077	306
2594	3001	Leon	Schulz	Male		M45	00:55:44	2078	220
2595	2835	Nick	Bayfield	Male		M55	00:55:44	2079	115
2596	2788	Keith	Moyse	Male	Norwich Road Runners	M55	00:55:45	2080	116
2597	3266	Craig	Walker	Male		MO	00:55:45	2081	1131
2598	2453	Mark	Bellamy	Male		MO	00:55:45	2082	1132
2599	2059	Andrew	Allen	Male		M50	00:55:45	2083	203
2600	2150	Laura	Allen	Female		F40	00:55:45	517	67
2601	2233	Michael	Strefford	Male	Waveney Valley AC	MO	00:55:46	2084	1133
2602	2573	Francesca	Self	Female		FO	00:55:46	518	322
2603	7360	Scott	Harmer	Male		M45	00:55:46	2085	221
2604	3198	Stacie	Mann	Female		FO	00:55:47	519	323
2605	3173	Peter	Holyer	Male		MO	00:55:47	2086	1134
2606	2530	Joanna	Keane	Female	Lonely Goat RC	FO	00:55:47	520	324
2607	6362	Rayne	Cockburn	Female		FO	00:55:48	521	325
2608	4588	Daniel	Jones	Male		M45	00:55:49	2087	222
2609	3504	Richard	Moss	Male		M60	00:55:49	2088	71
2610	6035	Sebastian	Marshall	Male		MO	00:55:49	2089	1135
2611	2147	Jasmine	Fisher	Female	Lonely Goat RC	FO	00:55:49	522	326
2612	3406	James	Lusher	Male		M40	00:55:49	2090	307
2613	5209	Neil	Rogers	Male		M60	00:55:49	2091	72
2614	4016	Mark	Poulton	Male		M60	00:55:49	2092	73
2615	4569	Jacob	Eyres	Male		MO	00:55:50	2093	1136
2616	3483	Melissa	Welton	Female	Lonely Goat RC	FO	00:55:50	523	327
2617	3295	Alison	Brister	Female		F55	00:55:50	524	19
2618	3188	Pete	Casson	Male		M55	00:55:50	2094	117
2619	3789	Horatio	Page	Male		MO	00:55:50	2095	1137
2620	7794	Camilla	Molinari	Female		FO	00:55:51	525	328
2621	3670	Ray	Knights	Male	Lonely Goat RC	M70	00:55:51	2096	11
2622	2674	Oliver	Pritchard	Male		M55	00:55:51	2097	118
2623	3102	Efren	Bendanillo	Male		M55	00:55:51	2098	119
2624	2641	Amy	Culham	Female		F40	00:55:51	526	68
2625	4069	James	Frary	Male		M45	00:55:52	2099	223
2626	4937	Jason	Matthews	Male	Lonely Goat RC	MO	00:55:52	2100	1138
2627	4105	Alex	Blake	Male		MO	00:55:52	2101	1139
2628	2561	Denis	Tuttle	Male		M65	00:55:52	2102	23
2629	2609	Edward	Wharton	Male		M55	00:55:52	2103	120
2630	3705	Matthew	Symons	Male		M40	00:55:52	2104	308
2631	2906	Harry	Ringer	Male	Tri-Anglia Triathlon Club	MO	00:55:52	2105	1140
2632	913	Peter	Keogh	Male		M45	00:55:53	2106	224
2633	4320	Alice	Wakeley	Female		FO	00:55:53	527	329
2634	5953	John	Cronin	Male		M50	00:55:53	2107	204
2635	2879	Jessie	Ma	Female		FO	00:55:53	528	330
2636	2115	Matthew	Smith	Male	Beccles & Bungay Harriers	M50	00:55:53	2108	205
2637	2936	Paul	Cushing	Male		M45	00:55:53	2109	225
2638	3135	David	Winch	Male		M55	00:55:54	2110	121
2639	3184	Hannah	Devine	Female		FO	00:55:54	529	331
2640	6247	Tom	Hall	Male		MO	00:55:54	2111	1141



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
2641	2078	Tony	Harrison	Male		M40	00:55:54	2112	309
2642	2134	Samuel	Smith	Male		MO	00:55:54	2113	1142
2643	6342	Sandra	Muench	Female		F40	00:55:55	530	69
2644	2960	Anna	Butcher	Female		F40	00:55:55	531	70
2645	3009	Rhiannon	Bond	Female		FO	00:55:55	532	332
2646	5212	Joshua	Huggard	Male		MO	00:55:55	2114	1143
2647	1895	Usmaan	Bahadur	Male		MO	00:55:56	2115	1144
2648	3416	Stephen	Cunningham	Male		M60	00:55:56	2116	74
2649	1881	Ben	Cudden	Male		MO	00:55:56	2117	1145
2650	2907	Joseph	Kendrick-eriksen	Male		MO	00:55:56	2118	1146
2651	3290	Thomas	Hawkins	Male		MO	00:55:57	2119	1147
2652	6844	Lauren	Briggs	Female		FO	00:55:57	533	333
2653	3913	Wenqi	Zhang	Female		FO	00:55:58	534	334
2654	2448	Ryan	Kellingray	Male		M40	00:55:58	2120	310
2655	3574	Bethany	Platten	Female		FO	00:55:58	535	335
2656	6283	Joanna	Knowles	Female		FO	00:55:58	536	336
2657	4211	Connie	Staff	Female		FO	00:55:58	537	337
2658	4778	Kevin	Dodge	Male		MO	00:55:58	2121	1148
2659	3655	Ian	Davison	Male		M55	00:55:58	2122	122
2660	2560	Chloe	Webster	Female	Norwich Road Runners	FO	00:55:58	538	338
2661	2829	Andrew	Loveday	Male		MO	00:55:59	2123	1149
2662	2001	Lucy	Richardson	Female	Norwich Road Runners	FO	00:55:59	539	339
2663	1479	David	Hender	Male		M45	00:55:59	2124	226
2664	6378	Oliver	Hawksley	Male		MO	00:55:59	2125	1150
2665	1939	Paul	Johnson	Male		M55	00:56:00	2126	123
2666	4058	Andrew	Steed	Male	Norwich Road Runners	M55	00:56:00	2127	124
2667	2521	Christie	Williamson	Female	Norwich Road Runners	FO	00:56:01	540	340
2668	2875	Jason	Chiumiento	Male		MO	00:56:01	2128	1151
2669	2580	Caroline	Nunn	Female		F55	00:56:02	541	20
2670	2205	Jay	Elles	Male		MO	00:56:02	2129	1152
2671	2164	Jessica	Swain	Female		FO	00:56:02	542	341
2672	2534	Stuart	Oxborough	Male		MO	00:56:02	2130	1153
2673	981	Joel	Shippey	Male		M40	00:56:03	2131	311
2674	3169	Jemma	Hardy-goddard	Female		FO	00:56:03	543	342
2675	3045	Christopher	Waterfield	Male		MO	00:56:03	2132	1154
2676	4666	Nina	Brown	Female		F50	00:56:03	544	34
2677	6364	Diana	Gomez De La Cruz	Female		FO	00:56:04	545	343
2678	5206	Sharna	Tate	Female		FO	00:56:04	546	344
2679	5936	Simon	Gibbs	Male		M45	00:56:04	2133	227
2680	2528	Fiona	Searson	Female		F50	00:56:04	547	35
2681	3120	Alison	Fiddy	Female		F55	00:56:05	548	21
2682	8784	Tina	Nairn	Female		F45	00:56:05	549	62
2683	3363	Peter	Thomas	Male		M55	00:56:06	2134	125
2684	5647	Paul	Young	Male		M45	00:56:06	2135	228
2685	3632	Ellie	Denny	Female		FO	00:56:06	550	345
2686	4384	Jordan	Smith	Male		MO	00:56:06	2136	1155
2687	2629	Ian	Morland	Male	Aylsham Runners	M55	00:56:07	2137	126
2688	2382	Karl	Brady	Male	Waveney Valley AC	M60	00:56:07	2138	75
2689	2505	Sam	Emmerson	Male		MO	00:56:08	2139	1156
2690	4452	Jake	Weight	Male		MO	00:56:09	2140	1157
2691	3892	David	Green	Male		M50	00:56:09	2141	206
2692	2877	Sarah	Whiting	Female		F45	00:56:09	551	63
2693	1371	Toby	Moy	Male		MO	00:56:10	2142	1158
2694	3933	Adrian	Carlton	Male		M60	00:56:10	2143	76
2695	5760	William	Cason	Male		MO	00:56:11	2144	1159
2696	2786	Ajay	Jadhav	Male		MO	00:56:11	2145	1160
2697	2672	Michaela	Larter	Female		FO	00:56:11	552	346
2698	8305	Thomas	Miller	Male		MO	00:56:11	2146	1161
2699	4106	Ben	Sayer	Male		MO	00:56:11	2147	1162
2700	3338	Daniel	Lorne	Male	Lonely Goat RC	M40	00:56:12	2148	312



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
2701	1646	Daren	Harvey-cole	Male	Lonely Goat RC	M50	00:56:12	2149	207
2702	3122	Alan	Dean	Male		M65	00:56:12	2150	24
2703	6600	Linda	Crouch	Female		F55	00:56:12	553	22
2704	2682	Philippa	Rudd	Female		F60	00:56:13	554	13
2705	3069	Katie	Loftus	Female		FO	00:56:14	555	347
2706	2951	Richard	Ossitt	Male	Tri-Anglia Triathlon Club	MO	00:56:14	2151	1163
2707	3074	Joni	Lambert	Female		F40	00:56:15	556	71
2708	3324	Anya	Farrow	Female		FO	00:56:15	557	348
2709	1831	Stuart	Ellis	Male		MO	00:56:15	2152	1164
2710	3500	Lucy	Bendall	Female		F40	00:56:15	558	72
2711	3899	Tom	Carter	Male	Norwich Road Runners	M40	00:56:15	2153	313
2712	4774	Charles	Wright	Male		M50	00:56:15	2154	208
2713	3841	Eve	Staton	Female		FO	00:56:15	559	349
2714	2637	Jack	Mahoney	Male		MO	00:56:17	2155	1165
2715	4526	Samantha	Tapp	Female		F55	00:56:17	560	23
2716	3143	Amy	Castleton-white	Female	Norwich Road Runners	FO	00:56:17	561	350
2717	4764	Aaron	Hague	Male		MO	00:56:17	2156	1166
2718	3481	Tim	Jones	Male		M50	00:56:17	2157	209
2719	4131	Adam	French	Male		MO	00:56:17	2158	1167
2720	2149	Katie	Lofty	Female		FO	00:56:17	562	351
2721	1292	Lee	Bartlett	Male	Norwich Road Runners	MO	00:56:17	2159	1168
2722	3365	Donna	Goddard	Female		F45	00:56:18	563	64
2723	3115	Claire	Green	Female		F45	00:56:18	564	65
2724	3475	Carla	Sutherland	Female		F45	00:56:18	565	66
2725	5542	Matt	Percival	Male		MO	00:56:18	2160	1169
2726	3912	Liam	Reeve	Male	Norwich Road Runners	MO	00:56:19	2161	1170
2727	2607	Matt	Stevens	Male		M55	00:56:19	2162	127
2728	3791	Benjamin	Robinson	Male		M40	00:56:19	2163	314
2729	4209	Suzanne	Nurse	Female		F45	00:56:20	566	67
2730	2821	Antony	Bellingall	Male		M45	00:56:20	2164	229
2731	3422	Steven	Marshall	Male	Norwich Road Runners	M40	00:56:20	2165	315
2732	3211	Mark	Fuller	Male		M50	00:56:20	2166	210
2733	3709	Caitlin	Roberts	Female		FO	00:56:20	567	352
2734	4421	Alexander	Lothian	Male		MO	00:56:20	2167	1171
2735	1129	Deborah	Blackwell	Female		F40	00:56:20	568	73
2736	3689	Tom	Roberts	Male	Lonely Goat RC	MO	00:56:21	2168	1172
2737	3039	Sian	Tinkler	Female		FO	00:56:21	569	353
2738	4301	Daniel	Warford	Male		M45	00:56:22	2169	230
2739	3882	Ian	Barker	Male		M55	00:56:22	2170	128
2740	4404	Karl	Ottolanguì	Male		M45	00:56:23	2171	231
2741	8270	Daniel	Fowler	Male	Lonely Goat RC	MO	00:56:23	2172	1173
2742	5211	Jed	Saunders	Male		MO	00:56:23	2173	1174
2743	5864	Mark	Donders	Male		M40	00:56:23	2174	316
2744	6110	Angela	Veal	Female		F40	00:56:24	570	74
2745	3583	Kerry	Thomas	Female		F45	00:56:24	571	68
2746	5217	Christian	Amos	Male	Lonely Goat RC	M50	00:56:25	2175	211
2747	2901	Anna	Hughes	Female		FO	00:56:25	572	354
2748	1357	Andy	Blackman	Male		MO	00:56:25	2176	1175
2749	3994	Tom	Musgrove	Male		MO	00:56:25	2177	1176
2750	2290	Jon	Clarke	Male		MO	00:56:25	2178	1177
2751	3123	Ben	Hawkes	Male	Lonely Goat RC	MO	00:56:25	2179	1178
2752	3405	Jonathan	Brighton	Male		M40	00:56:26	2180	317
2753	4116	Chris	Swanston	Male		MO	00:56:27	2181	1179
2754	5020	Alistair	Blankley	Male		MO	00:56:27	2182	1180
2755	1388	Paul	Davis	Male		M45	00:56:27	2183	232
2756	4519	Leon	Nutman	Male	Lonely Goat RC	M45	00:56:27	2184	233
2757	4798	Matthew	Butcher	Male		M40	00:56:27	2185	318
2758	4329	Lucy	Hughes	Female		FO	00:56:27	573	355
2759	2478	Lizzy	Cantwell	Female		F40	00:56:27	574	75
2760	4843	Veronica	Slade	Female		FO	00:56:27	575	356



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
2761	4284	Karen	Terry	Female	Wymondham AC	F50	00:56:27	576	36
2762	2638	Nigel	Bradley	Male		M60	00:56:27	2186	77
2763	3027	Martin	Taylor	Male		M45	00:56:28	2187	234
2764	5806	Stefan	Galasky	Male		MO	00:56:28	2188	1181
2765	8693	Neil	Thomas	Male		M55	00:56:28	2189	129
2766	8089	Zac	Burchinshaw	Male		MO	00:56:28	2190	1182
2767	3017	Natalia	Zielonka	Female		FO	00:56:28	577	357
2768	6462	David	Male	Male		M60	00:56:28	2191	78
2769	7657	Jason	Palmer	Male		M40	00:56:29	2192	319
2770	2820	Jonathan	Keymer	Male		M40	00:56:29	2193	320
2771	5639	Rejane	Hammond	Female	Bungay Black Dog RC	F45	00:56:29	578	69
2772	3016	Chris	Hartley	Male		M40	00:56:29	2194	321
2773	4525	Andrew	Smith	Male		M55	00:56:29	2195	130
2774	2544	Chris	Mahoney	Male		M50	00:56:29	2196	212
2775	5456	Rachel	Harvey	Female		FO	00:56:29	579	358
2776	2109	Gary	Melton	Male		M45	00:56:30	2197	235
2777	5972	Lynn	Cook	Female		F55	00:56:30	580	24
2778	2618	Samantha	Barry	Female		F50	00:56:30	581	37
2779	2213	Mark	Regan	Male		M55	00:56:31	2198	131
2780	2516	Robert	Whalen	Male		MO	00:56:31	2199	1183
2781	3065	Kevin	Dwyer	Male	Wymondham AC	M55	00:56:31	2200	132
2782	4288	Michael	Bullimore	Male		MO	00:56:31	2201	1184
2783	4005	Elise	Aho	Female		F45	00:56:31	582	70
2784	3991	George	Gorrod	Male		MO	00:56:31	2202	1185
2785	4922	Sarah	Robertson	Female		FO	00:56:33	583	359
2786	5118	Sophie	Hudson	Female		F55	00:56:33	584	25
2787	3081	Rebecca	Harris	Female		F50	00:56:33	585	38
2788	3786	Simone	Stolworthy	Female		F50	00:56:33	586	39
2789	5471	Nicola	Kaye	Female		F50	00:56:34	587	40
2790	4621	Stephen	Larke-mejia	Male	Norfolk Gazelles AC	MO	00:56:35	2203	1186
2791	4790	Simon	Boyd	Male		M40	00:56:35	2204	322
2792	3977	Sarah	Newport	Female		FO	00:56:35	588	360
2793	7146	Marc	Hagelsteens	Male		M50	00:56:35	2205	213
2794	2669	Dimitri	K	Male		M40	00:56:35	2206	323
2795	4129	Amber	Robson	Female		FO	00:56:35	589	361
2796	4226	Hannah	Miller	Female		FO	00:56:35	590	362
2797	2222	Chris	Jackson	Male		MO	00:56:36	2207	1187
2798	3415	Henry	Howe	Male		MO	00:56:37	2208	1188
2799	3926	Callum	Hartley	Male		MO	00:56:37	2209	1189
2800	4263	Andrew	Hopkins	Male		M55	00:56:38	2210	133
2801	4669	Benjamin	Reed	Male		MO	00:56:38	2211	1190
2802	6609	Ross	Adams	Male		M45	00:56:38	2212	236
2803	3041	Pawel	Lukaszewicz	Male		M40	00:56:38	2213	324
2804	2316	Ethan	Pope	Male		MO	00:56:39	2214	1191
2805	4089	Matthew	Buller	Male		MO	00:56:40	2215	1192
2806	3813	Deirdre	Linehan	Female		F60	00:56:40	591	14
2807	4018	Alistair	Wardale	Male		M65	00:56:40	2216	25
2808	2893	Simon	Fitch	Male		M50	00:56:40	2217	214
2809	3247	Tom	Skoyles	Male		MO	00:56:40	2218	1193
2810	3342	Leo	Kellock	Male		MO	00:56:41	2219	1194
2811	2652	Laura	Black	Female		F40	00:56:41	592	76
2812	2934	Tony	Burch	Male		MO	00:56:41	2220	1195
2813	4362	Gary	Collins	Male		M45	00:56:42	2221	237
2814	2926	Tom	Parker	Male		MO	00:56:42	2222	1196
2815	3425	Darren	Abbott-wells	Male		MO	00:56:42	2223	1197
2816	5800	Emil	Armas	Male		M40	00:56:42	2224	325
2817	3759	Leanne	Brandling-harris	Female		F40	00:56:43	593	77
2818	2595	Chris	Gramlick	Male		MO	00:56:43	2225	1198
2819	5030	Andy	Rea	Male		MO	00:56:43	2226	1199
2820	1609	Michael	Annakin	Male		M40	00:56:43	2227	326



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
2821	6674	Max	Rumsey	Male		MO	00:56:43	2228	1200
2822	4073	Rachel	Ryan	Female		FO	00:56:43	594	363
2823	2405	Luke	Farrow	Male		MO	00:56:43	2229	1201
2824	1688	Matthew	Jermy	Male		M45	00:56:43	2230	238
2825	3790	Rosie	Buxton	Female		F40	00:56:44	595	78
2826	4741	Dave	Sutton	Male		M40	00:56:44	2231	327
2827	2221	Simon	Coleman	Male		M50	00:56:45	2232	215
2828	2272	Gareth	Williams	Male		M45	00:56:45	2233	239
2829	3530	Morgan	Newstead	Male		MO	00:56:45	2234	1202
2830	4305	Scott	Maryan	Male		M50	00:56:45	2235	216
2831	2729	Sam	Aylmer	Male		MO	00:56:45	2236	1203
2832	3018	Jonathan	Coltman	Male		M40	00:56:45	2237	328
2833	2399	Stuart	Baldry	Male		M40	00:56:46	2238	329
2834	4247	Shaun	Walton	Male		M50	00:56:46	2239	217
2835	4824	Charlotte	Fisher	Female		FO	00:56:47	596	364
2836	3279	Kirsty	Johnstone	Female	Barnet & District AC	F60	00:56:47	597	15
2837	5370	Gemma	Bond	Female		FO	00:56:48	598	365
2838	3675	Lydia	Chwarszczynski	Female	Thetford AC	FO	00:56:48	599	366
2839	37	Chris	Merrylees	Male	North Norfolk Beach Runners	M45	00:56:48	2240	240
2840	3923	Karen	Burgess	Female		F55	00:56:49	600	26
2841	3214	Laura	Bullimore	Female		F40	00:56:49	601	79
2842	2717	Matthew	Bethell	Male		MO	00:56:49	2241	1204
2843	1317	Carl	Shipee	Male		MO	00:56:49	2242	1205
2844	878	Ben	Bethell	Male		M45	00:56:49	2243	241
2845	4079	James	Simmonds	Male		M45	00:56:49	2244	242
2846	3051	Chris	Goldsmith	Male		MO	00:56:50	2245	1206
2847	3148	James	Whitaker	Male		MO	00:56:50	2246	1207
2848	2265	James	Goodman	Male		MO	00:56:50	2247	1208
2849	3541	Kelly	Powis	Female		FO	00:56:50	602	367
2850	4661	Mike	Stolworthy	Male		MO	00:56:50	2248	1209
2851	1903	Luke	Shacklock	Male		MO	00:56:51	2249	1210
2852	5844	Owen	Benton	Male		M45	00:56:51	2250	243
2853	5633	Calum	Burke	Male		MO	00:56:52	2251	1211
2854	2980	Jakob	Eldridge	Male		MO	00:56:52	2252	1212
2855	5763	Adam	Gibbs	Male		MO	00:56:52	2253	1213
2856	3824	Sarah	Fish	Female		FO	00:56:53	603	368
2857	2697	Jodhie	Mccourt	Female		FO	00:56:53	604	369
2858	4086	Kevin	Dade	Male		M45	00:56:53	2254	244
2859	2734	Darren	Kent	Male		M40	00:56:53	2255	330
2860	3418	David	Brudnell	Male		M45	00:56:53	2256	245
2861	2739	Laura	Hagen	Female		F40	00:56:53	605	80
2862	2113	Zoe	Colley	Female		FO	00:56:53	606	370
2863	3970	Peter	Forster	Male	Harleston Running Club	M45	00:56:53	2257	246
2864	3127	Kevin	Willoughby	Male		M55	00:56:54	2258	134
2865	3881	John	Grange	Male		M60	00:56:54	2259	79
2866	3361	Jane	Middleton	Female		F55	00:56:54	607	27
2867	5345	Mark	Godfrey	Male		M60	00:56:55	2260	80
2868	3366	Lian	Penson	Female	Wymondham AC	F40	00:56:55	608	81
2869	1481	Amy	Fulcher	Female	Coltishall Jaguars RC	F40	00:56:56	609	82
2870	2593	Kimberley	Powles	Female	Wymondham AC	F40	00:56:56	610	83
2871	3877	Geoffrey	Curran	Male		M65	00:56:56	2261	26
2872	3663	Joanne	Dewhurst	Female		F45	00:56:56	611	71
2873	2261	Santino	Piccoli	Male		MO	00:56:56	2262	1214
2874	5713	Lucy	Tilbrook	Female		FO	00:56:56	612	371
2875	2775	Jose	Tarouca	Male		MO	00:56:57	2263	1215
2876	1011	Alan	Doggett	Male		M50	00:56:57	2264	218
2877	3930	James	Tarling	Male		M45	00:56:57	2265	247
2878	4803	Lauren	Oliver	Female		FO	00:56:57	613	372
2879	2798	Andrew	Nelson	Male		M45	00:56:58	2266	248
2880	5405	Jane	Mcgarrell	Female		F50	00:56:58	614	41



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
2881	6929	Ben	Dewhurst	Male	City Of Norwich AC	M45	00:56:58	2267	249
2882	2812	Bronwen	Nelson	Female		FO	00:56:58	615	373
2883	1648	Nick	Mackenzie	Male		MO	00:56:58	2268	1216
2884	2970	Louise	Smith	Female		F40	00:56:58	616	84
2885	2645	Julie	Price	Female		F60	00:56:59	617	16
2886	5502	Maxwell	Jones	Male		MO	00:57:00	2269	1217
2887	2634	Sam	Clark	Male		MO	00:57:00	2270	1218
2888	3742	Richard	Waterfield	Male		M60	00:57:00	2271	81
2889	3901	Charlotte	Mcgarrell	Female		FO	00:57:00	618	374
2890	6892	Phil	Coates	Male		M45	00:57:00	2272	250
2891	3271	Alastair	Codling	Male	MO	00:57:00	2273	1219	
2892	5363	Dan	Gill	Male	M40	00:57:00	2274	331	
2893	3630	Jessica	Pye	Female	FO	00:57:01	619	375	
2894	5764	Hannah	Rawsthorne	Female	FO	00:57:01	620	376	
2895	7388	Finlay	Vincent	Male	MO	00:57:01	2275	1220	
2896	4084	Russ	Evans	Male	M50	00:57:01	2276	219	
2897	5220	Abbie	Lawler	Female	FO	00:57:01	621	377	
2898	1007	Charlie	Vogwill	Male	MO	00:57:02	2277	1221	
2899	3722	Giles	Kerkham	Male	Norwich Road Runners	M55	00:57:02	2278	135
2900	4140	Sarah	Lister	Female	MY CLUB IS NOT LISTED	F45	00:57:02	622	72
2901	3258	Ken	Ward	Male	Harleston Running Club	M60	00:57:03	2279	82
2902	4169	Hope	Middleton	Female	Great Yarmouth Road Runners	FO	00:57:03	623	378
2903	3738	Amber	Harvey	Female		FO	00:57:03	624	379
2904	4335	Emma	Sharples	Female		F40	00:57:03	625	85
2905	1222	Lee	Harvey	Male	Great Yarmouth Road Runners	M55	00:57:04	2280	136
2906	5860	Hannah	Varley	Female	FO	00:57:04	626	380	
2907	3516	Stuart	Rogers	Male	M65	00:57:04	2281	27	
2908	4915	Jack	Casey	Male	M40	00:57:04	2282	332	
2909	6444	Huw	Roberts	Male	MO	00:57:04	2283	1222	
2910	2574	Kimberley	Ashdown	Female	FO	00:57:05	627	381	
2911	2776	Mark	Grover	Male	M55	00:57:05	2284	137	
2912	3278	Douglas	Watson	Male	M45	00:57:05	2285	251	
2913	2777	Stuart	Grimsey	Male	M50	00:57:05	2286	220	
2914	737	Louis	Bond	Male	Norwich Road Runners	MO	00:57:06	2287	1223
2915	4629	James	Mckellar	Male	MO	00:57:06	2288	1224	
2916	2709	Neil	Mcdonald	Male	M50	00:57:06	2289	221	
2917	2796	Robert	Hemmens	Male	M55	00:57:07	2290	138	
2918	4515	Matthew	Balls	Male	MO	00:57:07	2291	1225	
2919	3909	Richard	Herrmann	Male	M45	00:57:07	2292	252	
2920	2920	Sarah	Steel	Female	F60	00:57:07	628	17	
2921	5939	Shannon	Kimber-smith	Female	FO	00:57:07	629	382	
2922	2249	Christian	Harding	Male	MO	00:57:08	2293	1226	
2923	5052	Lisa Marie	Kiddell	Female	F45	00:57:08	630	73	
2924	4075	Michael	Gilbert	Male	MO	00:57:08	2294	1227	
2925	727	Joe	Gilbert	Male	MO	00:57:08	2295	1228	
2926	3507	Dr Navin Kumar	Ghosh	Male	M40	00:57:08	2296	333	
2927	2673	Elizabeth	Taylor	Female	F45	00:57:09	631	74	
2928	5598	Roy	Brown	Male	Great Yarmouth Road Runners	M65	00:57:09	2297	28
2929	419	Jason	Beeton	Male	Thetford AC	M40	00:57:09	2298	334
2930	5148	Lisa	Garrand	Female	Newmarket Joggers	FO	00:57:09	632	383
2931	2104	Nick	Saunders	Male	MO	00:57:09	2299	1229	
2932	3659	Steven	Andrews	Male	M45	00:57:09	2300	253	
2933	4206	Denise	Mortimer	Female	Lonely Goat RC	F50	00:57:09	633	42
2934	3604	Rachel	Woodier	Female	F55	00:57:09	634	28	
2935	4823	Wayne	Hallam	Male	M50	00:57:10	2301	222	
2936	3049	Rebecca	Hicks	Female	FO	00:57:10	635	384	
2937	5506	Sarah	Lenton	Female	FO	00:57:10	636	385	
2938	2469	Katie	Falvey	Female	FO	00:57:10	637	386	
2939	8373	James	Bareham	Male	MO	00:57:10	2302	1230	
2940	4759	Edgars	Petersons	Male	MO	00:57:11	2303	1231	



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
2941	5089	Helen	Atkinson	Female	Lonely Goat RC	F45	00:57:11	638	75
2942	2324	Matt	Hawkes	Male		MO	00:57:11	2304	1232
2943	2707	Simon	Hilburn	Male		MO	00:57:11	2305	1233
2944	5397	Danielle	Cooper	Female		FO	00:57:12	639	387
2945	4604	Kimberley	Robinson	Female		FO	00:57:12	640	388
2946	4558	Florence	Jones	Female		FO	00:57:12	641	389
2947	2579	Neil	Clark	Male		M50	00:57:12	2306	223
2948	3476	Peter	Harcourt	Male		M60	00:57:12	2307	83
2949	6746	Hudson	Smith	Male		MO	00:57:12	2308	1234
2950	5558	Laisve	Vibane	Female		FO	00:57:12	642	390
2951	6578	Alison	Maguire	Female	Wymondham AC	F40	00:57:13	643	86
2952	3712	Mark	Whiting	Male		M60	00:57:13	2309	84
2953	4283	Mark	Peel	Male		M45	00:57:13	2310	254
2954	3281	Nicky	Morley	Female		FO	00:57:13	644	391
2955	4606	Jonathan	Boucher	Male		M40	00:57:14	2311	335
2956	2943	Jo	Ruggles	Female		F40	00:57:14	645	87
2957	2473	Caroline	Pocock	Female		F40	00:57:14	646	88
2958	4726	Jimmy	Dale	Male		M45	00:57:14	2312	255
2959	5429	Rebecca	Tovell	Female		FO	00:57:15	647	392
2960	3902	Daisy	Smith	Female		FO	00:57:15	648	393
2961	3362	Paul	Dunn	Male	Norwich Road Runners	M50	00:57:15	2313	224
2962	3349	Chris	Grogan	Male		MO	00:57:15	2314	1235
2963	2967	Lauren	Basham	Female		FO	00:57:15	649	394
2964	3649	Sophie	Kendall	Female		FO	00:57:16	650	395
2965	4076	Dominic	Bill	Male		MO	00:57:16	2315	1236
2966	2046	Abigail	Walsgrove	Female		F45	00:57:17	651	76
2967	1053	Rob	Brightwell	Male		M45	00:57:17	2316	256
2968	2274	Anta Sharon	Soris	Male		MO	00:57:17	2317	1237
2969	3990	Warren	Hughes	Male		MO	00:57:17	2318	1238
2970	2384	Jordan	Bacon	Male		MO	00:57:18	2319	1239
2971	3811	Joanne	Bates	Female	Reepham Runners	F50	00:57:18	652	43
2972	4967	Susannah	Edwards	Female		FO	00:57:18	653	396
2973	1359	Scott	Steward-smith	Male		MO	00:57:19	2320	1240
2974	5922	Kay	Cresswell	Female		F55	00:57:19	654	29
2975	2868	Tom	Dickerson	Male		MO	00:57:20	2321	1241
2976	3868	Lisa	Burnett	Female		FO	00:57:20	655	397
2977	2792	Tim	Buttifant	Male		MO	00:57:20	2322	1242
2978	2189	Joanna	Nettleton	Female		F40	00:57:21	656	89
2979	3048	Jourdan	Palmer	Male		MO	00:57:21	2323	1243
2980	2228	Neil	Burrage	Male		M50	00:57:21	2324	225
2981	3309	Suzanne	Beavis	Female	Norwich Road Runners	F60	00:57:21	657	18
2982	3610	Oliver	Duval	Male		M50	00:57:21	2325	226
2983	3040	Steven	Miller	Male		M50	00:57:21	2326	227
2984	3420	Eddie	Lamb	Male		MO	00:57:22	2327	1244
2985	3101	Darren	Hopkins	Male		M55	00:57:22	2328	139
2986	2155	Greg	Mills	Male		M65	00:57:22	2329	29
2987	3719	Nicky	Shreeve	Female		FO	00:57:22	658	398
2988	7413	Pip	Peruzzi	Male		MO	00:57:22	2330	1245
2989	1955	Stuart	Brewer	Male		MO	00:57:22	2331	1246
2990	8192	Reece	Bush	Male		MO	00:57:23	2332	1247
2991	4241	Sammy-jo	Edwards	Female	Dereham Runners & AC	FO	00:57:23	659	399
2992	1744	Mark	Timm	Male		M40	00:57:23	2333	336
2993	3801	Matthew	Peek	Male		M55	00:57:23	2334	140
2994	2599	Tony	Millett	Male		M70	00:57:23	2335	12
2995	3424	Eloise	Thallon	Female		FO	00:57:23	660	400
2996	3570	Liz	Jones	Female		F45	00:57:24	661	77
2997	3736	Dawn	Protheroe	Female		F50	00:57:24	662	44
2998	4167	Victoria	Chadwick	Female		FO	00:57:24	663	401
2999	4897	Jenni	Mey	Female		FO	00:57:24	664	402
3000	2254	Ben	Warrent	Male		MO	00:57:24	2336	1248



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
3001	3484	Xiaoxu	Huang	Male		MO	00:57:24	2337	1249
3002	1630	Eric	Payne	Male		MO	00:57:25	2338	1250
3003	4136	Eleanor	Watson	Female		FO	00:57:26	665	403
3004	1417	Anthony	Gravestock	Male		M40	00:57:26	2339	337
3005	4314	Cristina	Flores	Female		FO	00:57:26	666	404
3006	3898	Sophie	Sayer	Female		FO	00:57:26	667	405
3007	5798	Alexandre	Alloro	Male		MO	00:57:26	2340	1251
3008	3255	Stu	Mattless	Male		M50	00:57:27	2341	228
3009	3958	Anna	Daniels	Female		F45	00:57:27	668	78
3010	4643	Leila	Mckenna	Female		F55	00:57:28	669	30
3011	6002	Lauren	Charles	Female		FO	00:57:28	670	406
3012	3567	Stuart	Andrews	Male		M45	00:57:28	2342	257
3013	1915	Ian	Mclean	Male		M60	00:57:28	2343	85
3014	5866	Kelly	Webb	Female		FO	00:57:28	671	407
3015	2513	Isobel	Holroyd	Female	North Norfolk Beach Runners	FO	00:57:28	672	408
3016	3798	James	Ashpole	Male		MO	00:57:29	2344	1252
3017	5600	Tom	Colman	Male		M40	00:57:30	2345	338
3018	1056	Calum	Webb	Male		MO	00:57:30	2346	1253
3019	3156	Chi Kin	Chiu	Male		M55	00:57:30	2347	141
3020	3679	Odette	Goldsmith	Female	Waveney Valley AC	F55	00:57:30	673	31
3021	5142	Kirsty	Ponder	Female		FO	00:57:30	674	409
3022	3469	Louis	Moyse	Male		MO	00:57:31	2348	1254
3023	3999	Peter	Buxton	Male	Great Yarmouth & District AC	M55	00:57:31	2349	142
3024	6077	Gary	Asker	Male		M55	00:57:31	2350	143
3025	4466	David	Ward	Male		MO	00:57:32	2351	1255
3026	2141	Stefan	Arsene	Male		M40	00:57:32	2352	339
3027	2291	Duncan	Yuile	Male		M50	00:57:32	2353	229
3028	2188	Lily	Metcalfe	Female		FO	00:57:32	675	410
3029	5173	Lindsey	Boagey	Female		FO	00:57:33	676	411
3030	5165	Luke	Wrycraft	Male		MO	00:57:33	2354	1256
3031	499	Chris	Baker	Male	Aylsham Runners	MO	00:57:33	2355	1257
3032	3193	Dianne	Bird	Female	Aylsham Runners	F60	00:57:34	677	19
3033	3377	Jacob	Stevenson	Male		MO	00:57:34	2356	1258
3034	6043	Susan	Lines	Female		F40	00:57:34	678	90
3035	4245	Paul	Drake	Male	Tickhill Running & Athletic Club	M60	00:57:35	2357	86
3036	3743	Lewis	Tubby	Male		MO	00:57:35	2358	1259
3037	3335	Steve	Batt	Male		MO	00:57:35	2359	1260
3038	3392	James	Ingham	Male		MO	00:57:35	2360	1261
3039	6875	Anne	Nash	Female		F55	00:57:35	679	32
3040	4117	Sophie	Rice	Female		FO	00:57:35	680	412
3041	2002	Daniel	Bullion	Male		MO	00:57:35	2361	1262
3042	4035	Bethany	Crisp	Female		FO	00:57:35	681	413
3043	3920	Sharon	Bracey	Female		F50	00:57:36	682	45
3044	5825	Tim	Brown	Male		M45	00:57:36	2362	258
3045	4797	Hannah	Taylor	Female		FO	00:57:36	683	414
3046	6864	Julie	Madle	Female		F60	00:57:36	684	20
3047	1012	Keith	Walpole	Male	Lonely Goat RC	M50	00:57:36	2363	230
3048	5216	Guy	Culpin	Male		M40	00:57:37	2364	340
3049	578	Stephen	Alger	Male		M40	00:57:37	2365	341
3050	2065	Gwen	O'hara	Female		F40	00:57:37	685	91
3051	3230	Luke	Seaman	Male		MO	00:57:37	2366	1263
3052	5381	Jonathan	Leacock	Male		MO	00:57:37	2367	1264
3053	5594	Michael	Derby	Male		M55	00:57:37	2368	144
3054	4309	Krystian	Okupniak	Male		M45	00:57:37	2369	259
3055	7020	Molly	Navey	Female		FO	00:57:37	686	415
3056	4447	Dawn	Gibson	Female		F45	00:57:37	687	79
3057	4064	Kevin	Lines	Male		M50	00:57:37	2370	231
3058	402	Mathew	Green	Male	Vegan Runners UK	M40	00:57:37	2371	342
3059	4003	Charles	Forsdick	Male		M55	00:57:38	2372	145
3060	2754	Elizabeth	Connors	Female		FO	00:57:38	688	416



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
3061	3983	Jake	Luff	Male	Norwich Road Runners	MO	00:57:38	2373	1265
3062	5487	Adam	Jones	Male		MO	00:57:38	2374	1266
3063	6546	Philippa	Stebbing	Female		FO	00:57:39	689	417
3064	4191	Debbie	Nevard	Female		F45	00:57:39	690	80
3065	576	Adam	Smith	Male		M40	00:57:39	2375	343
3066	4758	Kelsey	Redpath	Female		FO	00:57:39	691	418
3067	3708	Edie	Wright	Female		FO	00:57:39	692	419
3068	3837	Ian	Linnett	Male	Human Energy AC	M50	00:57:39	2376	232
3069	2572	Mike	Ng	Male		M50	00:57:40	2377	233
3070	4890	David	Lawrence	Male		M65	00:57:40	2378	30
3071	6450	Anne	Kavanagh	Female		FO	00:57:40	693	420
3072	3721	Aaron	Marche	Male		MO	00:57:41	2379	1267
3073	3210	Nicky	Roper	Female		F50	00:57:42	694	46
3074	4257	Toni	Hardiman	Female	Framlingham Flyers	F55	00:57:43	695	33
3075	4473	Freya	Mccurdy-kenny	Female		FO	00:57:43	696	421
3076	7956	Claude	Perkins	Male		MO	00:57:43	2380	1268
3077	1487	Cathy	Forth	Female		F50	00:57:43	697	47
3078	5028	Abigail	Coates	Female		FO	00:57:44	698	422
3079	4409	Paolo	Di Pasqua	Male		MO	00:57:44	2381	1269
3080	3206	Laura	Shepperson	Female	Aylsham Runners	FO	00:57:44	699	423
3081	5881	Mason	Boddy	Male		MO	00:57:44	2382	1270
3082	5569	Denise	Gage	Female		F45	00:57:44	700	81
3083	2263	Kimberly	Carter	Female		F40	00:57:44	701	92
3084	2182	Leanne	Botwright	Female		FO	00:57:44	702	424
3085	4432	Ryan	Mcdonagh	Male		MO	00:57:45	2383	1271
3086	5390	Jemma	Marchant	Female		F40	00:57:45	703	93
3087	3581	Leon	Carrara	Male	City Of Norwich AC	M60	00:57:45	2384	87
3088	3973	Nadine	Bunn	Female		F40	00:57:46	704	94
3089	1520	Navanath	Walunj	Male		MO	00:57:46	2385	1272
3090	3749	Darren	David	Male		M50	00:57:46	2386	234
3091	559	Lloyd	Quinton	Male		MO	00:57:46	2387	1273
3092	4311	Ruth	Cooper	Female		F50	00:57:47	705	48
3093	1148	Philip	Websdale	Male	Dereham Runners & AC	M50	00:57:47	2388	235
3094	842	Natisha	Ramsbottom	Female		FO	00:57:47	706	425
3095	4791	Florence	Shippey	Female		FO	00:57:47	707	426
3096	3502	Emilie	Clarke	Female		FO	00:57:47	708	427
3097	7578	Georgina	Newman	Female		FO	00:57:47	709	428
3098	6379	Mark	Taylor	Male		M60	00:57:47	2389	88
3099	3697	Emily	Green	Female		FO	00:57:47	710	429
3100	2714	Garry	Ward	Male	Great Bentley Running Club	M70	00:57:47	2390	13
3101	3863	Trevor	Burton	Male		M60	00:57:48	2391	89
3102	4600	Narman	Puvanachandra	Male		M45	00:57:48	2392	260
3103	2996	James	O'grady	Male		M45	00:57:48	2393	261
3104	3182	Elisabeth	Peck	Female		F45	00:57:48	711	82
3105	3166	Theodore	Jones	Male		MO	00:57:48	2394	1274
3106	3142	Keith	Yaxley	Male		M50	00:57:49	2395	236
3107	2810	Hanna	Goodwin	Female	Runners-Next-the-Sea	FO	00:57:49	712	430
3108	4201	Theo	Elliott	Male		MO	00:57:49	2396	1275
3109	3804	Simon	Carroll	Male		M60	00:57:49	2397	90
3110	5090	Andrew	Scott	Male		M55	00:57:49	2398	146
3111	7302	Michaela	Stordy	Female		F40	00:57:50	713	95
3112	3579	Teresa	Futter	Female		F50	00:57:50	714	49
3113	3395	Anna-marie	Watmough	Female		FO	00:57:50	715	431
3114	5504	Orla	Jupp	Female	Wymondham AC	F45	00:57:50	716	83
3115	4200	Emma	Elliott	Female		FO	00:57:50	717	432
3116	2063	Justin	Biddle	Male		M50	00:57:51	2399	237
3117	3237	Louise	Skoyles	Female		FO	00:57:51	718	433
3118	3215	Peggy	Hughes	Female		F40	00:57:51	719	96
3119	1465	Stuart	Green	Male		MO	00:57:51	2400	1276
3120	4097	Stuart	Bedford	Male		MO	00:57:51	2401	1277



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
3121	3448	Joshua	Fiddy	Male	Attleborough Athletics Academy	MO	00:57:51	2402	1278
3122	2566	Sharen	Madge	Female		F45	00:57:51	720	84
3123	3735	William	Brar	Male		MO	00:57:51	2403	1279
3124	3093	George	Briscoe	Male	Runners-Next-the-Sea	MO	00:57:51	2404	1280
3125	4829	Sarah	Baker	Female		F50	00:57:51	721	50
3126	3545	Roger	Harris	Male		M45	00:57:52	2405	262
3127	3676	Ben	Aldous	Male	Waveney Valley AC	M45	00:57:52	2406	263
3128	6268	Claire	Gurney	Female		FO	00:57:52	722	434
3129	2515	George	Jeffries	Male		MO	00:57:52	2407	1281
3130	4796	Jamie	Blyth	Male	Norfolk Gazelles AC	MO	00:57:52	2408	1282
3131	4137	Jeremy	Clarke	Male		M50	00:57:52	2409	238
3132	2896	Nicola	Jepson	Female		FO	00:57:53	723	435
3133	3562	Jordan	Sibley	Female	Norfolk Gazelles AC	FO	00:57:53	724	436
3134	3576	Annie	Leung	Female		F45	00:57:53	725	85
3135	1877	Sean	Murray	Male		MO	00:57:53	2410	1283
3136	4777	Ricardo Humberto	Ramirez Gonzalez	Male	Norfolk Gazelles AC	MO	00:57:53	2411	1284
3137	3777	Andrew	Slattery	Male		MO	00:57:53	2412	1285
3138	3680	Anthony	Moss	Male		M50	00:57:54	2413	239
3139	4306	Tsan Fai	Ho	Male	Norfolk Gazelles AC	M55	00:57:54	2414	147
3140	7924	Laura	Galek	Female		FO	00:57:55	726	437
3141	6079	Julia	Garrod	Female		F55	00:57:55	727	34
3142	4262	Tim	Garrod	Male	Norfolk Gazelles AC	M50	00:57:55	2415	240
3143	2470	Ollie	Butcher	Male		M40	00:57:55	2416	344
3144	2409	Derin	Clark	Female		F40	00:57:55	728	97
3145	2892	Sarah	Wall	Female	Wymondham AC	FO	00:57:56	729	438
3146	7790	Zaradan	Rumbelow	Male		M40	00:57:56	2417	345
3147	3026	Corrina	Theobald	Female		F50	00:57:56	730	51
3148	3189	Lynne	Carruthers	Female	Norwich Road Runners	F50	00:57:57	731	52
3149	1914	Jon	Myhill	Male		MO	00:57:57	2418	1286
3150	4985	Stephanie	Gilliver	Female		F45	00:57:57	732	86
3151	4827	Sophie	Saunders	Female	Wymondham AC	FO	00:57:57	733	439
3152	3132	Amy May	Howe	Female		FO	00:57:57	734	440
3153	4747	Sonya	Powley	Female		F55	00:57:58	735	35
3154	4772	Tayla	Porter	Female	Wymondham AC	FO	00:57:58	736	441
3155	4997	Howard	Skoyles	Male		M55	00:57:59	2419	148
3156	4153	Claudia	Bensaja	Female		FO	00:57:59	737	442
3157	4101	Rachael	Lockwood	Female	Saffron Striders RC	F50	00:58:00	738	53
3158	5021	Kate	Holden	Female		F55	00:58:00	739	36
3159	3282	Tabitha	Keeble	Female		F40	00:58:00	740	98
3160	6666	Jenna	Mills	Female	Norwich Road Runners	FO	00:58:00	741	443
3161	2161	Benedict	Woodings	Male		M45	00:58:00	2420	264
3162	3320	Colin	Clark	Male		M50	00:58:00	2421	241
3163	6622	Jessica	Blake	Female	Dereham Runners & AC	FO	00:58:00	742	444
3164	3149	Paul	Reed	Male		M40	00:58:01	2422	346
3165	2675	Robert	Bulley	Male		M55	00:58:01	2423	149
3166	2689	Adam	Kimberley	Male	Norfolk Harriers RC	M40	00:58:01	2424	347
3167	3024	Stuart	Canwell	Male		M45	00:58:01	2425	265
3168	4244	Georgie	Evans	Female		FO	00:58:01	743	445
3169	2691	Hannah	Barrett	Female	Dereham Runners & AC	FO	00:58:01	744	446
3170	3485	Sophia	Horton-jones	Female		FO	00:58:01	745	447
3171	6219	Joe	Balfour	Male		MO	00:58:02	2426	1287
3172	2533	Tim	Cheesman	Male	Norfolk Harriers RC	M40	00:58:02	2427	348
3173	6405	Justine	Spencer	Female		FO	00:58:03	746	448
3174	4044	Claire	Williams	Female		F50	00:58:03	747	54
3175	2245	James	Steward	Male	Ryston Runners	MO	00:58:03	2428	1288
3176	2562	Tony	Wilson	Male		M50	00:58:03	2429	242
3177	3371	Anna	Stevenson	Female		F50	00:58:04	748	55
3178	3488	Philippa	Wright	Female	Ryston Runners	FO	00:58:04	749	449
3179	2365	David	Hatfield	Male		M40	00:58:04	2430	349
3180	3091	Judith	Berry	Female		F50	00:58:05	750	56



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
3181	2199	James	Bowen	Male		MO	00:58:05	2431	1289
3182	3112	Ciara	Glennon	Female		F40	00:58:05	751	99
3183	5865	Andrew	Aldous	Male		M50	00:58:05	2432	243
3184	3472	Michael	Derrick	Male		M55	00:58:06	2433	150
3185	3480	Kirsty	Wiseman	Female		F40	00:58:06	752	100
3186	3021	Matthew	Townsend	Male		M45	00:58:06	2434	266
3187	5078	Andrew	Longhurst	Male		M40	00:58:06	2435	350
3188	1973	Ashley	Ocock	Male		MO	00:58:06	2436	1290
3189	3364	Hugo	Stevenson	Male		M45	00:58:06	2437	267
3190	3012	Ellie	Plummer	Female		FO	00:58:06	753	450
3191	7875	Felicia	Roberts	Female		FO	00:58:06	754	451
3192	4589	Donna	Pearson	Female		FO	00:58:06	755	452
3193	1838	Dean	Hawkins	Male	Bure Valley Harriers	M40	00:58:07	2438	351
3194	3246	Michael	Bezance	Male		M70	00:58:07	2439	14
3195	4754	Darren	Crisp	Male		M50	00:58:07	2440	244
3196	4744	Simon	Medler	Male		M55	00:58:07	2441	151
3197	4948	James	Kidd	Male		M50	00:58:07	2442	245
3198	6297	James	Pearson	Male		M55	00:58:07	2443	152
3199	3758	Peter	Sturman	Male		M45	00:58:08	2444	268
3200	3399	Tracy	Stevens	Female	Wymondham AC	F55	00:58:08	756	37
3201	3458	Adam	Buxton	Male		M40	00:58:08	2445	352
3202	2696	Michael	Yates	Male		MO	00:58:09	2446	1291
3203	2185	Harriet	Brooke	Female		FO	00:58:09	757	453
3204	4760	Carla	Gilman	Female		F40	00:58:09	758	101
3205	2195	Andrea	Beck	Female		F50	00:58:09	759	57
3206	1718	Detroit	Mertan	Male		MO	00:58:09	2447	1292
3207	3618	Rebecca	Harrison	Female		FO	00:58:09	760	454
3208	3265	Deividas	Kivyta	Male		MO	00:58:09	2448	1293
3209	3688	Katey	Oven	Female		FO	00:58:10	761	455
3210	3224	Daniel	Emery	Male		MO	00:58:10	2449	1294
3211	3372	Kate	Wakefield	Female		F40	00:58:10	762	102
3212	4573	Louise	Wilson	Female		F50	00:58:10	763	58
3213	6665	Alastair	Jackson	Male		MO	00:58:11	2450	1295
3214	1930	Charlie	Lewington - Loades	Female		F40	00:58:11	764	103
3215	4467	Alina	Sandu	Female		F40	00:58:12	765	104
3216	4119	Karyn	Bray	Female		F55	00:58:12	766	38
3217	4389	Laura	Cathersides	Female		FO	00:58:12	767	456
3218	5851	Louis	Tidswell	Male		MO	00:58:13	2451	1296
3219	6037	Andrew Michael	Skuse	Male		M55	00:58:13	2452	153
3220	8257	Joe	Peek	Male		MO	00:58:13	2453	1297
3221	7511	Mark	Wilsher	Male		M50	00:58:13	2454	246
3222	5374	Richard	Balls	Male		M55	00:58:13	2455	154
3223	3980	James	Park	Male		M50	00:58:13	2456	247
3224	4324	Chris	Burgoyne	Male		M45	00:58:13	2457	269
3225	8770	Adam	Turner	Male		MO	00:58:14	2458	1298
3226	4146	Martin	Hanner	Male		M65	00:58:14	2459	31
3227	2440	Mark	Sanders	Male		M55	00:58:14	2460	155
3228	5644	Ross	Mathieson	Male		M40	00:58:14	2461	353
3229	3723	Felicity	Parker	Female		FO	00:58:14	768	457
3230	1810	Jennifer	Wright	Female		F40	00:58:14	769	105
3231	5162	Paula	Canham	Female		F45	00:58:15	770	87
3232	3511	Luke	Billing	Male		MO	00:58:15	2462	1299
3233	4930	Maheen	Alam	Female		FO	00:58:15	771	458
3234	3487	Dan	Allison	Male		M40	00:58:15	2463	354
3235	3652	Adam	Devine	Male	Norwich Road Runners	MO	00:58:16	2464	1300
3236	5883	Katie	Carpenter	Female		FO	00:58:16	772	459
3237	4403	Jacob	Stone	Male		MO	00:58:16	2465	1301
3238	2554	Sarah	Kimberley	Female		F45	00:58:16	773	88
3239	5550	Jasmine	Myers	Female		FO	00:58:17	774	460
3240	5093	Martin	Truelove	Male		M45	00:58:17	2466	270



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
3241	5443	Matthew	Barnes	Male	Norfolk Harriers RC	MO	00:58:18	2467	1302
3242	3818	Reece	Baston	Male		MO	00:58:18	2468	1303
3243	4703	David	Hutt	Male		MO	00:58:18	2469	1304
3244	4478	Brenden	Stockdale	Male		M40	00:58:18	2470	355
3245	3073	Ian	Sears	Male		M60	00:58:18	2471	91
3246	5774	Gemma	Chernin	Female		F40	00:58:19	775	106
3247	4705	Julie	Bringloe	Female		F45	00:58:19	776	89
3248	5076	Roger	Wiltshire	Male	Waveney Valley AC	M60	00:58:19	2472	92
3249	6942	Evan	Howell	Male		MO	00:58:20	2473	1305
3250	6998	Jonathan	Smith	Male		MO	00:58:20	2474	1306
3251	3304	Annalese	Pitt	Female		FO	00:58:20	777	461
3252	3268	Jade	Levesley	Female		FO	00:58:21	778	462
3253	5172	James	Waller	Male		M50	00:58:21	2475	248
3254	4597	John	Brierley	Male		M45	00:58:21	2476	271
3255	3332	Stephanie	Pimlott	Female	Norwich Road Runners	F40	00:58:21	779	107
3256	4919	Laura	Garratt	Female		FO	00:58:21	780	463
3257	3136	Grant	Miles	Male		MO	00:58:22	2477	1307
3258	2559	Gareth	Everitt	Male		M40	00:58:22	2478	356
3259	5012	Becca	Hunn	Female		FO	00:58:22	781	464
3260	3664	Anna	Lown	Female		FO	00:58:22	782	465
3261	1965	Jennifer	Armes	Female		FO	00:58:22	783	466
3262	2428	Jamui	Yussuf	Male	Norfolk Gazelles AC	M40	00:58:22	2479	357
3263	3571	Claire	Thirkettle	Female		FO	00:58:22	784	467
3264	3937	Lewis	Buck	Male		MO	00:58:22	2480	1308
3265	3779	James	Wright	Male		M40	00:58:23	2481	358
3266	4753	Jill	Copeland	Female		F65	00:58:23	785	6
3267	2988	Bryn	Mainwaring	Male		M50	00:58:23	2482	249
3268	5430	Martin	Schmierer	Male		MO	00:58:23	2483	1309
3269	3985	Kaleb	Stephenson	Male	Marshall Milton Keynes AC	MO	00:58:23	2484	1310
3270	4640	Abraham	Gihawi	Male		MO	00:58:24	2485	1311
3271	6061	Simon	Hartshorne	Male		M60	00:58:24	2486	93
3272	7915	Tom	Coe	Male		MO	00:58:24	2487	1312
3273	5605	Mark	Winterbottom	Male		MO	00:58:24	2488	1313
3274	3308	Tom	Sawyer	Male		M55	00:58:25	2489	156
3275	5578	Megan	Barber	Female		FO	00:58:25	786	468
3276	2391	Shaun	Dack	Male		M50	00:58:25	2490	250
3277	5637	Sam	Dack	Male		MO	00:58:25	2491	1314
3278	3296	Jo	Hazle	Female		FO	00:58:25	787	469
3279	3411	Luke	Johnson	Male		M40	00:58:25	2492	359
3280	1264	Ryan	Bale	Male		MO	00:58:26	2493	1315
3281	4976	Stuart	Cowan	Male		M75+	00:58:26	2494	5
3282	3949	Hannah	Doran	Female		FO	00:58:26	788	470
3283	6054	Ryan	Chamberlain	Male		MO	00:58:26	2495	1316
3284	4376	Anna	Tibbles	Female		FO	00:58:26	789	471
3285	5952	Lewis	Woollard	Male		MO	00:58:27	2496	1317
3286	5907	Amy	Palmer	Female		FO	00:58:27	790	472
3287	6149	Faye	Hardiman	Female		F55	00:58:28	791	39
3288	4720	Mark	Smith	Male		M50	00:58:28	2497	251
3289	3938	David	Hardy	Male		M55	00:58:28	2498	157
3290	2778	Kathryn	Wilce	Female		FO	00:58:29	792	473
3291	6945	Cheryl	Zeebroek	Female		F40	00:58:29	793	108
3292	2731	Daniel	Farrow	Male		MO	00:58:29	2499	1318
3293	1422	Daniel	Brock	Male		MO	00:58:29	2500	1319
3294	6660	Kian	Peek	Male		MO	00:58:29	2501	1320
3295	3781	Adam	Wright	Male		M50	00:58:29	2502	252
3296	5123	Shaun	Strowger	Male		MO	00:58:29	2503	1321
3297	5632	Catherine	Seipp	Female		F40	00:58:30	794	109
3298	6372	Danielle	Goldstein	Female		FO	00:58:30	795	474
3299	4801	Mick	Spinks	Male		M40	00:58:30	2504	360
3300	7957	Tom	De-wilton Holmes	Male		MO	00:58:30	2505	1322



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
3301	3256	Liam	Catchpole	Male	Coltishall Jaguars RC	MO	00:58:30	2506	1323
3302	5360	Dean	Peek	Male		M45	00:58:30	2507	272
3303	5744	Matthew	Betts	Male		M50	00:58:30	2508	253
3304	3674	Hannah	Storey	Female		FO	00:58:30	796	475
3305	4472	Harvey	Vincent	Male		MO	00:58:30	2509	1324
3306	5204	Paul	Taylor	Male		M55	00:58:31	2510	158
3307	2238	Daniel	James	Male		MO	00:58:31	2511	1325
3308	2995	Will	Warnes	Male		MO	00:58:31	2512	1326
3309	4755	Matt	Bradfield	Male		MO	00:58:31	2513	1327
3310	1310	Andy	Woodhouse	Male		M60	00:58:31	2514	94
3311	3010	Charlotte	Murray-smith	Female	Dereham Runners & AC	FO	00:58:32	797	476
3312	4521	Katie	Butler	Female		FO	00:58:32	798	477
3313	6499	Nicola	Taylor	Female		F40	00:58:32	799	110
3314	3098	Nathan	Saunders	Male		MO	00:58:32	2515	1328
3315	5609	Elizabeth	Cooper	Female	Aberystwyth AC	FO	00:58:32	800	478
3316	2454	Scarlett	Dell-cronin	Female		FO	00:58:32	801	479
3317	2764	Wayne	Munns	Male		M45	00:58:33	2516	273
3318	5045	Abigail	Nelson	Female		FO	00:58:33	802	480
3319	3217	Kevin	Farrow	Male	Lonely Goat RC	M40	00:58:33	2517	361
3320	2857	Emma	Pearson	Female		F40	00:58:33	803	111
3321	3014	Michael	Cartwright	Male		MO	00:58:33	2518	1329
3322	3239	Suzannah	Greenaway	Female		F40	00:58:33	804	112
3323	2294	Kai Ming	Chan	Male		M45	00:58:33	2519	274
3324	4042	Chloe	Webb	Female		FO	00:58:35	805	481
3325	1230	Daniel	Rix	Male		M45	00:58:35	2520	275
3326	4188	Claire	Beckett	Female		F50	00:58:35	806	59
3327	2852	Lucy	O'brien	Female		F45	00:58:36	807	90
3328	7534	Katherine	Ball	Female	Tri-Anglia Triathlon Club	FO	00:58:36	808	482
3329	2439	Elysa	Lovett	Female		FO	00:58:36	809	483
3330	1654	Graham	Worsfold	Male		M40	00:58:36	2521	362
3331	3443	Ricky	Creed	Male		MO	00:58:37	2522	1330
3332	4174	Daniel	Rush	Male		MO	00:58:37	2523	1331
3333	5923	James	Duthie	Male		MO	00:58:38	2524	1332
3334	4480	Caroline	Fernandez	Female		F55	00:58:38	810	40
3335	3636	Chris	Cubitt	Male		M45	00:58:38	2525	276
3336	5222	Rosemary	Terry	Female		F40	00:58:38	811	113
3337	3196	Tonya	Winsley	Female		F45	00:58:38	812	91
3338	4341	Paul	Murray	Male	Waveney Valley AC	M65	00:58:38	2526	32
3339	2790	Carol	Keable	Female		F60	00:58:39	813	21
3340	6670	Patrick	Cowles	Male		MO	00:58:40	2527	1333
3341	7292	Kevin	Hemp	Male		M55	00:58:40	2528	159
3342	3839	Jennifer	Eyers	Female		FO	00:58:40	814	484
3343	3672	Kelly	Tipple	Female		F45	00:58:40	815	92
3344	5729	Richard	Sistern	Male		M45	00:58:40	2529	277
3345	3452	Charlotte	Baker	Female		FO	00:58:41	816	485
3346	3745	Paul	Peek	Male		M60	00:58:41	2530	95
3347	4063	Karen	Lines	Female	Aylsham Runners	F45	00:58:41	817	93
3348	4082	Rachel	Taylor	Female		F45	00:58:41	818	94
3349	5784	Jordan	Mann	Male		MO	00:58:41	2531	1334
3350	8545	Karsten	Seipp	Male		M40	00:58:41	2532	363
3351	4566	Lewis	Allen	Male	Waveney Valley AC	MO	00:58:42	2533	1335
3352	4508	Vanessa	Grove	Female		FO	00:58:42	819	486
3353	8717	Mark	Mckenzie	Male		M40	00:58:42	2534	364
3354	8741	Matthew	Griffin	Male		MO	00:58:42	2535	1336
3355	2693	Kate	Holtzer	Female		FO	00:58:42	820	487
3356	4542	Mar	Moreno-gonzalez	Female		FO	00:58:42	821	488
3357	3907	Karl	Savill	Male	Fordy Runs Running Club	M50	00:58:42	2536	254
3358	3450	Robert	Dixon	Male		M40	00:58:42	2537	365
3359	2342	Thomas	Ward	Male		MO	00:58:42	2538	1337
3360	3585	Bethan	Greenwood Mace	Female		FO	00:58:43	822	489



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
3361	7019	Joanna	Roberts	Female	Coltishall Jaguars RC	FO	00:58:43	823	490
3362	2991	Frederick	Cook	Male		M40	00:58:44	2539	366
3363	7431	Milly	Young	Female		FO	00:58:44	824	491
3364	4541	Tony	Bowling	Male		M55	00:58:45	2540	160
3365	5015	Tim	Leech	Male		M60	00:58:45	2541	96
3366	2085	Sarah	Circuit	Female		F40	00:58:45	825	114
3367	4193	Liv	Broadway	Female		FO	00:58:45	826	492
3368	3982	Dennis	Rogers	Male		M50	00:58:46	2542	255
3369	4401	Emma	Silk	Female		FO	00:58:46	827	493
3370	3607	Jo	Ahrenfelt	Female		F40	00:58:46	828	115
3371	4712	Paul	Adams	Male		M50	00:58:46	2543	256
3372	5191	Louise	Jackson	Female		F40	00:58:46	829	116
3373	6495	Jason	Willgress	Male		MO	00:58:47	2544	1338
3374	4779	Billy	Coughlin	Male		MO	00:58:48	2545	1339
3375	3353	Sarah	Barber	Female		F45	00:58:48	830	95
3376	6843	Ben	Hope	Male	Dereham Runners & AC	MO	00:58:49	2546	1340
3377	5318	Georgia	Mann	Female		FO	00:58:49	831	494
3378	4773	Charlotte	Patrick	Female		FO	00:58:49	832	495
3379	5383	Jacob	Smith	Male		MO	00:58:49	2547	1341
3380	5928	Meadhbh	Flynn	Female		FO	00:58:49	833	496
3381	3383	Ieva	Sceponyte	Female		FO	00:58:50	834	497
3382	3774	Michael	Protheroe	Male		M55	00:58:50	2548	161
3383	2217	Connor	Snelling	Male		MO	00:58:50	2549	1342
3384	3542	Silvia	Marroqui	Female		F50	00:58:50	835	60
3385	7564	Peter	Keen	Male		M55	00:58:51	2550	162
3386	6970	Sally	Newnham	Female		F40	00:58:51	836	117
3387	4710	Ben	Devlin	Male		M40	00:58:51	2551	367
3388	4593	Rebecca	Stringer	Female		F40	00:58:51	837	118
3389	2654	Beverley	Luckins	Female		F55	00:58:51	838	41
3390	6543	Steve	Brockes	Male	Wymondham AC	MO	00:58:51	2552	1343
3391	2329	Wing Chiu	Lam	Male		M50	00:58:52	2553	257
3392	3359	Gareth	Bradbury	Male		M45	00:58:52	2554	278
3393	3261	Amy	Holt	Female		F40	00:58:52	839	119
3394	5147	Walter	Dzvairo	Male		MO	00:58:52	2555	1344
3395	6445	Kate	Armes	Female		FO	00:58:52	840	498
3396	5750	Nick	Kershaw	Male		M40	00:58:52	2556	368
3397	5849	Sam	Hughes	Female		FO	00:58:53	841	499
3398	6837	Jane	Prinsley	Female		FO	00:58:53	842	500
3399	1175	Mark	Waters	Male		M45	00:58:53	2557	279
3400	2102	Daniel	Patterson	Male		MO	00:58:53	2558	1345
3401	6757	Izzy	Taylor	Female		FO	00:58:54	843	501
3402	3852	Rowan	York-smith	Female		F45	00:58:54	844	96
3403	3929	Joseph	Pederick	Male		MO	00:58:54	2559	1346
3404	3464	Jamie	Mordecai	Male	Waveney Valley AC	M40	00:58:54	2560	369
3405	2763	Darren	Walsgrove	Male		M50	00:58:54	2561	258
3406	8422	Chloe	Colman	Female		FO	00:58:55	845	502
3407	3208	Charlotte	Fenton	Female		FO	00:58:55	846	503
3408	4476	Jason	Jeary	Male		M50	00:58:55	2562	259
3409	6345	Timothy	Kingsley	Male		M55	00:58:55	2563	163
3410	3797	Rich	Fisher	Male		MO	00:58:55	2564	1347
3411	4842	Charlotte	Waters	Female		FO	00:58:56	847	504
3412	8149	James	Cox	Male		MO	00:58:56	2565	1348
3413	7004	Charlene	Calladine	Female		FO	00:58:56	848	505
3414	5824	Naomi	Deller	Female		FO	00:58:56	849	506
3415	4316	Brandon	Drewry	Male		MO	00:58:56	2566	1349
3416	3667	Lee	Reynolds	Male		MO	00:58:57	2567	1350
3417	3878	Lizzie	Johnson	Female	Diss and District AC	FO	00:58:57	850	507
3418	5366	Ben	Gurney-smith	Male		M50	00:58:57	2568	260
3419	4555	Alan	Clarke	Male		M50	00:58:57	2569	261
3420	3313	Abbie	Jenkins	Female		F40	00:58:57	851	120



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
3421	7840	Zoe	Warnes	Female		FO	00:58:57	852	508
3422	4161	Oliver	Whitby	Male		M40	00:58:58	2570	370
3423	3097	Steve	Sharp	Male		M55	00:58:58	2571	164
3424	2670	Steve	Marsh	Male		M60	00:58:58	2572	97
3425	1849	Dickon	Ireland	Male		M40	00:58:59	2573	371
3426	4027	Lee	Wright	Male		MO	00:58:59	2574	1351
3427	3486	Frits	Verbruggen	Male		M40	00:58:59	2575	372
3428	1409	Kevin	Blackburn	Male		MO	00:58:59	2576	1352
3429	3720	Andrew	Ridout	Male		MO	00:58:59	2577	1353
3430	2994	Bridget	Daynes	Female		F50	00:59:00	853	61
3431	4317	Luke	Sutton	Male		M40	00:59:00	2578	373
3432	3599	Emma	Saxton	Female		F50	00:59:00	854	62
3433	3770	Jennie	Mead	Female		F50	00:59:00	855	63
3434	3702	Chris	Baldwin	Male	Norwich Road Runners	M45	00:59:00	2579	280
3435	5787	Karl	Hardeman	Male		M60	00:59:01	2580	98
3436	4646	Grace	Appleby	Female		FO	00:59:01	856	509
3437	5317	Liam	Thetford	Male		MO	00:59:01	2581	1354
3438	4000	Elliot	Mckellar	Male		MO	00:59:01	2582	1355
3439	6201	Helen	Debbage	Female		F50	00:59:02	857	64
3440	5638	Serge	Barnard	Male		MO	00:59:02	2583	1356
3441	3865	Martin	Robson	Male		M60	00:59:03	2584	99
3442	3580	Phillipa	France	Female	Norfolk Gazelles AC	F45	00:59:03	858	97
3443	849	James	Scott	Male		MO	00:59:03	2585	1357
3444	5732	Oliver	Porritt	Male		M40	00:59:03	2586	374
3445	1258	Taylor	Rowlands	Male		MO	00:59:04	2587	1358
3446	3381	Tim	Smith	Male		MO	00:59:05	2588	1359
3447	6446	Jessica	Garnett	Female		FO	00:59:05	859	510
3448	4034	Paul	Fisk	Male	Havering '90 Joggers	M40	00:59:05	2589	375
3449	2406	Simon	Holloway	Male		M55	00:59:05	2590	165
3450	4238	Sarah	Homewood	Female		FO	00:59:06	860	511
3451	4405	Jessica	Knowles	Female		FO	00:59:06	861	512
3452	3518	Samantha	Carter	Female		FO	00:59:06	862	513
3453	1250	Trevor	Rowlands	Male	Harlow Running & Tri Club	M45	00:59:06	2591	281
3454	4904	Shaun	Parsley	Male		M45	00:59:06	2592	282
3455	5673	Nicole	Fitzgerald	Female		FO	00:59:07	863	514
3456	3624	Ian	Smith	Male		M45	00:59:07	2593	283
3457	3615	Jason	Rush	Male		M50	00:59:07	2594	262
3458	1979	Spencer	Ellis	Male		MO	00:59:07	2595	1360
3459	7338	Doris	Berry	Female		F55	00:59:07	864	42
3460	2313	David	Clark	Male		M50	00:59:07	2596	263
3461	3714	Jack	Bonham	Male		MO	00:59:07	2597	1361
3462	1367	Connor	Kerr	Male		MO	00:59:08	2598	1362
3463	3716	Suzanne	Hurn	Female	Norwich Road Runners	F40	00:59:08	865	121
3464	4102	Abigail	Grand	Female		F45	00:59:08	866	98
3465	3031	Alex	Fenn	Male		MO	00:59:08	2599	1363
3466	3825	Jo	Fisher	Female	Waveney Valley AC	F45	00:59:08	867	99
3467	3621	Alan	Colegate	Male		M40	00:59:08	2600	376
3468	2789	Harry	Welford	Male		MO	00:59:08	2601	1364
3469	1964	Richard	Woodard	Male		M55	00:59:08	2602	166
3470	5349	Rocio	Salado	Female		F45	00:59:10	868	100
3471	4449	Rebecca	Plater	Female		F40	00:59:10	869	122
3472	4204	Kirk	Price	Male		M40	00:59:10	2603	377
3473	4282	Kamil	Lewandowski	Male		MO	00:59:10	2604	1365
3474	6294	Matthew	Mesmer	Male		M40	00:59:11	2605	378
3475	7846	Lee	Robinson	Male		M45	00:59:11	2606	284
3476	6575	Clare	Mcerlain	Female		F45	00:59:11	870	101
3477	4806	Sandy	Fisher	Male		MO	00:59:11	2607	1366
3478	7348	Amy	Mcwalters	Female		FO	00:59:11	871	515
3479	4871	Maddie	France	Female		FO	00:59:12	872	516
3480	1627	Hannah Elizabeth	Shepperson	Female		FO	00:59:12	873	517



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
3481	4259	Mark	Bullimore	Male	Thetford AC	MO	00:59:13	2608	1367
3482	3641	Elena	Hewett	Female		FO	00:59:13	874	518
3483	4251	William	Tunmore-clarke	Male		MO	00:59:13	2609	1368
3484	5175	Joshua	Day	Male		MO	00:59:14	2610	1369
3485	4563	Daniel	Newbolt	Male		M45	00:59:14	2611	285
3486	4518	Alison	Warner	Female		F55	00:59:14	875	43
3487	3959	Alex	Poll	Male		MO	00:59:14	2612	1370
3488	2646	Catriona	Holden	Female		FO	00:59:14	876	519
3489	7343	James	Ryan	Male		M40	00:59:14	2613	379
3490	2517	Zoe	Crighton	Female		FO	00:59:15	877	520
3491	4940	Chelsea-louise	Bolton	Female	March AC	FO	00:59:15	878	521
3492	5710	Abigail	Perry	Female		FO	00:59:15	879	522
3493	4229	Anna	Dean	Female		F50	00:59:15	880	65
3494	4453	Ella	Saunders	Female		FO	00:59:16	881	523
3495	4692	Toni	Brimson	Female		FO	00:59:16	882	524
3496	2023	Jack	Tarrant	Male		MO	00:59:16	2614	1371
3497	4908	Mark	Smith	Male		M45	00:59:16	2615	286
3498	6232	Sue	Hall	Female		F55	00:59:17	883	44
3499	5160	Jessica	Thorpe	Female		F40	00:59:17	884	123
3500	4715	Malachi	Adams	Male		MO	00:59:17	2616	1372
3501	3597	Victoria	Tarrant	Female	Bungay Black Dog RC	FO	00:59:17	885	525
3502	6953	Craig	Barnard	Male		MO	00:59:17	2617	1373
3503	5630	Kasim	Raja	Male		M40	00:59:17	2618	380
3504	4636	John	Overvoorde	Male		M70	00:59:17	2619	15
3505	3952	Nick	Lawler	Male		M40	00:59:17	2620	381
3506	3058	Andrew	Huggins	Male		M50	00:59:17	2621	264
3507	5438	Jack	Timmins	Male		MO	00:59:17	2622	1374
3508	1719	Jane	Wood	Female		F55	00:59:18	886	45
3509	1951	Martin	Scent	Male		M40	00:59:18	2623	382
3510	4096	Chris	Nichols	Male		MO	00:59:18	2624	1375
3511	5444	David	Bryant	Male	Bungay Black Dog RC	M60	00:59:18	2625	100
3512	4095	Danielle	Manthorpe	Female		FO	00:59:19	887	526
3513	2549	Claire	Forkes	Female		FO	00:59:19	888	527
3514	4676	Amelia	Hunt	Female		F50	00:59:19	889	66
3515	7023	Kate	Moore	Female		F40	00:59:19	890	124
3516	2933	Louise	Firman	Female		F45	00:59:20	891	102
3517	5527	Tonya	Whittell	Female		F50	00:59:20	892	67
3518	3707	Kimberley	Brewer	Female		FO	00:59:20	893	528
3519	1549	Jason	Nobbs	Male		MO	00:59:20	2626	1376
3520	5679	Daisy	Field	Female		FO	00:59:20	894	529
3521	5141	Darren	Gladden	Male	Norwich Road Runners	M50	00:59:20	2627	265
3522	4610	Ruth	Sellex	Female		FO	00:59:21	895	530
3523	5074	Kathryn	Hoare	Female		FO	00:59:21	896	531
3524	6961	Maria	Buck	Female		FO	00:59:21	897	532
3525	4243	Kirsty	Dekeyzer	Female		FO	00:59:21	898	533
3526	3072	Shauna	Martin	Female		FO	00:59:22	899	534
3527	4177	Greg	Dimsey	Male		MO	00:59:22	2628	1377
3528	6981	Donna	Farnese	Female		F45	00:59:22	900	103
3529	5617	Hazel	Packer	Female		F40	00:59:22	901	125
3530	3836	Sarah	Hurren	Female		F55	00:59:23	902	46
3531	3835	Mark	Cutting	Male	Norwich Road Runners	M55	00:59:23	2629	167
3532	3393	Dave	Watson	Male		M50	00:59:23	2630	266
3533	8707	Rachel	Paterson	Female		FO	00:59:23	903	535
3534	2659	Guy	Houldsworth	Male		M40	00:59:23	2631	383
3535	3848	Paula	Erith	Female		F50	00:59:23	904	68
3536	3588	Emily	Clark	Female		F40	00:59:24	905	126
3537	5050	Kevin	Bellamy	Male		M60	00:59:24	2632	101
3538	4757	Steven	Chilvers	Male		M65	00:59:24	2633	33
3539	6567	Lauren	Winter	Female		FO	00:59:24	906	536
3540	3989	Paul	Hurren	Male		M65	00:59:24	2634	34



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
3541	4846	April	Yallop	Female		FO	00:59:25	907	537
3542	5462	Glynis	Bennett	Female		F50	00:59:25	908	69
3543	5726	Dan	Jones	Male		MO	00:59:25	2635	1378
3544	3002	Kai	Hewitt	Male		MO	00:59:26	2636	1379
3545	2908	Lily	Power	Female		FO	00:59:26	909	538
3546	6373	Zoe	Rogers	Female		FO	00:59:26	910	539
3547	4867	Nigel	Corston	Male		M55	00:59:26	2637	168
3548	2801	Fiona	Smith	Female		F45	00:59:26	911	104
3549	5201	Rich	Kelsall	Male		MO	00:59:27	2638	1380
3550	7763	Richard	Dean	Male		M50	00:59:27	2639	267
3551	4735	Stephen	Kemp	Male		M45	00:59:27	2640	287
3552	5584	Simon	Skinner	Male		M50	00:59:27	2641	268
3553	6563	Tom	Dare	Male		MO	00:59:28	2642	1381
3554	2132	Steve	Mcgillivray	Male		M40	00:59:28	2643	384
3555	751	Mike	White	Male		MO	00:59:28	2644	1382
3556	6780	Tessa	Hewitt	Female		FO	00:59:28	912	540
3557	4025	Steven	Hewkin	Male		M45	00:59:28	2645	288
3558	3713	Briony	Chandler	Female		FO	00:59:28	913	541
3559	3176	Polly	Ferris	Female		F40	00:59:28	914	127
3560	1714	Tom	Ginn	Male		M40	00:59:29	2646	385
3561	3572	Louise	Plunkett	Female		F40	00:59:29	915	128
3562	7999	Gary	Hurrell	Male	Norwich Road Runners	M50	00:59:29	2647	269
3563	3346	Charlotte	Gilligan	Female	Norfolk Harriers RC	FO	00:59:30	916	542
3564	5653	Beth	Ward	Female		FO	00:59:30	917	543
3565	4291	Katie	Warncken	Female		FO	00:59:30	918	544
3566	2620	Alan	Anthony	Male	Dereham Runners & AC	M55	00:59:30	2648	169
3567	7171	Shahan	Toheed	Male		MO	00:59:30	2649	1383
3568	6031	Emma	Guyton	Female		FO	00:59:30	919	545
3569	5006	Matthew	Hawes	Male		MO	00:59:30	2650	1384
3570	2683	Sammy	Jackson	Male		MO	00:59:30	2651	1385
3571	4194	Darren	England	Male		MO	00:59:31	2652	1386
3572	5331	Sarah	Crawford	Female		F40	00:59:31	920	129
3573	3832	Simon	Page	Male		M55	00:59:31	2653	170
3574	3827	Lewis	Rodgers	Male		MO	00:59:32	2654	1387
3575	3957	Joanna	Godwin	Female		F50	00:59:32	921	70
3576	4936	Rochelle	Catchpole	Female		FO	00:59:32	922	546
3577	4396	Jo	Fox	Female		F45	00:59:32	923	105
3578	5131	Tom	Jenkins	Male		MO	00:59:32	2655	1388
3579	3974	Mike	Palmer	Male		M50	00:59:32	2656	270
3580	3178	Rebecca	Wilson	Female		FO	00:59:33	924	547
3581	5146	Thomas	Catchpole	Male		MO	00:59:33	2657	1389
3582	1265	Melissa	Rowlands	Female	Harlow Running & Tri Club	F40	00:59:33	925	130
3583	2370	Niki	Summers	Male		MO	00:59:33	2658	1390
3584	1077	Paul	Pitcher	Male	Waveney Valley AC	M55	00:59:33	2659	171
3585	3703	Emily	Skeet	Female		F40	00:59:33	926	131
3586	3740	Millie	Amies	Female	City Of Norwich AC	FO	00:59:34	927	548
3587	4545	Alice	Rose	Female		FO	00:59:34	928	549
3588	4482	Glenn	Franklin	Male		MO	00:59:34	2660	1391
3589	2122	Jake	Gray	Male		MO	00:59:34	2661	1392
3590	4743	Alan	Oakley	Male		M60	00:59:34	2662	102
3591	5891	Paul	Gaul	Male		MO	00:59:34	2663	1393
3592	4748	Alison	Bailey	Female		FO	00:59:35	929	550
3593	4359	Andrew	Willington	Male		M65	00:59:35	2664	35
3594	3519	Robert	White	Male		M50	00:59:36	2665	271
3595	4548	Karl	Tutt	Male		M55	00:59:36	2666	172
3596	3577	Lyn	Ottaway	Female	Wymondham AC	F50	00:59:36	930	71
3597	4068	Donna	Grant	Female		F55	00:59:36	931	47
3598	4929	Philip	King	Male		M55	00:59:36	2667	173
3599	3724	Simon	Ludkin	Male	Bungay Black Dog RC	M50	00:59:36	2668	272
3600	3628	Ian	Bramble	Male		M40	00:59:37	2669	386



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
3601	2724	David	Drew	Male	Norwich Road Runners	MO	00:59:37	2670	1394
3602	4275	Shaun	Potter	Male		M55	00:59:37	2671	174
3603	2800	Michelle	Bull	Female		F50	00:59:37	932	72
3604	4392	Ellie	Witt	Female		FO	00:59:37	933	551
3605	4769	Holly	Earl	Female		FO	00:59:38	934	552
3606	1320	Dan	Osborne	Male		M45	00:59:38	2672	289
3607	3004	Alison	Beales	Female		FO	00:59:39	935	553
3608	4685	Nuria	Laiglesia Frances	Female		F45	00:59:40	936	106
3609	4654	Jennifer	Notley	Female		FO	00:59:40	937	554
3610	6020	Megan	Dack	Female		FO	00:59:40	938	555
3611	2163	James	Lofty	Male	Great Yarmouth Road Runners	MO	00:59:40	2673	1395
3612	4128	David	Rouse	Male		M40	00:59:41	2674	387
3613	8262	Jack	Skelhon	Male		MO	00:59:41	2675	1396
3614	3160	James	Crisafulli	Male		MO	00:59:41	2676	1397
3615	4109	Taylor	Robinson	Male		MO	00:59:41	2677	1398
3616	5490	David	Hannant	Male		M50	00:59:41	2678	273
3617	7879	Kate	Basey-fisher	Female		FO	00:59:41	939	556
3618	4721	Nicola	Bowler	Female		F55	00:59:41	940	48
3619	5195	Ben	Serruys	Male		MO	00:59:42	2679	1399
3620	3531	Chloe-rose	Beddows	Female		FO	00:59:42	941	557
3621	5836	Colin	Browning	Male	Lowestoft Road Runners	M55	00:59:42	2680	175
3622	4994	James	Britt	Male		MO	00:59:42	2681	1400
3623	5401	Rebecca	Hodges	Female		FO	00:59:42	942	558
3624	3134	Andrew	Small	Male		MO	00:59:42	2682	1401
3625	7174	Polly	Eliel	Female		F40	00:59:43	943	132
3626	3620	Kate	Ledwidge	Female		FO	00:59:43	944	559
3627	3919	Jacq	Mills	Female		F50	00:59:43	945	73
3628	4081	Thomas	Kerin	Male		MO	00:59:43	2683	1402
3629	5748	Jordan	Baston	Male		MO	00:59:43	2684	1403
3630	4553	Paul	Mirgaux	Male		M50	00:59:43	2685	274
3631	4750	Alister	James	Male	City Of Norwich AC	M50	00:59:44	2686	275
3632	4273	David	Bryan	Male		M60	00:59:44	2687	103
3633	7198	Juste	Panavaite	Female		FO	00:59:44	946	560
3634	4762	Jack	Watling	Male		MO	00:59:44	2688	1404
3635	3155	Amanda	Small	Female		F45	00:59:44	947	107
3636	6066	Sharon	Conway	Female		F55	00:59:45	948	49
3637	3557	Kayleigh	Holloway	Female		FO	00:59:45	949	561
3638	4706	Glen	Scott	Male		M45	00:59:45	2689	290
3639	4556	Becky	Gibbs	Female		F45	00:59:45	950	108
3640	4196	Marie	Hall	Female		F40	00:59:46	951	133
3641	5043	Kim	Harper	Female	North Norfolk Beach Runners	F40	00:59:46	952	134
3642	4540	Michelle	Palmer	Female		F45	00:59:46	953	109
3643	5538	Simon	Grace	Male		M40	00:59:46	2690	388
3644	4722	James	Steer	Male		MO	00:59:46	2691	1405
3645	2203	Edmund	Bridge	Male		MO	00:59:47	2692	1406
3646	4006	Kiana	Mcdonald	Female		FO	00:59:47	954	562
3647	6323	Louis	Moore	Male		MO	00:59:47	2693	1407
3648	4674	Stephen	Baker	Male		M65	00:59:47	2694	36
3649	3601	Simone	Holloway	Female		FO	00:59:47	955	563
3650	5847	Louise	Thompson	Female		F40	00:59:48	956	135
3651	1516	Oliver	Skipper	Male	Diss and District AC	M40	00:59:48	2695	389
3652	3413	Claire	Brooke	Female		F50	00:59:48	957	74
3653	2012	Joanne	D	Female		F50	00:59:48	958	75
3654	4045	Darren	Orves	Male		M50	00:59:49	2696	276
3655	6688	Simon	Durbin	Male		M55	00:59:49	2697	176
3656	6127	Ellis	Barr	Male		MO	00:59:49	2698	1408
3657	2761	Hannah	Jones	Female		FO	00:59:49	959	564
3658	3273	Amy	Griffiths	Female		F40	00:59:50	960	136
3659	8450	Milo	Creasey	Male		MO	00:59:50	2699	1409
3660	4992	Lauren	Feltham	Female		FO	00:59:50	961	565



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
3661	4599	Paul	Arneill	Male	Runners-Next-the-Sea	M60	00:59:50	2700	104
3662	5626	Ellie	Miller	Female		FO	00:59:50	962	566
3663	4539	Seb	Moore	Male		M75+	00:59:50	2701	6
3664	5621	Howard	Preston-bloom	Male		MO	00:59:50	2702	1410
3665	3109	Daniel	Pates	Male	Beccles Triathlon Club	MO	00:59:51	2703	1411
3666	5387	Peter	Tassone	Male		M50	00:59:51	2704	277
3667	4162	Cheryl	Goymer	Female		F60	00:59:51	963	22
3668	3696	Elaine	Kleinberg	Female		F45	00:59:51	964	110
3669	3953	Lindsay	Smith	Female	Coltishall Jaguars RC	F40	00:59:51	965	137
3670	4957	Lucy	Vadhir	Female	Wymondham AC	FO	00:59:53	966	567
3671	5879	James	Watkins	Male		MO	00:59:54	2705	1412
3672	5421	Andrew	Bryanton	Male		M40	00:59:54	2706	390
3673	3658	Megan	Broughton	Female		FO	00:59:54	967	568
3674	4627	James	Gorman	Male	Wymondham AC	MO	00:59:54	2707	1413
3675	4110	Rob	Webb	Male		M40	00:59:55	2708	391
3676	3303	Zaire	Wales	Female		FO	00:59:55	968	569
3677	2482	Alex	Carry	Male		MO	00:59:55	2709	1414
3678	5539	Sally	Jolin	Female	Fairlands Valley Spartans	FO	00:59:55	969	570
3679	4020	James	Douglas	Male		MO	00:59:55	2710	1415
3680	3242	Jeremy	Lee	Male		M55	00:59:56	2711	177
3681	4671	Nicholas	Stevens	Male		M50	00:59:56	2712	278
3682	2596	Neil	Gilding	Male	Lowestoft Road Runners	M45	00:59:56	2713	291
3683	3653	Richard	Truswell	Male		M70	00:59:56	2714	16
3684	2741	James	Desborough	Male		M40	00:59:57	2715	392
3685	3447	Phoebe	Davis	Female		FO	00:59:57	970	571
3686	2830	Robert	Smith	Male	Norfolk Gazelles AC	M50	00:59:58	2716	279
3687	4662	Emily	Jarvis	Female		F40	00:59:58	971	138
3688	5475	Daisy	Allan	Female		FO	00:59:58	972	572
3689	1822	John	Brighten	Male		M70	00:59:59	2717	17
3690	8260	Joe	Hobbs	Male	Norfolk Gazelles AC	MO	00:59:59	2718	1416
3691	6420	Richard	Denny	Male		M50	00:59:59	2719	280
3692	1288	John	Douglas-field	Male		M45	00:59:59	2720	292
3693	4294	Lucy	Greenacre	Female		FO	00:59:59	973	573
3694	3657	Peter	Harwood	Male	Norfolk Gazelles AC	M55	01:00:00	2721	178
3695	3820	Emily	Burden	Female		FO	01:00:00	974	574
3696	2904	Jack	Long	Male		MO	01:00:00	2722	1417
3697	6661	Jackie	Mills	Female		FO	01:00:00	975	575
3698	2252	Toby	Eccleshall	Male	Norfolk Gazelles AC	MO	01:00:01	2723	1418
3699	4395	Marie	Hicks	Female		F50	01:00:01	976	76
3700	4819	Alex	Faustino-kemp	Male		M40	01:00:01	2724	393
3701	4400	Olly	Buxton	Male		MO	01:00:01	2725	1419
3702	3194	Matthew	Robinson	Male	Norfolk Gazelles AC	MO	01:00:01	2726	1420
3703	4820	Alastair	Notley	Male		M40	01:00:01	2727	394
3704	3141	Sam	Harris	Female		FO	01:00:02	977	576
3705	4825	Lily	Hemmens	Female		FO	01:00:02	978	577
3706	3876	Lisa	Bezance	Female	Norfolk Gazelles AC	F40	01:00:03	979	139
3707	2518	Ria	Bush	Female		FO	01:00:03	980	578
3708	2317	Daniel	Burke	Male		MO	01:00:03	2728	1421
3709	3807	Harrison	Page	Male		MO	01:00:04	2729	1422
3710	7422	Rosemary	Beales	Female	Norfolk Gazelles AC	F40	01:00:05	981	140
3711	5150	Jack	Moss	Male		MO	01:00:05	2730	1423
3712	4217	John	Tacey	Male		M55	01:00:05	2731	179
3713	3582	Kate	Atkins	Female		F40	01:00:05	982	141
3714	1948	James	Wright	Male	Norfolk Gazelles AC	M45	01:00:05	2732	293
3715	5489	Robbie	Josephs	Male		MO	01:00:05	2733	1424
3716	890	Tom	Bezance	Male		M40	01:00:05	2734	395
3717	7225	Matt	Knight	Male		MO	01:00:06	2735	1425
3718	5910	Emily	Paice	Female	Norfolk Gazelles AC	FO	01:00:06	983	579
3719	4122	Bryony	Radley	Female		FO	01:00:06	984	580
3720	5618	Jordi	Lambert	Female		FO	01:00:06	985	581



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
3721	8193	Bradley	Cannell	Male		MO	01:00:06	2736	1426
3722	1729	Alex	Hunton	Male		MO	01:00:06	2737	1427
3723	4408	Joseph	Stacey	Male		MO	01:00:07	2738	1428
3724	4260	Donna	Lorne	Female		F45	01:00:07	986	111
3725	7296	Catherine	Moorhouse	Female		F60	01:00:08	987	23
3726	2859	Guy	Gowing	Male		M55	01:00:09	2739	180
3727	4645	Nicola	Wade	Female		F45	01:00:09	988	112
3728	4788	Chloe	Southgate	Female		FO	01:00:09	989	582
3729	4786	Joel	Southgate	Male		MO	01:00:10	2740	1429
3730	3956	Lucy	Burton	Female		F40	01:00:11	990	142
3731	3861	Shara	Hayes	Female	Fordy Runs Running Club	F50	01:00:11	991	77
3732	2684	Hannah	Pritchard	Female		FO	01:00:11	992	583
3733	5772	Lindsey	Tashlin	Female		F55	01:00:11	993	50
3734	5343	Ian	Hill	Male		M65	01:00:11	2741	37
3735	6214	James	Alger	Male		M50	01:00:11	2742	281
3736	2262	Carolyn	Frosdick	Female		FO	01:00:12	994	584
3737	2867	Kevin	Stark	Male	Great Yarmouth Road Runners	M55	01:00:12	2743	181
3738	5371	Katie	Calver	Female		F40	01:00:12	995	143
3739	4456	Michael	Ager	Male		M50	01:00:12	2744	282
3740	5893	Jordan	Peck	Male		MO	01:00:12	2745	1430
3741	2450	Jack	Caswell-dodd	Male		MO	01:00:12	2746	1431
3742	3299	Katie	Chillingworth	Female		FO	01:00:12	996	585
3743	3269	Thomas	Flahive	Male		M40	01:00:13	2747	396
3744	5472	Nick	Lawrence	Male		M40	01:00:13	2748	397
3745	6312	Matthew	Downes	Male		M50	01:00:13	2749	283
3746	6401	Alexander	Jay	Male		MO	01:00:14	2750	1432
3747	5311	Mary	Jones	Female	Waveney Valley AC	F65	01:00:14	997	7
3748	2895	Benjamin	Wall	Male		MO	01:00:14	2751	1433
3749	4074	Martin	Shelley	Male	Fordy Runs Running Club	M50	01:00:14	2752	284
3750	1987	Adam	Seaman	Male		MO	01:00:14	2753	1434
3751	2925	Jamie	Woods	Male		M45	01:00:15	2754	294
3752	6102	David	Cox	Male		M55	01:00:15	2755	182
3753	7010	Heidi	Humphrey	Female		F50	01:00:16	998	78
3754	4428	Heloise	Vinette	Female		FO	01:00:16	999	586
3755	3390	Heather	Stokes	Female		FO	01:00:16	1000	587
3756	3648	Sharon	Ingham	Female		F50	01:00:17	1001	79
3757	2311	Rachele	Kelsall	Male	Wymondham AC	M55	01:00:17	2756	183
3758	4033	Ellexia	Denbigh	Female		FO	01:00:17	1002	588
3759	6034	Chris	Richardson	Male		M60	01:00:17	2757	105
3760	4394	Frances	Heffernan	Female		FO	01:00:17	1003	589
3761	5005	Emily	Wapshott	Female		FO	01:00:17	1004	590
3762	3666	Peter	Wapshott	Male		M75+	01:00:17	2758	7
3763	8681	Dwayne	Powley	Male		MO	01:00:17	2759	1435
3764	3619	Oliver	Simons	Male		MO	01:00:17	2760	1436
3765	5831	Taylor	Rush	Male		MO	01:00:18	2761	1437
3766	4181	Katie	Whitmore	Female	Wymondham AC	F50	01:00:18	1005	80
3767	6059	Ryan	Ward	Male		MO	01:00:18	2762	1438
3768	4222	Niall	Wapshott	Male		M40	01:00:18	2763	398
3769	4625	David	Petch	Male		M60	01:00:18	2764	106
3770	3810	Leanne	Eastick-biggins	Female		FO	01:00:18	1006	591
3771	4302	Glenn	Seeger	Male		MO	01:00:19	2765	1439
3772	3853	Tom	Dixon	Male		MO	01:00:19	2766	1440
3773	6679	Olivia	Waters	Female		FO	01:00:19	1007	592
3774	4587	Alex	Goff	Male		M45	01:00:19	2767	295
3775	5364	Laura	Grixti	Female	Norwich Road Runners	FO	01:00:19	1008	593
3776	5716	Shunsuke	Tomii	Male		M45	01:00:19	2768	296
3777	4017	Ginny	Dix	Female		FO	01:00:20	1009	594
3778	4517	Lisa	Vincent	Female		F50	01:00:20	1010	81
3779	2338	Benjamin	Hardie	Male		MO	01:00:20	2769	1441
3780	4340	Briony	English	Female		FO	01:00:21	1011	595



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
3781	3203	Michaela	Willsher	Female		FO	01:00:21	1012	596
3782	3906	Rob	Blowers	Male	Norfolk Gazelles AC	MO	01:00:21	2770	1442
3783	7558	Christopher	Binks	Male		MO	01:00:21	2771	1443
3784	3427	Andy	Smith	Male	Coltishall Jaguars RC	M55	01:00:21	2772	184
3785	4246	Matthew	Lindley	Male		MO	01:00:21	2773	1444
3786	3526	Dave	Catchpole	Male	Waveney Valley AC	M45	01:00:22	2774	297
3787	5485	Magda	Lauchard	Female		F50	01:00:23	1013	82
3788	4296	Kary	Lee	Female		FO	01:00:23	1014	597
3789	8614	Lauren	Saunders	Female		FO	01:00:24	1015	598
3790	5704	Shauna	Cunningham	Female	Ipswich Jaffa RC	FO	01:00:24	1016	599
3791	6675	Edward	Paxton	Male		M40	01:00:24	2775	399
3792	4866	Lauren	Feltham	Female	Fulham Running Club	F40	01:00:24	1017	144
3793	6191	Matthew	Keogh	Male		M50	01:00:24	2776	285
3794	3578	Ellie	Mason	Female		FO	01:00:24	1018	600
3795	4964	Darren	Harmer	Male		M55	01:00:24	2777	185
3796	5805	Catherine	Ciarleglio	Female		F45	01:00:25	1019	113
3797	3939	Hannah	Howard	Female		FO	01:00:25	1020	601
3798	6114	Kate	Helps	Female		F40	01:00:26	1021	145
3799	6987	Adam	Brown	Male		M40	01:00:26	2778	400
3800	3856	Murdoch	Macphee	Male		M45	01:00:26	2779	298
3801	4884	Sarah	Preston	Female		F45	01:00:27	1022	114
3802	5474	Emma	Frostick	Female		F45	01:00:28	1023	115
3803	4459	Paul	Bray	Male		M55	01:00:28	2780	186
3804	4351	Charley	Harris	Female		FO	01:00:28	1024	602
3805	3006	Samantha	Adams	Female		F45	01:00:29	1025	116
3806	4607	Justin	Coles	Male		M50	01:00:30	2781	286
3807	3075	Katie	Rich	Female		FO	01:00:30	1026	603
3808	5963	Eimear	Richardson	Female		FO	01:00:30	1027	604
3809	4792	Connor	Smyth	Male		MO	01:00:30	2782	1445
3810	4323	Graham	Kemp	Male	Bungay Black Dog RC	M45	01:00:31	2783	299
3811	4198	Sophie	Getley	Female	Norfolk Harriers RC	F40	01:00:31	1028	146
3812	3067	Tracy	Edwards	Female		F40	01:00:31	1029	147
3813	6230	Oliver	Saunders	Male		MO	01:00:32	2784	1446
3814	6632	Alan	Hiom	Male		M40	01:00:32	2785	401
3815	6202	James	Ingham	Male		MO	01:00:32	2786	1447
3816	2660	Laura	Ridout	Female		FO	01:00:32	1030	605
3817	2952	Thomas	Bennett	Male		M50	01:00:33	2787	287
3818	4356	Sophie	Edwards	Female		FO	01:00:33	1031	606
3819	4318	Caitlin	Notley	Female		F45	01:00:33	1032	117
3820	4507	Daniel	Cook	Male		M40	01:00:34	2788	402
3821	4022	Douglas	Houston	Male		M45	01:00:34	2789	300
3822	6547	Aaron	Protheroe	Male		MO	01:00:35	2790	1448
3823	4565	Mark	Lemmon	Male		M40	01:00:36	2791	403
3824	4707	Kayleigh	Ellwood	Female		FO	01:00:36	1033	607
3825	5176	Natasha	Highcroft	Female		FO	01:00:36	1034	608
3826	4693	Clare	Harrold	Female		F45	01:00:36	1035	118
3827	3517	Nikita	Greenacre	Female		FO	01:00:36	1036	609
3828	3385	Adam	Boughen	Male		MO	01:00:36	2792	1449
3829	4953	Katrina	Southey	Female		F55	01:00:37	1037	51
3830	4691	Lisa	Stewart	Female		F50	01:00:37	1038	83
3831	4261	Georgia	Pennell	Female		FO	01:00:37	1039	610
3832	3317	Jacob	Manfield	Male		MO	01:00:37	2793	1450
3833	4242	Vicky	Wardrope	Female	Coltishall Jaguars RC	F50	01:00:38	1040	84
3834	3964	Ewing	Hannah	Female		FO	01:00:38	1041	611
3835	3699	Claire	Holmes	Female	Norwich Road Runners	F40	01:00:38	1042	148
3836	5095	Darren	Ward	Male		MO	01:00:38	2794	1451
3837	6436	Luis	Torres	Male		MO	01:00:39	2795	1452
3838	3528	Stephanie	Fare	Female		FO	01:00:39	1043	612
3839	3520	Nina	Avery	Female		FO	01:00:40	1044	613
3840	4751	Tanya	Manners	Female	Aylsham Runners	F40	01:00:40	1045	149



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
3841	3809	Todd	Strehlow	Male	Aylsham Runners	M55	01:00:40	2796	187
3842	4223	Stephen	Barker	Male		M55	01:00:40	2797	188
3843	4667	Kerry	Clarke	Female		F45	01:00:40	1046	119
3844	4978	Bevin	Currie	Male		M45	01:00:40	2798	301
3845	4800	Flora	Andrews	Female		F45	01:00:41	1047	120
3846	5848	Anoop	Dhesi	Male		M60	01:00:41	2799	107
3847	5389	Ashley	Jones	Male		MO	01:00:41	2800	1453
3848	5004	Ashlie	Southey	Female		FO	01:00:42	1048	614
3849	7286	Louise	Straughan	Female		F45	01:00:42	1049	121
3850	6399	Richard	Belton	Male		MO	01:00:42	2801	1454
3851	4349	Holly	Boardman	Female	Great Yarmouth & District AC	FO	01:00:42	1050	615
3852	8268	Samantha	Ryan	Female		FO	01:00:43	1051	616
3853	3523	Kevin	Chapman	Male		M45	01:00:43	2802	302
3854	7781	Lisa	Petherick	Female		F50	01:00:43	1052	85
3855	6484	Rachel	Willcock	Female		F60	01:00:44	1053	24
3856	4435	Michelle	Youngs	Female		FO	01:00:44	1054	617
3857	5424	Bekki	Stewart	Female		FO	01:00:44	1055	618
3858	6651	George	Mills	Male		MO	01:00:45	2803	1455
3859	1970	Hannah	Chapman	Female		FO	01:00:45	1056	619
3860	1515	Louise	Desmond	Female		F45	01:00:46	1057	122
3861	7921	Eva	Ellis	Female	Haverhill Running Club	FO	01:00:46	1058	620
3862	2193	Kristina	Selleck	Female		F45	01:00:46	1059	123
3863	5917	Abbi	Catterall	Female		FO	01:00:46	1060	621
3864	3404	Aaron	Tye	Male		MO	01:00:46	2804	1456
3865	3828	Joanna	Allen	Female		FO	01:00:47	1061	622
3866	2720	Robert	Selleck	Male	Lonely Goat RC	M50	01:00:47	2805	288
3867	5313	Chelsea	Duncan	Female		FO	01:00:47	1062	623
3868	6731	Coner	Murphy	Male		MO	01:00:47	2806	1457
3869	4382	Olivia	Hodgson	Female		FO	01:00:47	1063	624
3870	5011	Tony	Ludlam	Male		M55	01:00:47	2807	189
3871	4950	Aston	Murphy	Male		MO	01:00:47	2808	1458
3872	2014	Robby	West	Male		MO	01:00:48	2809	1459
3873	4218	Rebecca	Macphee	Female		F40	01:00:48	1064	150
3874	4988	Nade	Ward	Male		MO	01:00:49	2810	1460
3875	5110	Clare	Suter	Female	Wymondham AC	F40	01:00:49	1065	151
3876	5858	Rosie	Booth	Female		FO	01:00:50	1066	625
3877	5386	Julie	Goodwin	Female		F45	01:00:51	1067	124
3878	7603	Martin	Porter	Male		M65	01:00:51	2811	38
3879	4970	Justyna	Szymanska	Female		FO	01:00:51	1068	626
3880	4943	Shannon	Jones	Female		FO	01:00:52	1069	627
3881	3817	Daniel	Furr	Male		M40	01:00:52	2812	404
3882	1861	Jason	Mold	Male		M50	01:00:52	2813	289
3883	5811	Michael	Barber	Male		MO	01:00:52	2814	1461
3884	7852	Rhea	Stringer	Female		FO	01:00:52	1070	628
3885	6403	Shaun	Conway	Male	Wymondham AC	M60	01:00:52	2815	108
3886	3584	Susan	Stirling	Female		F55	01:00:52	1071	52
3887	5492	Katie	Smart	Female		FO	01:00:52	1072	629
3888	4530	Georgia	Rickman	Female		FO	01:00:53	1073	630
3889	5197	Alice	Smith	Female		FO	01:00:53	1074	631
3890	6112	Tonya	Jones	Female		F50	01:00:53	1075	86
3891	3782	Matthew	Armiger	Male	Aylsham Runners	M55	01:00:53	2816	190
3892	4385	Jade	Gardiner	Female		FO	01:00:53	1076	632
3893	6347	Martyn	Webb	Male		MO	01:00:53	2817	1462
3894	5120	Orlagh	Marks	Female		FO	01:00:54	1077	633
3895	7107	Nick	Stolls	Male	Harleston Running Club	M65	01:00:54	2818	39
3896	4236	Glenn	Harcourt	Male		M60	01:00:54	2819	109
3897	6094	Tarajyoti	Rudd	Male		M60	01:00:54	2820	110
3898	3590	Stuart	Hatfield	Male		M55	01:00:55	2821	191
3899	7949	Anne-marie	Hesmondhalgh	Female	Norwich Road Runners	F55	01:00:55	1078	53
3900	6431	Daniel	Martin	Male		M40	01:00:55	2822	405



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
3901	4286	Kerrie	Northcut	Female	Coltishall Jaguars RC	FO	01:00:55	1079	634
3902	3028	Laura	Johnson	Female		FO	01:00:55	1080	635
3903	2235	Linda	Price	Female		F45	01:00:55	1081	125
3904	789	Daniel	Bean	Male		M45	01:00:55	2823	303
3905	6955	Rian	Blowers	Female		FO	01:00:55	1082	636
3906	6507	David	Aldous	Male	Runners-Next-the-Sea	M50	01:00:56	2824	290
3907	6070	Cassie	Long	Female		FO	01:00:56	1083	637
3908	2225	Matthew	Hall	Male		MO	01:00:56	2825	1463
3909	7792	Neil	Sallis	Male		M45	01:00:56	2826	304
3910	1992	Andy	Payne	Male		M45	01:00:56	2827	305
3911	4550	Hannah	Galey	Female	Norfolk Gazelles AC	FO	01:00:56	1084	638
3912	5007	Rachael	Taylor	Female		F55	01:00:56	1085	54
3913	2541	Stephen	Terry	Male		M50	01:00:57	2828	291
3914	3566	Chloe	Norman	Female		FO	01:00:57	1086	639
3915	5837	Elliott	Taylor	Male		MO	01:00:57	2829	1464
3916	3761	Wendy	Stewart	Female	Wymondham AC	F55	01:00:57	1087	55
3917	3551	Rebecca	Cockerill	Female		F40	01:00:57	1088	152
3918	4513	Mike	Laurence	Male		M65	01:00:57	2830	40
3919	5113	Leanne	Emmett	Female		F40	01:00:57	1089	153
3920	4839	Claire	Watson	Female		F40	01:00:58	1090	154
3921	4057	Eleanor	Howard	Female	MY CLUB IS NOT LISTED	F50	01:00:58	1091	87
3922	8624	James	Hunt	Male		MO	01:00:58	2831	1465
3923	3693	Verity	Buckingham	Female		FO	01:00:59	1092	640
3924	6400	Barry	Rice	Male		MO	01:00:59	2832	1466
3925	4637	Danny	Wade	Male		MO	01:00:59	2833	1467
3926	6458	Lou	Boyce	Female	Brandon Fern Hoppers	F50	01:01:00	1093	88
3927	4564	Paul	Mansbridge	Male		M60	01:01:00	2834	111
3928	1183	Richard	Dolman	Male		M60	01:01:01	2835	112
3929	5359	Steffan	Harwood	Male		MO	01:01:01	2836	1468
3930	3884	Gabriel	Mansbridge	Male		MO	01:01:01	2837	1469
3931	4269	Hannah	Dolman	Female	Great Yarmouth Road Runners	FO	01:01:01	1094	641
3932	5660	Liz	Evry	Female		F40	01:01:02	1095	155
3933	5712	Darren	Moore	Male		M50	01:01:02	2838	292
3934	1740	Ella	Rogers	Female		FO	01:01:02	1096	642
3935	1891	Rob	Howling	Male		M40	01:01:03	2839	406
3936	5026	Maebh	Mccormack	Female	Great Yarmouth Road Runners	FO	01:01:03	1097	643
3937	4776	Lee	Spencer	Male		MO	01:01:03	2840	1470
3938	2280	Dave	Wilson	Male		M55	01:01:04	2841	192
3939	3455	Terry	Creed	Male		M40	01:01:04	2842	407
3940	6599	Lesa	Easton	Female		F55	01:01:04	1098	56
3941	4388	Lauren	Stansbury	Female	Brandon Fern Hoppers	FO	01:01:04	1099	644
3942	2296	Charles	Tweed	Male		MO	01:01:04	2843	1471
3943	4585	Mark	Bobby	Male		M60	01:01:05	2844	113
3944	5145	Claire	Goldstone	Female		F40	01:01:05	1100	156
3945	5607	Rachael	Wakefield	Female		F45	01:01:07	1101	126
3946	8722	Kelsea	Vinall	Female	Great Yarmouth Road Runners	FO	01:01:07	1102	645
3947	8725	Becky	Marchesr	Female		FO	01:01:08	1103	646
3948	4036	Christina	Welch	Female		F40	01:01:08	1104	157
3949	5154	Rhys	Grooms	Male		MO	01:01:09	2845	1472
3950	4152	Andrew	Holmes	Male		MO	01:01:09	2846	1473
3951	4393	Josh	Palemr	Male	Great Yarmouth Road Runners	MO	01:01:09	2847	1474
3952	6422	Richard	Wright	Male		M60	01:01:09	2848	114
3953	4127	Abbie	Rix	Female		FO	01:01:09	1105	647
3954	5038	Amy	Harrington	Female		F40	01:01:09	1106	158
3955	5736	Daryl	Smith	Male		MO	01:01:09	2849	1475
3956	4714	Tonia	Anderson	Female	Great Yarmouth Road Runners	F55	01:01:09	1107	57
3957	3034	Richard	Allsworth	Male		M45	01:01:10	2850	306
3958	3637	Phillip	Terry	Male		M60	01:01:11	2851	115
3959	7783	Archana	Ayalasomayajula	Female		F40	01:01:11	1108	159
3960	4358	David	Stansbury	Male		M55	01:01:12	2852	193



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
3961	4857	Chloe	Green	Female		FO	01:01:12	1109	648
3962	6728	Molly	Yun	Female		FO	01:01:12	1110	649
3963	6691	Jekaterina	Buinicka	Female		FO	01:01:12	1111	650
3964	4594	Maddie	Smith	Female		FO	01:01:12	1112	651
3965	4360	Andy	Lillie	Male		M60	01:01:13	2853	116
3966	4297	Nicola	Holmes	Female		F40	01:01:13	1113	160
3967	4816	Luke	Boddy	Male		MO	01:01:13	2854	1476
3968	5008	Nicky	Hobson	Female	Lonely Goat RC	F50	01:01:13	1114	89
3969	7160	Carolyn	Gerber	Female	Lonely Goat RC	F55	01:01:13	1115	58
3970	4190	Justin	Goddard	Male		M45	01:01:14	2855	307
3971	6545	Kelly	Ready	Female		F40	01:01:14	1116	161
3972	7258	Ian	Blake	Male		M45	01:01:15	2856	308
3973	5071	Lindsey	Nettleton	Female		F45	01:01:15	1117	127
3974	4142	Stephen	Plume	Male		M45	01:01:15	2857	309
3975	2160	Karolis	Dedynas	Male		MO	01:01:16	2858	1477
3976	4345	Megan	Barnes	Female		FO	01:01:16	1118	652
3977	5929	Lisa	Kemp	Female	Wymondham Athletics Club	F40	01:01:18	1119	162
3978	6699	Nick	Cooper	Male		M60	01:01:18	2859	117
3979	4854	Courtney	Curl	Female		FO	01:01:18	1120	653
3980	5548	Natalie	Townsend	Female		FO	01:01:18	1121	654
3981	7274	Paul	Denny	Male		M50	01:01:19	2860	293
3982	4808	Lauren	Burton	Female		F40	01:01:19	1122	163
3983	3267	Samuel	Lee	Male		MO	01:01:19	2861	1478
3984	5036	Aneliese	Chapman	Female		FO	01:01:20	1123	655
3985	3243	Arthur	Bland	Male		M65	01:01:20	2862	41
3986	1461	Tiffinie	Gowing	Female		FO	01:01:20	1124	656
3987	3147	Ben	Howlett	Male		MO	01:01:21	2863	1479
3988	4285	Andrew	Bird	Male		M60	01:01:21	2864	118
3989	7848	Andrew	Groom	Male		MO	01:01:21	2865	1480
3990	5671	Helen	Yapp	Female		FO	01:01:21	1125	657
3991	2468	Ed	Everson	Male		MO	01:01:21	2866	1481
3992	6236	Lucy	Rivett	Female		F45	01:01:22	1126	128
3993	5355	Eloise	Mcfadden	Female		FO	01:01:22	1127	658
3994	6992	Nick	Lewington	Male		M60	01:01:22	2867	119
3995	1111	Edward	Seaman	Male		MO	01:01:22	2868	1482
3996	3889	Zoe	Cubitt	Female		FO	01:01:23	1128	659
3997	2794	Mim	Lowe	Female		FO	01:01:23	1129	660
3998	3329	Simona	Whyte	Female		FO	01:01:23	1130	661
3999	8704	Andrew	Taylor	Male		MO	01:01:23	2869	1483
4000	5328	Clare	Lewis	Female		F50	01:01:23	1131	90
4001	3942	Nick	Johnson	Male		M60	01:01:23	2870	120
4002	4761	Ruth	Dennis	Female		F45	01:01:24	1132	129
4003	4650	Rosie	Cammell	Female		FO	01:01:25	1133	662
4004	3591	Rachel	Welch	Female	North Norfolk Beach Runners	F45	01:01:25	1134	130
4005	1074	Nina	Dalziel	Female	Coltishall Jaguars RC	FO	01:01:25	1135	663
4006	5934	Spencer	King	Male		MO	01:01:26	2871	1484
4007	6016	Andrew	Smith	Male		M45	01:01:26	2872	310
4008	1956	Zaneta	Cegielska	Female		F40	01:01:26	1136	164
4009	5794	Ian	Stevenson	Male		M50	01:01:26	2873	294
4010	6222	Rosie	Thorogood	Female		FO	01:01:26	1137	664
4011	2768	Ian	George	Male		M55	01:01:26	2874	194
4012	4559	Andrew	Wade	Male	Norwich Road Runners	M55	01:01:27	2875	195
4013	5694	Emily	Ball	Female		FO	01:01:27	1138	665
4014	6850	Tracy	Smith	Female		F45	01:01:27	1139	131
4015	3671	Mike	Hardy	Male	Lonely Goat RC	M55	01:01:28	2876	196
4016	5186	Ray	Watson	Male		M40	01:01:28	2877	408
4017	4419	Ken	Lowe	Male		M60	01:01:29	2878	121
4018	7761	Emma	Jamieson	Female		FO	01:01:30	1140	666
4019	4889	Elizabeth	Wilbourn	Female		FO	01:01:30	1141	667
4020	7589	Bethan	Hill	Female		FO	01:01:30	1142	668



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
4021	4289	Emma	Yardy	Female		F45	01:01:31	1143	132
4022	7124	Wayne	Rogers	Male		M50	01:01:31	2879	295
4023	4909	Alexandra	Currie	Female		F50	01:01:31	1144	91
4024	4100	James	Gilligan	Male		MO	01:01:31	2880	1485
4025	6503	Owen	Sennitt	Male		MO	01:01:32	2881	1486
4026	6246	Madeleine	Newton	Female		FO	01:01:32	1145	669
4027	3687	Sophie	Foster	Female		FO	01:01:32	1146	670
4028	7952	Katy	Whitmore	Female		FO	01:01:32	1147	671
4029	4062	Joe	Murray	Male		MO	01:01:33	2882	1487
4030	3948	Jessica	Smith	Female		FO	01:01:33	1148	672
4031	6119	Zek	Meadows	Male		M40	01:01:33	2883	409
4032	7989	David	Hill	Male		MO	01:01:34	2884	1488
4033	6051	Edita	Vrbova	Female		F45	01:01:34	1149	133
4034	5314	Charlotte	Jackson	Female		FO	01:01:34	1150	673
4035	6706	Georgia	Bryant	Female		FO	01:01:35	1151	674
4036	5987	Paul	Dodimead	Male		M45	01:01:35	2885	311
4037	3446	Laura	Clabon	Female		FO	01:01:35	1152	675
4038	5129	Nicola	Borel	Female		F60	01:01:35	1153	25
4039	5818	Emma	Hendrey	Female		FO	01:01:35	1154	676
4040	2989	Mick	Blackman	Male		M55	01:01:36	2886	197
4041	2601	Nigel	Gilham	Male	Bungay Black Dog RC	M70	01:01:36	2887	18
4042	4679	Michael	Flower	Male		M45	01:01:36	2888	312
4043	6321	Darren	Taylor	Male		M45	01:01:36	2889	313
4044	5168	Harrison	Bird	Male		MO	01:01:36	2890	1489
4045	4422	Casey	Lightfoot	Male		M45	01:01:36	2891	314
4046	3963	Mark	Reynolds	Male	Attleborough Athletics Academy	MO	01:01:37	2892	1490
4047	6076	Simon	Bowles	Male		M55	01:01:37	2893	198
4048	6151	Kate	Botten	Female		FO	01:01:37	1155	677
4049	6627	Jenny	Pulford	Female	Aylsham Runners	F40	01:01:38	1156	165
4050	4339	Mandy	Fryer	Female		F45	01:01:38	1157	134
4051	6762	Chloe	Bird	Female		FO	01:01:38	1158	678
4052	4104	Chris	Woodhouse	Male		M55	01:01:38	2894	199
4053	3767	Ben	Nichols	Male		MO	01:01:38	2895	1491
4054	3928	Ben	Broadley	Male		MO	01:01:39	2896	1492
4055	4254	Tim	Bush	Male		M55	01:01:39	2897	200
4056	4440	Hannah	Rayner	Female		FO	01:01:40	1159	679
4057	5706	Victoria	Hurst	Female		FO	01:01:40	1160	680
4058	4326	Ross	Luther-veitch	Male		MO	01:01:40	2898	1493
4059	5553	Lisa	Wright	Female		F50	01:01:40	1161	92
4060	4343	Ripley	Hack	Female		FO	01:01:40	1162	681
4061	6240	Judith	Jenks	Female		F60	01:01:40	1163	26
4062	4234	Karen	Davies	Female		F55	01:01:41	1164	59
4063	7420	Chantelle	Blazey	Female		FO	01:01:41	1165	682
4064	1989	Daniel	Clements	Male		MO	01:01:41	2899	1494
4065	4207	Joanna	Mullarney	Female		FO	01:01:41	1166	683
4066	3008	James	Walker	Male		M45	01:01:42	2900	315
4067	5048	Christine	Pilbrow	Female		FO	01:01:42	1167	684
4068	8537	Stuart	Sparkes	Male		M40	01:01:42	2901	410
4069	7193	Caroline	Hill	Female		F40	01:01:42	1168	166
4070	7367	Sarah	Brown	Female		F45	01:01:44	1169	135
4071	3870	Penny	Galey	Female		F45	01:01:44	1170	136
4072	4763	Olivia	Doubleday	Female		FO	01:01:44	1171	685
4073	3510	Nicola	Hedges	Female		FO	01:01:45	1172	686
4074	6504	Bridget	Inyang	Female	Great Yarmouth Road Runners	F60	01:01:45	1173	27
4075	3695	Claire	Owen	Female	Coltishall Jaguars RC	F45	01:01:45	1174	137
4076	7189	Rose	Copland	Female	GoodGym Race Team	F60	01:01:46	1175	28
4077	3212	Joseph	Hemmings	Male		MO	01:01:47	2902	1495
4078	3029	James	Fasham	Male		MO	01:01:48	2903	1496
4079	6285	Lilian	Maillet	Female		FO	01:01:49	1176	687
4080	5419	Jonathan	Peppiatt	Male		M50	01:01:49	2904	296



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
4081	5153	Dawn	Finnerty	Female		F50	01:01:49	1177	93
4082	5088	Rosie Sawyer	Sawyer	Female		FO	01:01:50	1178	688
4083	5163	Ian	Golden	Male		M55	01:01:50	2905	201
4084	5044	Himan	Amarawickrama	Male		M50	01:01:51	2906	297
4085	5563	Hannah	Bloomfield	Female	Roundhay Runners	FO	01:01:51	1179	689
4086	5846	Isabelle	Amos	Female		FO	01:01:52	1180	690
4087	5616	Susan	Glazer	Female	Bungay Black Dog RC	F70	01:01:53	1181	1
4088	6580	Steven	Basten	Male		M55	01:01:53	2907	202
4089	5423	Rafael	Muniz	Male		MO	01:01:53	2908	1497
4090	6139	Jade	Nice	Female	Harleston Running Club	F55	01:01:53	1182	60
4091	3100	Paul	Stefan	Male		M55	01:01:54	2909	203
4092	4501	Rob	Bailey	Male	Great Yarmouth Road Runners	M55	01:01:54	2910	204
4093	6395	Mark	Farmer-wright	Male		MO	01:01:54	2911	1498
4094	6010	Amelia	Rix	Female		FO	01:01:54	1183	691
4095	5610	Sarah	Quayle	Female		F50	01:01:55	1184	94
4096	3981	Thom	Partridge	Male		MO	01:01:55	2912	1499
4097	4595	Rachel	Matthews	Female		FO	01:01:56	1185	692
4098	5214	Jane	Hunt	Female	Harleston Running Club	F55	01:01:56	1186	61
4099	6339	Andy	Chan	Male		M50	01:01:56	2913	298
4100	6171	Erin	Wright	Female		FO	01:01:56	1187	693
4101	5619	Hazel	Thacker	Female		FO	01:01:56	1188	694
4102	5999	Shaun	Sadler	Male		MO	01:01:57	2914	1500
4103	4220	Isabel	Baumber	Female		F55	01:01:57	1189	62
4104	3717	Richard	Watson	Male		M55	01:01:58	2915	205
4105	7543	Eleanor	Chapman	Female		FO	01:01:59	1190	695
4106	6633	Robert	Butler	Male		M55	01:01:59	2916	206
4107	213	Aston	Martin	Male	Norwich Road Runners	MO	01:01:59	2917	1501
4108	6623	Sol	Morrissey	Male		MO	01:01:59	2918	1502
4109	5203	Sam	Elliott	Male		MO	01:01:59	2919	1503
4110	3054	Lauren	Garwood	Female	Wymondham AC	FO	01:01:59	1191	696
4111	4437	Holly	Lutkin	Female	Bungay Black Dog RC	FO	01:01:59	1192	697
4112	2369	Andrew	Bolt	Male		M50	01:02:00	2920	299
4113	5061	Kelly	Sands	Female		FO	01:02:00	1193	698
4114	3975	Julian	Adams	Male		M55	01:02:00	2921	207
4115	7841	Sophie	Peek	Female		FO	01:02:02	1194	699
4116	7344	Andrew	Grimley	Male		M55	01:02:02	2922	208
4117	5820	Neil	Hesketh	Male		M45	01:02:02	2923	316
4118	5169	Helaina	Bowater	Female		FO	01:02:02	1195	700
4119	2359	Sam	Peek	Male		MO	01:02:02	2924	1504
4120	2354	Gary	Peek	Male		M60	01:02:03	2925	122
4121	5859	Alison	Cooper	Female	Waveney Valley AC	F65	01:02:03	1196	8
4122	4657	Emily	Powter-robinson	Female		FO	01:02:03	1197	701
4123	7436	Sophie	Gray	Female		FO	01:02:04	1198	702
4124	5533	Ian	Muldowney	Male		M45	01:02:04	2926	317
4125	4164	Kathryn	Abigail-hardman	Female		F50	01:02:04	1199	95
4126	6812	Richard	Bowler	Male		M60	01:02:05	2927	123
4127	5675	Stephen	Elsey	Male		M50	01:02:05	2928	300
4128	8726	Reece	Royds	Male		MO	01:02:05	2929	1505
4129	5856	Kate	Knowlden	Female		FO	01:02:05	1200	703
4130	4928	Amy	Poynton	Female		F45	01:02:06	1201	138
4131	4993	Allan	Mcroberts	Male		MO	01:02:06	2930	1506
4132	4486	Erika	Woodhouse	Female		FO	01:02:07	1202	704
4133	2570	Ellie	Oxborough	Female		FO	01:02:07	1203	705
4134	6374	Sarah	Eadle	Female		F45	01:02:07	1204	139
4135	2218	James	Woodhouse	Male		MO	01:02:07	2931	1507
4136	2746	Nicola	Kermez	Female		F40	01:02:08	1205	167
4137	6672	Gemma	Blyth	Female	Norwich Road Runners	FO	01:02:09	1206	706
4138	4158	Gautam	Sharma	Male		M40	01:02:09	2932	411
4139	5812	Hayley	Coleman	Female		F40	01:02:09	1207	168
4140	2576	Joe	Doggett	Male		MO	01:02:09	2933	1508



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
4141	7934	Nick	Loades	Male	Runners-Next-the-Sea	M55	01:02:09	2934	209
4142	4423	Craig	Thurston	Male		MO	01:02:10	2935	1509
4143	4182	Jonathan	Herring	Male		M40	01:02:10	2936	412
4144	7453	Nathan	Gee	Male		MO	01:02:10	2937	1510
4145	3755	Sonny	Gardiner	Male		MO	01:02:11	2938	1511
4146	3441	Lucy	Field	Female		F40	01:02:11	1208	169
4147	5582	Millie	Watkins	Female		FO	01:02:11	1209	707
4148	5377	Liam	Rumsby	Male		MO	01:02:11	2939	1512
4149	8622	Michelle	Bean	Female		F45	01:02:12	1210	140
4150	5700	Tim	Linstead	Male		M55	01:02:12	2940	210
4151	5829	Charlie	Smith	Female	Norwich Road Runners	FO	01:02:13	1211	708
4152	3494	Finley	Harper	Male		MO	01:02:13	2941	1513
4153	8240	Ryan	Searle	Male		MO	01:02:13	2942	1514
4154	5060	Emma	Milligan	Female		F40	01:02:13	1212	170
4155	3905	Gary	Gannon	Male		M55	01:02:14	2943	211
4156	4270	Will	Louis	Male		MO	01:02:14	2944	1515
4157	4634	Stuart	Rumble	Male		MO	01:02:14	2945	1516
4158	4900	Matthew	Hubbard	Male		MO	01:02:14	2946	1517
4159	5577	Jason	Lofty	Male		M45	01:02:15	2947	318
4160	3070	James	King	Male	Norfolk Harriers RC	MO	01:02:15	2948	1518
4161	5497	Megan	Frost	Female	Diss and District AC	FO	01:02:15	1213	709
4162	1690	Megan	Thornby-burt	Female	Coltishall Jaguars RC	FO	01:02:16	1214	710
4163	5439	Liam	Thornby-burt	Male		MO	01:02:16	2949	1519
4164	7005	Rebecca	Heard	Female		FO	01:02:16	1215	711
4165	4879	John	Johnson	Male		M65	01:02:16	2950	42
4166	6255	Ella	Gladding	Female		FO	01:02:16	1216	712
4167	6937	Philip	Halley	Male		M65	01:02:16	2951	43
4168	5100	Chris	Lubbock	Male		M70	01:02:16	2952	19
4169	6443	Jan	Davis	Male		M70	01:02:16	2953	20
4170	5063	Rose	Byrne	Female		F50	01:02:16	1217	96
4171	4991	Callum	Hood	Male		MO	01:02:17	2954	1520
4172	7149	Paul	Gerber	Male	Three Counties Running Club	M55	01:02:17	2955	212
4173	5121	Michelle	Gee	Female		FO	01:02:18	1218	713
4174	1925	Tom	Wardle	Male		MO	01:02:18	2956	1521
4175	8265	Darcy	Swanston	Female		FO	01:02:19	1219	714
4176	4059	Lorraine	Parker	Female		F55	01:02:19	1220	63
4177	4043	Rachel	Leggett	Female		F45	01:02:19	1221	141
4178	4534	Tracey	Renshaw	Female	Norfolk Gazelles AC	F55	01:02:19	1222	64
4179	6637	Kim	Braim	Female		FO	01:02:19	1223	715
4180	6107	Zoe	Dixon	Female		FO	01:02:20	1224	716
4181	5991	Leah	Stenning	Female		F40	01:02:20	1225	171
4182	4924	Karen	Chapman	Female		F55	01:02:21	1226	65
4183	6381	Carl	Needham	Male		MO	01:02:21	2957	1522
4184	2097	Justin	Goulty	Male		M50	01:02:21	2958	301
4185	1985	Ben	Green	Male		MO	01:02:21	2959	1523
4186	6298	Robert	Black	Male		M55	01:02:22	2960	213
4187	2816	Neil	Green	Male		MO	01:02:23	2961	1524
4188	6797	Debbie	Mann	Female	Wymondham AC	F55	01:02:23	1227	66
4189	640	Jonathan	Beck	Male		MO	01:02:23	2962	1525
4190	3470	Ellie	Sutton	Female		FO	01:02:24	1228	717
4191	3823	Fifi	Martindale	Female		FO	01:02:25	1229	718
4192	6407	Geoff	Du	Male		MO	01:02:25	2963	1526
4193	3524	Kate	Billing	Female		FO	01:02:26	1230	719
4194	3394	Jackie	Watt	Female	Lonely Goat RC	F60	01:02:26	1231	29
4195	5433	Jon	Humphreys	Male		M60	01:02:26	2964	124
4196	4577	Jo	Lowe	Female		F55	01:02:26	1232	67
4197	2635	Kayleigh	Taylor	Female		FO	01:02:27	1233	720
4198	1945	Harvey	Mackay	Male		MO	01:02:28	2965	1527
4199	3398	Lee	Taylor	Male		M40	01:02:29	2966	413
4200	5181	Adrian	Land	Male		M40	01:02:29	2967	414



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
4201	4240	Hannah	Howell	Female		FO	01:02:29	1234	721
4202	3833	Luke	Edwards	Male		MO	01:02:30	2968	1528
4203	4699	Claire	Leadley	Female		F45	01:02:30	1235	142
4204	3536	Louise	Goodson	Female		F40	01:02:30	1236	172
4205	5315	Kara	Pull	Female		F40	01:02:31	1237	173
4206	5500	Nick	Southey	Male		MO	01:02:31	2969	1529
4207	6559	Nick	Excell	Male		M65	01:02:31	2970	44
4208	6022	Nicola	Lee	Female		F50	01:02:31	1238	97
4209	4591	Carly	Heron	Female		FO	01:02:31	1239	722
4210	3869	Martyn	Taylor	Male		M60	01:02:32	2971	125
4211	6152	Jenny	Saville	Female		F50	01:02:32	1240	98
4212	8302	Sarah	Lloyd-brown	Female		FO	01:02:32	1241	723
4213	4611	Alastair	Pamment	Male		M40	01:02:33	2972	415
4214	4210	Finola	Macaulay	Female		FO	01:02:33	1242	724
4215	5676	Sophie	Roques	Female		FO	01:02:34	1243	725
4216	1656	Tommy	Brown	Male		M40	01:02:34	2973	416
4217	5353	Jack	Whitham	Male		MO	01:02:35	2974	1530
4218	5094	Shona	Matthews	Female		FO	01:02:35	1244	726
4219	7485	Emily	Toner	Female		FO	01:02:35	1245	727
4220	4592	Mark	Ramsden	Male		M50	01:02:36	2975	302
4221	4768	Jason	Pilbrow	Male	Tri-Anglia Triathlon Club	M50	01:02:36	2976	303
4222	4298	John	Adams	Male		M65	01:02:36	2977	45
4223	4287	Gemeana	Collins	Female		F40	01:02:36	1246	174
4224	4700	Tracey	Melville	Female		F50	01:02:36	1247	99
4225	2808	Andy	Tubb	Male		M60	01:02:37	2978	126
4226	8638	Bobby	Hiom	Male		MO	01:02:37	2979	1531
4227	6553	Roberta	Hofmann	Female		FO	01:02:37	1248	728
4228	6376	Jane	Stockings	Female		F50	01:02:37	1249	100
4229	5192	Emma	Bumphrey	Female		FO	01:02:38	1250	729
4230	5835	Toby	Veart	Male		MO	01:02:38	2980	1532
4231	5514	Tina	Tubb	Female		F60	01:02:38	1251	30
4232	7339	Lee	Pike	Male		M40	01:02:38	2981	417
4233	8043	Steven	Copplestone	Male		M55	01:02:38	2982	214
4234	6160	Naomi	Lane	Female		FO	01:02:38	1252	730
4235	4010	Daniel	Gapp	Male		MO	01:02:39	2983	1533
4236	6612	Louise	Adamson	Female	Waveney Valley AC	F65	01:02:39	1253	9
4237	4250	Eirwyn	Rees	Male		M60	01:02:39	2984	127
4238	3228	Oliver	Morgan	Male		M40	01:02:39	2985	418
4239	5627	Richard	Pestano	Male		M45	01:02:40	2986	319
4240	3650	Kevin	Rayner	Male		M50	01:02:40	2987	304
4241	7463	Beth	Basey	Female		FO	01:02:40	1254	731
4242	6004	Geoff	Owen	Male	Human Energy AC	M60	01:02:41	2988	128
4243	4327	James	Jaques	Male		M40	01:02:42	2989	419
4244	6671	Isabella	Nudd	Female		FO	01:02:42	1255	732
4245	4638	Paul	Regester	Male		M55	01:02:42	2990	215
4246	6697	James	Matthews	Male		M40	01:02:42	2991	420
4247	6883	Charlie	Dell-cronin	Male		MO	01:02:43	2992	1534
4248	6144	Natasha	Blyth	Female		FO	01:02:43	1256	733
4249	5786	Fred	Stanford	Male		MO	01:02:43	2993	1535
4250	5789	Ernie	Castillo	Male		MO	01:02:44	2994	1536
4251	6655	Jack	Morton	Male		MO	01:02:44	2995	1537
4252	5054	Maggie	Godfrey	Female		F55	01:02:45	1257	68
4253	5534	Shannon	Osullivan	Female	Norfolk Gazelles AC	F40	01:02:45	1258	175
4254	5138	Ali	Lock	Female		F55	01:02:45	1259	69
4255	6755	Lillie	Allen	Female		FO	01:02:45	1260	734
4256	5809	Siobhan	Laskey	Female		F55	01:02:45	1261	70
4257	6099	Joe	Daniel	Male		MO	01:02:46	2996	1538
4258	5384	Robert	Atkinsion	Male		M45	01:02:46	2997	320
4259	3137	Shameem	Golamy	Male		M45	01:02:46	2998	321
4260	4504	Pete	Scott	Male		M65	01:02:46	2999	46



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
4261	5869	Rob	Dowe	Male		M55	01:02:46	3000	216
4262	3992	Daisy	Luff	Female		FO	01:02:46	1262	735
4263	4951	Angela	Wakeley	Female	Great Yarmouth Road Runners	F60	01:02:47	1263	31
4264	7266	Michael	Place	Male		MO	01:02:47	3001	1539
4265	2978	Ben	Stone	Male	Great Yarmouth Road Runners	M40	01:02:47	3002	421
4266	6223	Lucie	Ingham	Female		FO	01:02:47	1264	736
4267	320	Wesley	Belsten	Male	Great Yarmouth Road Runners	MO	01:02:47	3003	1540
4268	3119	Lydia	De'ath	Female		FO	01:02:47	1265	737
4269	2504	James	Moncur-brown	Male		MO	01:02:48	3004	1541
4270	8144	Hannah	Jarvis	Female		FO	01:02:48	1266	738
4271	5992	Andrew	Dougal	Male		M65	01:02:48	3005	47
4272	4765	Sara	Santillo	Female	Thetford AC	F40	01:02:49	1267	176
4273	5523	Melanie	Sinclair	Female		F45	01:02:49	1268	143
4274	4840	Angela	Hindle	Female		F40	01:02:49	1269	177
4275	3845	Stuart	Sayer	Male		M65	01:02:51	3006	48
4276	5198	Samantha	Wells	Female		FO	01:02:51	1270	739
4277	4187	Steph	Makins	Female		F45	01:02:51	1271	144
4278	5375	Samantha	Gosnold	Female		F40	01:02:51	1272	178
4279	7614	Sarah	Bool	Female		FO	01:02:51	1273	740
4280	5680	Paul	Youngman	Male		M50	01:02:52	3007	305
4281	4470	Lisa	Reynolds	Female		F45	01:02:52	1274	145
4282	6886	Vikki	Powell	Female		F55	01:02:52	1275	71
4283	5134	Michelle	Eves	Female		FO	01:02:52	1276	741
4284	4135	Beverley	Grice	Female		F60	01:02:52	1277	32
4285	4686	Jane	Trudgill	Female		F50	01:02:52	1278	101
4286	5032	Dan	Connelly	Male		M40	01:02:52	3008	422
4287	5782	Gerry	Kasprzok	Male		M65	01:02:53	3009	49
4288	3796	Ashley	Armstrong	Male		MO	01:02:54	3010	1542
4289	6421	Sonia	Bradshaw	Female		F45	01:02:54	1279	146
4290	4608	Dee	Hebron	Female		F45	01:02:54	1280	147
4291	5640	Bethany	Hinchliffe	Female		FO	01:02:55	1281	742
4292	4535	Theresa	Dean	Female	Coltishall Jaguars RC	F40	01:02:55	1282	179
4293	3922	Katie	Fenn	Female	Coltishall Jaguars RC	F40	01:02:56	1283	180
4294	4055	Marli	Ekkerd	Female		F45	01:02:56	1284	148
4295	6218	Edward	Elers	Male		MO	01:02:57	3011	1543
4296	6432	Frank	Ellis	Male		M75+	01:02:57	3012	8
4297	4620	Alison	Read	Female	Aylsham Runners	F50	01:02:57	1285	102
4298	4215	Matthew	Herring	Male		MO	01:02:58	3013	1544
4299	7182	Akemi	Masuda	Female		F55	01:02:58	1286	72
4300	5589	Shaun	Haylett	Male		MO	01:02:58	3014	1545
4301	6532	Grace	Durbin	Female		FO	01:02:59	1287	743
4302	3778	Becky	Edge	Female		FO	01:02:59	1288	744
4303	4528	Joanna	Durrant	Female	Norfolk Gazelles AC	F45	01:02:59	1289	149
4304	4319	Julia	Mason	Female	Norwich Road Runners	F45	01:02:59	1290	150
4305	6597	Chelsea	Collison	Female		FO	01:03:00	1291	745
4306	4019	Lee	Kiddell	Male		MO	01:03:00	3015	1546
4307	6245	Robert	Knights	Male		M55	01:03:00	3016	217
4308	6791	Clare	Varela	Female	Waveney Valley AC	F50	01:03:01	1292	103
4309	7476	Holly	Morgan	Female		FO	01:03:01	1293	746
4310	5790	Kelly	Tabiner	Female	Norfolk Gazelles AC	F45	01:03:01	1294	151
4311	6917	Tim	Blackburne	Male		M50	01:03:01	3017	306
4312	3910	Justin	Delfino	Male		M40	01:03:01	3018	423
4313	5642	David	Glason	Male		M50	01:03:02	3019	307
4314	5554	Alex	Atkinson	Male		M45	01:03:02	3020	322
4315	2770	Robbie	Knox	Male		M45	01:03:02	3021	323
4316	8369	Connie	Lubbock	Female		FO	01:03:02	1295	747
4317	3840	Kevin	Goodings	Male		M55	01:03:03	3022	218
4318	6585	Sarah	Goldsmith	Female		FO	01:03:04	1296	748
4319	6996	Kirsty	Reed	Female		F40	01:03:04	1297	181
4320	1235	Luke	Houlding	Male		MO	01:03:05	3023	1547



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
4321	6610	Stuart	Blazey	Male		M45	01:03:05	3024	324
4322	2837	Kevin	England	Male		MO	01:03:05	3025	1548
4323	5884	Cherry	Whitehouse	Female		FO	01:03:06	1298	749
4324	5469	Louis	Hilldrup-boorman	Male		MO	01:03:06	3026	1549
4325	6329	Hannah	Game	Female		FO	01:03:07	1299	750
4326	8188	Alice	Williams	Female		FO	01:03:07	1300	751
4327	3924	Jake	Soards	Male		MO	01:03:07	3027	1550
4328	3927	Jamie	Coleman	Female		FO	01:03:07	1301	752
4329	5319	Alice	Page	Female		FO	01:03:07	1302	753
4330	3788	Salim	Lahfa	Male		MO	01:03:08	3028	1551
4331	5312	Lauren	Hayes	Female		FO	01:03:08	1303	754
4332	254	Kevin	Murphy	Male	Bungay Black Dog RC	M55	01:03:09	3029	219
4333	6594	Robert	Mckenna	Male		M55	01:03:09	3030	220
4334	5890	Jessica	Moore	Female		FO	01:03:10	1304	755
4335	3466	Jackie	Eastough-king	Female		F60	01:03:10	1305	33
4336	5432	Rick	Herdman	Male		M55	01:03:10	3031	221
4337	5778	Thomas	Jermy	Male		MO	01:03:10	3032	1552
4338	4353	Melanie	Derbyshire	Female		F50	01:03:10	1306	104
4339	4111	Robert	Mills	Male		MO	01:03:10	3033	1553
4340	7918	Frances	Whitefoot	Female		F40	01:03:12	1307	182
4341	8665	Summer	Blazey	Female		FO	01:03:12	1308	756
4342	5705	Sam	Jefford	Male		M40	01:03:13	3034	424
4343	6281	Faith	Jennison	Female		FO	01:03:13	1309	757
4344	3885	Connie	Matthew	Female		F50	01:03:13	1310	105
4345	6341	Alice	Jennison	Female		FO	01:03:13	1311	758
4346	6389	Alfie	Howell	Male		MO	01:03:13	3035	1554
4347	3264	Kayleigh	Crewe	Female	Thetford AC	FO	01:03:14	1312	759
4348	5392	Julie	Musk	Female		F60	01:03:14	1313	34
4349	6417	Kieran	Hack	Male		MO	01:03:14	3036	1555
4350	2973	James	Askew	Male		MO	01:03:15	3037	1556
4351	3613	Carri	Vendy	Female	Thetford AC	F40	01:03:15	1314	183
4352	2571	Benjamin	Holmes	Male		MO	01:03:15	3038	1557
4353	4718	Andy	Thompson	Male		M45	01:03:16	3039	325
4354	6197	Jemma	Alger	Female		F55	01:03:16	1315	73
4355	5119	Bruce	Kelf	Male		MO	01:03:16	3040	1558
4356	6113	Katie	Higenbottam	Female		F45	01:03:17	1316	152
4357	4304	Bengi	Karakus	Female		FO	01:03:17	1317	760
4358	8479	Lillie	Jenkins	Female	Diss and District AC	FO	01:03:18	1318	761
4359	7981	Ryan	Barling	Male		MO	01:03:18	3041	1559
4360	4213	Jenny	Horrex-heys	Female		FO	01:03:19	1319	762
4361	6516	Gemma	James	Female		FO	01:03:19	1320	763
4362	3532	Eilbhe	Mackay	Female		FO	01:03:19	1321	764
4363	5404	Joanna	Beatham	Female	Norfolk Gazelles AC	FO	01:03:19	1322	765
4364	4235	Neil	Barlow	Male		M50	01:03:19	3042	308
4365	4500	Matthew	Reynolds	Male	Lowestoft Road Runners	M40	01:03:20	3043	425
4366	3096	Bella	Elsworth	Female		FO	01:03:20	1323	766
4367	5157	Rachel	Hutchinson	Female		F45	01:03:21	1324	153
4368	5613	Michelle	Tebbutt	Female		F50	01:03:21	1325	106
4369	5636	Molly	Brockett	Female		FO	01:03:22	1326	767
4370	4499	Martha	Howlett	Female		FO	01:03:23	1327	768
4371	6723	Emma	Cook	Female		FO	01:03:23	1328	769
4372	4910	Faye	Lebon	Female		F45	01:03:24	1329	154
4373	5841	Jason	Dear	Male		M50	01:03:24	3044	309
4374	7861	Isobel	Allen	Female		FO	01:03:24	1330	770
4375	4354	Rob	Stacey	Male		M55	01:03:24	3045	222
4376	6940	Wendy	Chalfont	Female		F60	01:03:24	1331	35
4377	5338	Hayley	Stimpson	Female		F55	01:03:24	1332	74
4378	6157	Leo	Sibindi	Male		MO	01:03:25	3046	1560
4379	4053	Sara	Sabbar-bailey	Female		FO	01:03:25	1333	771
4380	7418	Olivia	Leggett	Female		FO	01:03:25	1334	772



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
4381	5896	Victoria	Airey	Female		FO	01:03:25	1335	773
4382	6938	Katie	Loader	Female		F40	01:03:25	1336	184
4383	5559	Lisa-marie	Jones	Female		FO	01:03:26	1337	774
4384	3752	Marnie	Mitchell	Female		FO	01:03:26	1338	775
4385	3806	David	Thornhill	Male		M45	01:03:26	3047	326
4386	2165	Gary	Howes	Male		M40	01:03:26	3048	426
4387	3631	Debbie	Powles	Female	Norfolk Gazelles AC	F55	01:03:27	1339	75
4388	5115	David	Burroughes	Male		M60	01:03:27	3049	129
4389	4898	Debbie	Priest	Female	Diss and District AC	F60	01:03:27	1340	36
4390	3766	Sarah	Kettle	Female		FO	01:03:28	1341	776
4391	6469	Shaun	Davison	Male		MO	01:03:28	3050	1561
4392	4258	Erika	Dobbins	Female		FO	01:03:28	1342	777
4393	4670	Kevin	Southwell	Male		M50	01:03:28	3051	310
4394	1226	Nathan	Byrne	Male	Norfolk Gazelles AC	MO	01:03:29	3052	1562
4395	4252	John	Harris	Male		M65	01:03:29	3053	50
4396	4460	Cordelia	Page	Female		F50	01:03:29	1343	107
4397	5167	Jennifer	Christian	Female		F65	01:03:29	1344	10
4398	1666	Kurt	Bish	Male		MO	01:03:30	3054	1563
4399	5552	Scott	Sizer	Male		MO	01:03:31	3055	1564
4400	7814	Emily	Hurt	Female		F40	01:03:31	1345	185
4401	2614	Rae	Goodacre	Female		FO	01:03:33	1346	778
4402	5551	Christopher	Brown	Male		MO	01:03:33	3056	1565
4403	7536	Jim	Dart	Male	Norfolk Gazelles AC	M60	01:03:35	3057	130
4404	4512	Rachael	Karakanna	Female		F45	01:03:35	1347	155
4405	5307	Imogen	Wiltshire	Female		FO	01:03:36	1348	779
4406	6025	Colin	Spencer	Male		M45	01:03:37	3058	327
4407	7202	Abigail	Trinder	Female		F40	01:03:37	1349	186
4408	6330	Brandon-scott	Studd	Male		MO	01:03:37	3059	1566
4409	6192	Poppy	Grand	Female		FO	01:03:38	1350	780
4410	1703	Adam	Mcbride	Male		MO	01:03:38	3060	1567
4411	6392	Bobbie	Sauerzapf	Female	Bungay Black Dog RC	F65	01:03:38	1351	11
4412	5839	Bronwyn	Elsden	Female		FO	01:03:38	1352	781
4413	3565	Alanna	Forrester	Female		FO	01:03:38	1353	782
4414	4483	Jonathan	Figura-drane	Male		MO	01:03:38	3061	1568
4415	6111	Vicky	Sayer	Female		FO	01:03:39	1354	783
4416	7169	Holly	Bawtree	Female		FO	01:03:39	1355	784
4417	5942	Ian	Moore	Male		M45	01:03:39	3062	328
4418	1326	Oliver	Barker	Male		MO	01:03:39	3063	1569
4419	5391	Christina	Mulligan	Female		F50	01:03:39	1356	108
4420	6175	Katie-may	Gray	Female		FO	01:03:40	1357	785
4421	8649	Gillian	Hasson	Female		FO	01:03:40	1358	786
4422	8106	Tracey-anne	Cleaver	Female		F50	01:03:40	1359	109
4423	4509	Georgina	Wall	Female		FO	01:03:40	1360	787
4424	6279	Ruth	Doherty	Female		F45	01:03:40	1361	156
4425	6291	Chelsea	Clouting	Female		FO	01:03:40	1362	788
4426	6005	Jas	Sparks	Female		FO	01:03:40	1363	789
4427	6195	Amy	Waterfield	Female		FO	01:03:41	1364	790
4428	3350	Paula	Barker	Female		FO	01:03:41	1365	791
4429	6289	Troy	Doherty	Male		M45	01:03:41	3064	329
4430	1228	Anna	Gray	Female	Harleston Running Club	F45	01:03:41	1366	157
4431	7330	Annie	Lyst	Female		FO	01:03:42	1367	792
4432	4653	Kirsty	Lewis	Female		F45	01:03:42	1368	158
4433	4413	Amelia	Hill	Female		F45	01:03:42	1369	159
4434	7158	Ian	Woods	Male	Norfolk Gazelles AC	M65	01:03:42	3065	51
4435	4635	Wayne	Manser	Male		M45	01:03:42	3066	330
4436	7386	Anna	Alpe	Female		FO	01:03:42	1370	793
4437	6884	Sam	Fowler	Male		MO	01:03:43	3067	1570
4438	4527	Lee	George	Male		M40	01:03:43	3068	427
4439	4337	Stephen	Charman	Male		M40	01:03:44	3069	428
4440	6208	Beata	Kosmowska	Female		FO	01:03:44	1371	794



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
4441	2027	Vicki	Main	Female		FO	01:03:45	1372	795
4442	6669	Mia	Wighton	Female		FO	01:03:45	1373	796
4443	3917	Shaun	Prentice	Male		M50	01:03:46	3070	311
4444	7259	Rachel	Zabari	Female		F40	01:03:47	1374	187
4445	5536	Hilary	Hudgins	Female		F40	01:03:47	1375	188
4446	4995	James	England	Male		MO	01:03:48	3071	1571
4447	7936	Leon	Alderton	Male		MO	01:03:48	3072	1572
4448	6638	Erica	Davies	Female		FO	01:03:49	1376	797
4449	5051	Joanne	Millington	Female		F50	01:03:49	1377	110
4450	7850	Vanessa	Ames	Female		F50	01:03:49	1378	111
4451	2723	Samantha	Barrs	Female		FO	01:03:49	1379	798
4452	3358	Zachary	Dean	Male		MO	01:03:49	3073	1573
4453	4172	Melanie	O'connor	Female	Tri-Anglia Triathlon Club	F40	01:03:50	1380	189
4454	6467	Nicky	Galwey-woolston	Female	Bungay Black Dog RC	F55	01:03:50	1381	76
4455	7489	Bev	Bowler	Female		F50	01:03:50	1382	112
4456	5924	Rachel	Thompson	Female		F40	01:03:50	1383	190
4457	6212	Martel	Sterry	Female		F40	01:03:51	1384	191
4458	7931	James	Howley	Male		MO	01:03:51	3074	1574
4459	4684	Thomas	Rose	Male		MO	01:03:51	3075	1575
4460	6147	Sam	Clougherty	Male		MO	01:03:51	3076	1576
4461	2604	Sue	Phillips	Female		F50	01:03:51	1385	113
4462	2028	Scott	Allen	Male		MO	01:03:51	3077	1577
4463	2204	Luke	Johnstone	Male		MO	01:03:52	3078	1578
4464	6121	Margaret	Connarty	Female	Shropshire Shufflers	F50	01:03:52	1386	114
4465	7953	Libby	Mullender	Female		FO	01:03:53	1387	799
4466	3180	Tom	Warnes	Male		M45	01:03:53	3079	331
4467	5708	Joe	Greenacre	Male		MO	01:03:53	3080	1579
4468	5974	Joshua	Guinness	Male		MO	01:03:53	3081	1580
4469	4331	Evie	Palmer	Female	Norwich Road Runners	FO	01:03:53	1388	800
4470	7752	Jessica	Langlands	Female		FO	01:03:54	1389	801
4471	4887	Becky	Stead	Female	Norfolk Gazelles AC	FO	01:03:55	1390	802
4472	5463	Meg	Evans	Female		FO	01:03:55	1391	803
4473	5985	Janine	Howes	Female		F50	01:03:55	1392	115
4474	2964	Julie	Read	Female		F60	01:03:55	1393	37
4475	8350	Margaret	Ray	Female		F55	01:03:56	1394	77
4476	4121	Brendan	Pope	Male		M50	01:03:57	3082	312
4477	7638	Bernice	Whitten	Female		F55	01:03:57	1395	78
4478	7417	Kyle	Taskis	Male		MO	01:03:57	3083	1581
4479	5995	Jeremy	Hammersley	Male		M55	01:03:58	3084	223
4480	6649	Byron	Franklin	Male		M40	01:03:58	3085	429
4481	4920	Richard	Daly	Male		M50	01:03:58	3086	313
4482	6628	Gemma	Buxton	Female		FO	01:03:59	1396	804
4483	6748	Gary	Kennedy	Male		M45	01:03:59	3087	332
4484	7314	Tertia	Douglas	Female	Dereham Runners & AC	FO	01:04:00	1397	805
4485	5013	Adrienne	Thompson	Female		F55	01:04:00	1398	79
4486	6278	Ben	Martin	Male		MO	01:04:01	3088	1582
4487	6498	Andy	Sluckin	Male		M70	01:04:01	3089	21
4488	5670	Sarah	Pyne	Female		F45	01:04:01	1399	160
4489	5098	Carolyne	Holmes	Female		F50	01:04:01	1400	116
4490	3539	Mark	Cole	Male		M50	01:04:02	3090	314
4491	4602	Tracey	Campbell	Female	Great Yarmouth Road Runners	F40	01:04:02	1401	192
4492	5149	Elaine	Steel	Female		F60	01:04:02	1402	38
4493	5330	Stephen	Ong	Male		MO	01:04:02	3091	1583
4494	5688	Franziska	Brugger	Female		FO	01:04:02	1403	806
4495	8066	Carol	Riley	Female		F45	01:04:03	1404	161
4496	5106	Sal	Owen	Female		F45	01:04:03	1405	162
4497	8318	Angela	Alford	Female		F40	01:04:03	1406	193
4498	6264	Michael	Nutt	Male		M40	01:04:05	3092	430
4499	887	Brian	Weiser	Male		MO	01:04:05	3093	1584
4500	5803	Iain	Dempster	Male		M70	01:04:06	3094	22



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
4501	3690	George	Worrall	Male	Wymondham AC	MO	01:04:06	3095	1585
4502	3754	Graham	Worrall	Male		M55	01:04:06	3096	224
4503	3918	Charlotte	Richardson	Female		F45	01:04:07	1407	163
4504	3514	Martin	Willis	Male		M55	01:04:07	3097	225
4505	3986	Michael	Luff	Male		M55	01:04:07	3098	226
4506	5414	Kiran Kumar	Gadamchetty	Male	Waveney Valley AC	M40	01:04:07	3099	431
4507	6326	Greg	Hall	Male		MO	01:04:07	3100	1586
4508	4579	Charlotte	Marris	Female		FO	01:04:08	1408	807
4509	4420	Peter	Lang	Male		M55	01:04:08	3101	227
4510	5945	Rebecca	Powell	Female		FO	01:04:08	1409	808
4511	4567	Rob	Stratton	Male	Wymondham AC	MO	01:04:08	3102	1587
4512	7805	Poppy	Balaam	Female		FO	01:04:08	1410	809
4513	4280	Michelle	Watts	Female		FO	01:04:08	1411	810
4514	6750	James	Watson	Male		MO	01:04:09	3103	1588
4515	6293	Vickey	Poulter	Female		F50	01:04:09	1412	117
4516	7802	Amy	Balaam	Female	Bure Valley Harriers	F40	01:04:09	1413	194
4517	5199	Andzelika	Abbs	Female		FO	01:04:09	1414	811
4518	3569	Philip	Harris Cook	Male		M45	01:04:09	3104	333
4519	6086	Chelsea	Garrett	Female		FO	01:04:10	1415	812
4520	4851	Karen	Watson	Female		F60	01:04:10	1416	39
4521	2131	Lucy	Campbell	Female	Norfolk Harriers RC	F55	01:04:11	1417	80
4522	5731	Denis	Udot	Male		MO	01:04:12	3105	1589
4523	6384	Lauren	Purnell	Female		FO	01:04:12	1418	813
4524	5200	Vicky	Land	Female		F40	01:04:12	1419	195
4525	7941	Terry	Stevens	Male		M60	01:04:12	3106	131
4526	7927	Paige	Frosdick	Female	Norwich Road Runners	FO	01:04:12	1420	814
4527	1864	Nikolas	Charalambous	Male		MO	01:04:13	3107	1590
4528	8551	Jessica	Ogden	Female		FO	01:04:13	1421	815
4529	4379	Ged	Morris	Male		M60	01:04:14	3108	132
4530	3979	Andrew	Brown	Male		M50	01:04:14	3109	315
4531	6733	Annabel	Cox	Female	Norwich Road Runners	FO	01:04:15	1422	816
4532	5900	Fi	Tyas	Female		F40	01:04:15	1423	196
4533	3076	Gary	Snelling	Male		M65	01:04:15	3110	52
4534	8760	Vinnie	Woolnough	Male		MO	01:04:16	3111	1591
4535	7244	Matt	Garrould	Male		MO	01:04:16	3112	1592
4536	6908	Andrew	Scottow	Male	Norwich Road Runners	MO	01:04:16	3113	1593
4537	5402	Barry	Woolnough	Male		M45	01:04:16	3114	334
4538	626	Greg	Ward	Male		M50	01:04:16	3115	316
4539	1602	Connor	Harwood	Male		MO	01:04:16	3116	1594
4540	450	Mr	E M Glynn	Male		M55	01:04:16	3117	228
4541	4431	Ka Fai Stephen	Lau	Male	Norwich Road Runners	M50	01:04:16	3118	317
4542	5549	Justine	Warr	Female		FO	01:04:17	1424	817
4543	821	Aaron	Doddington-smith	Male		MO	01:04:17	3119	1595
4544	5854	Charli	Bloom	Female		FO	01:04:17	1425	818
4545	8698	Laura	Nightingale-webb	Female		FO	01:04:18	1426	819
4546	7797	Abby	Harber	Female	Norwich Road Runners	FO	01:04:19	1427	820
4547	1710	Linda	Norris	Female		F40	01:04:19	1428	197
4548	6624	Jackie	Bridges	Female		F45	01:04:19	1429	164
4549	5565	Melanie	Heale	Female		F50	01:04:19	1430	118
4550	3873	Kathryn	Elliott	Female		FO	01:04:19	1431	821
4551	343	Trevor	Kuhr	Male	Norwich Road Runners	M40	01:04:19	3120	432
4552	1828	Adam	Warr	Male		MO	01:04:20	3121	1596
4553	4583	Rachael	Munby	Female		F45	01:04:20	1432	165
4554	4328	Katie	Olding	Female		FO	01:04:21	1433	822
4555	8391	Harriet	Simons	Female		FO	01:04:21	1434	823
4556	7452	Amie	Downs-levene	Female	Norwich Road Runners	FO	01:04:22	1435	824
4557	4841	Evie	Drennan	Female		FO	01:04:23	1436	825
4558	5378	Simon	Evans	Male		M60	01:04:23	3122	133
4559	6217	Claire	Williamson	Female		F45	01:04:23	1437	166
4560	3686	Jack	Roberts	Male		MO	01:04:24	3123	1597



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
4561	4586	Phoebe	Ransom	Female	Aylsham Runners	FO	01:04:24	1438	826
4562	7234	Peter	Wallace	Male		M40	01:04:24	3124	433
4563	5814	Jessica	Sloan	Female		F45	01:04:25	1439	167
4564	6587	James	Taylor-lawrence	Male		M40	01:04:27	3125	434
4565	3552	Rachel	Dance	Female		FO	01:04:27	1440	827
4566	3830	Graham	Hunt	Male		M55	01:04:27	3126	229
4567	6343	Tessa	Morgan	Female		F55	01:04:27	1441	81
4568	7148	Julie	Dilrew	Female		F60	01:04:28	1442	40
4569	6756	Kerys	Witton	Female		F45	01:04:28	1443	168
4570	2042	Tim	Gregory	Male		MO	01:04:28	3127	1598
4571	3219	Dariusz	Fassihi	Male		M40	01:04:28	3128	435
4572	5931	Rachael	Friend	Female		F40	01:04:28	1444	198
4573	5596	Margaret	Mccartney	Female		F60	01:04:29	1445	41
4574	6075	Christian	Fairbrother	Male		M45	01:04:30	3129	335
4575	6704	Tony	Kane	Male		M40	01:04:30	3130	436
4576	6241	Philip	Starling	Male	Norwich Road Runners	M60	01:04:30	3131	134
4577	4049	Emily	Fry	Female		FO	01:04:30	1446	828
4578	6138	Chloe	Francis	Female		FO	01:04:31	1447	829
4579	6226	Sherralyn	Knights	Female		F55	01:04:31	1448	82
4580	6047	Jamie	Mcdonald	Male		M45	01:04:32	3132	336
4581	5937	Rebecca	Mcdonald	Female		F40	01:04:32	1449	199
4582	7102	Alia	Mekheimar	Female		FO	01:04:32	1450	830
4583	2681	Lucy	Ring	Female		FO	01:04:32	1451	831
4584	5417	Conor	Armour	Male		MO	01:04:32	3133	1599
4585	3645	Ian	Jarvis	Male	Lonely Goat RC	M55	01:04:32	3134	230
4586	4173	Sally	Gilding	Female	City Of Norwich AC	F40	01:04:33	1452	200
4587	4580	Andrew	Kelsall	Male	Waveney Valley AC	M50	01:04:33	3135	318
4588	4279	Lizzie	Hall	Female		FO	01:04:33	1453	832
4589	2299	James	Side	Male		MO	01:04:33	3136	1600
4590	6515	Hannah	King	Female		FO	01:04:34	1454	833
4591	4613	Victoria	Wright	Female		F45	01:04:34	1455	169
4592	6859	Shaun	Beevor	Male		MO	01:04:34	3137	1601
4593	5815	Holly	Cossey	Female		FO	01:04:34	1456	834
4594	5224	Lee	Acland	Male		MO	01:04:35	3138	1602
4595	4933	Andrew	Carter	Male		M50	01:04:35	3139	319
4596	4944	Chris	Ducker	Male		M45	01:04:35	3140	337
4597	4834	Jazmine	Rennie	Female		FO	01:04:35	1457	835
4598	6276	Laura	Clayton	Female		FO	01:04:36	1458	836
4599	3525	Stacey	Parkes	Female		FO	01:04:36	1459	837
4600	7130	Peter Paolo	Rivera	Male		MO	01:04:37	3141	1603
4601	7869	Suaad	Clark	Female		FO	01:04:38	1460	838
4602	5452	Chris	Matthews	Male		M60	01:04:39	3142	135
4603	7334	Victoria	Howell	Female		FO	01:04:39	1461	839
4604	4402	Rose	Taylor	Female		F45	01:04:40	1462	170
4605	3602	Elizabeth	Gibson	Female		FO	01:04:40	1463	840
4606	6983	Rachel	Turnbull	Female		FO	01:04:40	1464	841
4607	4224	Ashleigh	Jenkinson	Female		FO	01:04:40	1465	842
4608	3593	Chloe	Stonebridge	Female		FO	01:04:41	1466	843
4609	4348	Nicholas	Ginn	Male	Waveney Valley AC	M50	01:04:41	3143	320
4610	3554	Lisa	Brown	Female		FO	01:04:41	1467	844
4611	6261	Sharon	Warrent	Female		F50	01:04:41	1468	119
4612	6263	Bree	Cooke	Female		F40	01:04:42	1469	201
4613	4659	Sarah	Chapman	Female		F45	01:04:42	1470	171
4614	5159	Ed	West	Male		M55	01:04:42	3144	231
4615	6167	Darran	West	Male		M50	01:04:43	3145	321
4616	4865	Stephen	Edwards	Male		MO	01:04:43	3146	1604
4617	8050	Sarah	Whiting	Female		F50	01:04:43	1471	120
4618	6349	Brian	Lewis	Male		M60	01:04:43	3147	136
4619	1484	Martin	Yaxley	Male		MO	01:04:44	3148	1605
4620	4982	Katrina	Mcdonough	Female		FO	01:04:44	1472	845



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
4621	5622	Matthew	Chapman	Male	Lonely Goat RC	M50	01:04:44	3149	322
4622	4303	Simon	Ashton	Male		M55	01:04:44	3150	232
4623	4981	Martin	Jacobs	Male		M45	01:04:45	3151	338
4624	4138	Barney	Price	Male		MO	01:04:46	3152	1606
4625	6221	Samantha	Vassallo	Female		F50	01:04:46	1473	121
4626	6963	Marcus	Bailey	Male	Norfolk Gazelles AC	M45	01:04:47	3153	339
4627	6474	Matthew	Armitage	Male		MO	01:04:47	3154	1607
4628	3768	Harrison	Mcleod	Male		MO	01:04:47	3155	1608
4629	5035	Harriet	Riley	Female		FO	01:04:47	1474	846
4630	6773	Jamie	Carter	Male		MO	01:04:47	3156	1609
4631	6150	Mathew	Brice	Male		M45	01:04:48	3157	340
4632	6209	Barbara	Peek	Female		F55	01:04:48	1475	83
4633	4361	Isabella	Hughes	Female		FO	01:04:48	1476	847
4634	8419	Sasha	Ferguson	Male		MO	01:04:49	3158	1610
4635	7277	Ruth	Spencer	Female		F60	01:04:49	1477	42
4636	6287	Matthew	Carter	Male	Coltishall Jaguars RC	MO	01:04:49	3159	1611
4637	6220	Alex	Fores	Male		MO	01:04:50	3160	1612
4638	5103	Sandra	Johnson	Female		F55	01:04:50	1478	84
4639	5580	Gary	Thurtle	Male		M45	01:04:50	3161	341
4640	6135	Charlotte	Quinn	Female		FO	01:04:50	1479	848
4641	308	Graham	Johnson	Male		M55	01:04:50	3162	233
4642	4877	Alex	Mckibbin	Male		MO	01:04:50	3163	1613
4643	7425	Lara	Sorrentino	Female		FO	01:04:50	1480	849
4644	6190	Charlie	Plant	Female		FO	01:04:50	1481	850
4645	5056	Rachel	Smith	Female		FO	01:04:51	1482	851
4646	7151	Ivana	Harris	Female	Bure Valley Harriers	F40	01:04:51	1483	202
4647	2982	Chris	Bolderstone	Male		M40	01:04:51	3164	437
4648	5070	James	Slater	Male		MO	01:04:51	3165	1614
4649	5425	David	Dilrew	Male		M65	01:04:52	3166	53
4650	5091	Aaron	Smith	Male		MO	01:04:52	3167	1615
4651	6026	Gemma	Pearson	Female		F40	01:04:52	1484	203
4652	5086	Clare	Bradbury	Female		F45	01:04:53	1485	172
4653	4426	Lee	Youngs	Male		M40	01:04:53	3168	438
4654	3225	Luke	Read	Male		MO	01:04:54	3169	1616
4655	5158	Anna	Blagrove	Female		F45	01:04:54	1486	173
4656	6678	Paul	Eliott	Male	Aylsham Runners	M60	01:04:54	3170	137
4657	8712	Melanie	Thomas	Female		F50	01:04:55	1487	122
4658	5758	Keith	Cutting	Male		M65	01:04:55	3171	54
4659	5486	Antonia	Otte	Female		FO	01:04:55	1488	852
4660	6072	Patrick	Daniel	Male		MO	01:04:56	3172	1617
4661	6932	Mandy	Cox	Female		F60	01:04:56	1489	43
4662	3560	Krysia	Smith	Female		F45	01:04:57	1490	174
4663	5058	Mark	Pike	Male		M55	01:04:57	3173	234
4664	5072	Anna	Gant	Female		F45	01:04:58	1491	175
4665	5780	Julie	Williams	Female		F60	01:04:58	1492	44
4666	5170	Paul	Wickens	Male	Norfolk Gazelles AC	M55	01:04:58	3174	235
4667	6361	Donna	Talby	Female		F45	01:04:59	1493	176
4668	4529	Nathan	Corden	Male		MO	01:05:00	3175	1618
4669	6029	Georgina	Jones	Female		F40	01:05:00	1494	204
4670	372	Daniel	Read	Male		MO	01:05:01	3176	1619
4671	6512	Janet	Hunt	Female		F65	01:05:01	1495	12
4672	4925	Lara	Douglass	Female		F45	01:05:01	1496	177
4673	5906	Emily	Balsdon	Female		FO	01:05:01	1497	853
4674	7320	Christine	Ryding	Female		F45	01:05:02	1498	178
4675	6322	Jack	Hughes	Male		MO	01:05:03	3177	1620
4676	6603	Joanna	Keable	Female	Norfolk Gazelles AC	F50	01:05:03	1499	123
4677	6172	Stuart	Govey	Male		M50	01:05:04	3178	323
4678	2230	Sinead	Rogan	Female		FO	01:05:04	1500	854
4679	3195	Annie	Warman	Female		FO	01:05:04	1501	855
4680	6593	David	Freezer	Male	Norfolk Gazelles AC	MO	01:05:04	3179	1621



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
4681	4641	Paul	Plummer	Male	Beccles & Bungay Harriers	MO	01:05:05	3180	1622
4682	6654	Paul	Beck	Male		M50	01:05:05	3181	324
4683	8495	Emily	Gower	Female		FO	01:05:05	1502	856
4684	6551	Lois	Nevard	Female		FO	01:05:05	1503	857
4685	2927	Joelle	Wilton	Female		FO	01:05:05	1504	858
4686	6662	Donna	Baker	Female		F40	01:05:05	1505	205
4687	5918	Stephen	Saunders	Male		M55	01:05:06	3182	236
4688	5756	Katherine	Staines	Female		F40	01:05:06	1506	206
4689	8441	Alice	Ireland	Female		FO	01:05:06	1507	859
4690	5426	Nichola	Burr	Female		F40	01:05:06	1508	207
4691	4295	September	Millett-bangs	Female	City Of Norwich AC	FO	01:05:07	1509	860
4692	5833	Sarah	Jay	Female	Aylsham Runners	F55	01:05:07	1510	85
4693	4381	Tom	Casey	Male	North Norfolk Beach Runners	MO	01:05:07	3183	1623
4694	7015	Ella	Stashkeyvch	Female		F40	01:05:07	1511	208
4695	5137	Amy	Cooke	Female		FO	01:05:07	1512	861
4696	6062	Georgina	Pell	Female		FO	01:05:07	1513	862
4697	6448	Connie	Vallis	Female		FO	01:05:08	1514	863
4698	7733	Michael	Kyriacou	Male		MO	01:05:08	3184	1624
4699	716	Chris	Clow	Male		M45	01:05:09	3185	342
4700	4781	Thomas	Vallis	Male		MO	01:05:09	3186	1625
4701	7977	Amy	Harrison	Female		FO	01:05:09	1515	864
4702	5014	Jaclyn	Kettley	Female		F45	01:05:09	1516	179
4703	4911	Mary	Colledge	Female	Norfolk Harriers RC	FO	01:05:10	1517	865
4704	6105	David	Levell	Male		M60	01:05:10	3187	138
4705	6333	Arielle	Plummer	Female		FO	01:05:11	1518	866
4706	8213	Gemma	Hart	Female		FO	01:05:11	1519	867
4707	3263	Michael	Berridge	Male		M45	01:05:11	3188	343
4708	912	Callum	Didwell	Male		MO	01:05:11	3189	1626
4709	7720	Jacinta	Bradley	Female		FO	01:05:11	1520	868
4710	3037	Georgia	Bowers	Female		FO	01:05:11	1521	869
4711	1593	Mo	Ali	Male		MO	01:05:12	3190	1627
4712	1514	Lisa	Nobbs	Female		FO	01:05:13	1522	870
4713	1117	Robert	Quinlan	Male	Bungay Black Dog RC	M50	01:05:13	3191	325
4714	7649	Jane	Palmer	Female		F45	01:05:13	1523	180
4715	6538	Ian	Smith	Male		M60	01:05:13	3192	139
4716	7290	Karen	Hoolahan	Female		F50	01:05:15	1524	124
4717	4363	Hanna	Davies	Female		F40	01:05:16	1525	209
4718	6213	Richard	Sawyer	Male		M55	01:05:16	3193	237
4719	2847	Esme	Salmon	Female		FO	01:05:17	1526	871
4720	5521	Ciaran	Dutton	Male		MO	01:05:17	3194	1628
4721	7230	Sadie	Curtis	Female		F50	01:05:17	1527	125
4722	3682	Clare	Walton	Female		F40	01:05:17	1528	210
4723	7983	Chloe	Walker	Female	Bungay Black Dog RC	FO	01:05:17	1529	872
4724	1138	Thomas	Lake	Male		MO	01:05:17	3195	1629
4725	3747	Chris	Kett	Male		M40	01:05:17	3196	439
4726	5901	Shane	Frank	Male		MO	01:05:18	3197	1630
4727	4186	Sheryl	Kemp	Female		F45	01:05:19	1530	181
4728	7588	Jack	Dallain	Male		MO	01:05:19	3198	1631
4729	3744	Thomas	Bulley	Male		MO	01:05:19	3199	1632
4730	2438	Thomas	Marsden	Male		MO	01:05:19	3200	1633
4731	4793	Jane	Aldous	Female		F40	01:05:20	1531	211
4732	6517	Ben	Ablett	Male		M50	01:05:20	3201	326
4733	8070	Lewis	Williams	Male	Norfolk Harriers RC	MO	01:05:20	3202	1634
4734	6566	Matthew	Coe	Male		M45	01:05:21	3203	344
4735	6479	Gemma	O'dwyer	Female		FO	01:05:22	1532	873
4736	6916	William	Kemp	Male		MO	01:05:22	3204	1635
4737	8446	Angelica	Gallego	Female		FO	01:05:22	1533	874
4738	5445	Felicity	Hopper	Female		FO	01:05:23	1534	875
4739	6805	Rhian	Coates	Female		F40	01:05:23	1535	212
4740	5491	Sharon	Gardner	Female		F45	01:05:23	1536	182



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
4741	5586	Simon	Atkinson	Male	Reepham Runners	M55	01:05:23	3205	238
4742	7437	Jayne	Lindsay	Female		FO	01:05:23	1537	876
4743	7682	Bridie	Lewis	Female		F70	01:05:24	1538	2
4744	5986	Zena	May	Female		F55	01:05:24	1539	86
4745	7208	Jazmin	Bailey	Female		FO	01:05:24	1540	877
4746	4849	Linda	Hawes	Female		F45	01:05:24	1541	183
4747	5863	Gavin	Norman	Male		M40	01:05:24	3206	440
4748	6064	Mark	Tucker	Male		M60	01:05:25	3207	140
4749	2836	Kemal	Ozkoruyucu	Male		M40	01:05:25	3208	441
4750	5080	Chris	Lawson	Male		M50	01:05:25	3209	327
4751	7242	Jonathan	Payne	Male	Dereham Runners & AC	MO	01:05:26	3210	1636
4752	6358	Teresa	Rush	Female		FO	01:05:27	1542	878
4753	4029	Jacqueline	Wood	Female		F70	01:05:27	1543	3
4754	4214	Glenn	Shiplee	Male		M60	01:05:27	3211	141
4755	1390	Jordan	Storey	Male		MO	01:05:27	3212	1637
4756	6975	Julie	Thallon	Female		F60	01:05:27	1544	45
4757	5956	Anita	Talby	Female		F45	01:05:27	1545	184
4758	7807	Jayne	Asker	Female		F55	01:05:28	1546	87
4759	3423	Neil	Anderton	Male		M75+	01:05:28	3213	9
4760	6408	Samanth	Cage	Female		FO	01:05:28	1547	879
4761	4168	Giverney	Powles	Female	Dereham Runners & AC	FO	01:05:28	1548	880
4762	8075	Michelle	Trollope	Female		F40	01:05:28	1549	213
4763	7270	Charlotte	Boxall	Female		FO	01:05:29	1550	881
4764	4969	Sarah	Rogers	Female		F55	01:05:29	1551	88
4765	6353	Sinead	Delaney	Female		FO	01:05:29	1552	882
4766	5380	Jake	Kubala	Male		MO	01:05:29	3214	1638
4767	5702	Ollie	Mowles	Male		MO	01:05:29	3215	1639
4768	4624	Tony	Mowles	Male		M55	01:05:29	3216	239
4769	4077	Alan Peter	Daniels	Male		M60	01:05:29	3217	142
4770	4232	Matthew	Tinkler	Male		MO	01:05:30	3218	1640
4771	4489	Jo	Slade	Female	Dereham Runners & AC	F50	01:05:32	1553	126
4772	5332	Alison	Ewin	Female		F50	01:05:32	1554	127
4773	5372	Jack	Day	Male		MO	01:05:32	3219	1641
4774	362	Mark	Ewin	Male		M50	01:05:33	3220	328
4775	4098	Andy	Starkings	Male		M45	01:05:33	3221	345
4776	5064	Alison	Mccurley	Female		F60	01:05:33	1555	46
4777	3546	Dominik	Grzyb	Male		M40	01:05:34	3222	442
4778	843	William	Hobson	Male		M40	01:05:34	3223	443
4779	8392	Alex	Wooderson	Female		F40	01:05:35	1556	214
4780	4387	Greg	Gibson	Male		M55	01:05:35	3224	240
4781	8171	Nicholas	Thompson	Male	Dereham Runners & AC	M60	01:05:35	3225	143
4782	3275	John	Gallagher	Male		M60	01:05:35	3226	144
4783	6163	Matthew	Bussey	Male		MO	01:05:35	3227	1642
4784	4673	Chris	Sargisson	Male		M55	01:05:35	3228	241
4785	7988	David	Farenden	Male		M40	01:05:35	3229	444
4786	907	George	Hewkin	Male		MO	01:05:35	3230	1643
4787	5033	Sharon	Colman	Female		F50	01:05:35	1557	128
4788	6635	Iain	Entwistle	Male		M55	01:05:35	3231	242
4789	6549	Liam	Ward	Male		MO	01:05:36	3232	1644
4790	3896	Laura	Triana Africano	Male		MO	01:05:36	3233	1645
4791	7291	Carolyn	Urry	Female	Dereham Runners & AC	F55	01:05:37	1558	89
4792	4582	Christopher	Rivett	Male		MO	01:05:38	3234	1646
4793	6177	Hayley	Green	Female		FO	01:05:38	1559	883
4794	4308	Sam	Gibson	Male		MO	01:05:38	3235	1647
4795	6645	Samuel	Hobdell	Male		MO	01:05:39	3236	1648
4796	6354	Emily	Mace	Female		FO	01:05:39	1560	884
4797	5662	Richard	Austin	Male		M70	01:05:40	3237	23
4798	6602	Laura	Brown	Female		F50	01:05:40	1561	129
4799	6604	Lois	Light	Female		FO	01:05:41	1562	885
4800	4861	Samantha	Appleyard-smith	Female		F45	01:05:41	1563	185



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
4801	6082	Charlotte	Eden	Female		FO	01:05:42	1564	886
4802	7382	Rachel	Hales	Female		FO	01:05:42	1565	887
4803	4739	Chris	Brooks	Male		M45	01:05:42	3238	346
4804	4980	Robert	Owen	Male		MO	01:05:42	3239	1649
4805	4496	Roberta	Willner	Female		FO	01:05:43	1566	888
4806	7241	Lesley	Hall	Female		F55	01:05:43	1567	90
4807	5855	Sarah	Prior	Female		FO	01:05:43	1568	889
4808	6041	Colin	Mullen	Male		M60	01:05:43	3240	145
4809	6316	Nathan	Barnes	Male		MO	01:05:43	3241	1650
4810	5629	Julie	Harding	Female		F50	01:05:44	1569	130
4811	4344	Claire	Hogston	Female		F45	01:05:44	1570	186
4812	7666	Robert	Holliday	Male		M60	01:05:44	3242	146
4813	6868	Matthew	Cronin	Male		M40	01:05:45	3243	445
4814	3190	Michele	Margitson	Female		FO	01:05:45	1571	890
4815	7003	Gaye	Demirsoy	Female	Dereham Runners & AC	F45	01:05:45	1572	187
4816	8565	George	Aungier Peirce	Male		MO	01:05:45	3244	1651
4817	3250	Anna	Terrington	Female		F40	01:05:45	1573	215
4818	6042	Alice	Brown	Female		FO	01:05:45	1574	891
4819	7377	Thomas	Chapman	Male		MO	01:05:45	3245	1652
4820	5461	Matthew	Gregson	Male		M50	01:05:46	3246	329
4821	3639	Karen	Nice	Female		F45	01:05:46	1575	188
4822	4248	Paul	Sheldrake	Male		M45	01:05:47	3247	347
4823	6682	Lesley	Hanner	Female		F65	01:05:47	1576	13
4824	3967	Bridget	Law	Female	Harleston Running Club	FO	01:05:47	1577	892
4825	8177	Megan	Petherick	Female		FO	01:05:49	1578	893
4826	5096	Lisa	Smith	Female		F55	01:05:50	1579	91
4827	5902	Rosanna	Lynch	Female		F40	01:05:50	1580	216
4828	4578	Steven	Finney	Male		M40	01:05:50	3248	446
4829	7729	Lara	Williamson	Female		F50	01:05:50	1581	131
4830	5957	Catriona	Perkins	Female		FO	01:05:51	1582	894
4831	2526	Joshua	Riding	Male		MO	01:05:51	3249	1653
4832	5960	Martyn	Holmes	Male		MO	01:05:51	3250	1654
4833	5620	Bethany	Bull	Female		FO	01:05:51	1583	895
4834	5687	Martin	Bull	Male		M60	01:05:51	3251	147
4835	6332	Steven	Foulkes	Male		M40	01:05:51	3252	447
4836	6700	Patricia	Tobin	Female		FO	01:05:52	1584	896
4837	5174	Kelly	Starling	Female	Wymondham AC	F50	01:05:52	1585	132
4838	6730	Nicola	Armstrong	Female		F45	01:05:52	1586	189
4839	5792	Conor	Powers	Male		MO	01:05:52	3253	1655
4840	6027	Neil	Gibbs	Male		M40	01:05:53	3254	448
4841	4233	Nedina	Middleton-hall	Female	Wymondham AC	F60	01:05:53	1587	47
4842	2495	Joan	Symonds	Female		F50	01:05:53	1588	133
4843	7013	Matthew	Martin	Male		MO	01:05:53	3255	1656
4844	6274	Lucy	Barnard	Female	Aylsham Runners	FO	01:05:54	1589	897
4845	5525	Joey	Harding	Female		FO	01:05:55	1590	898
4846	8659	Monika	Woolley	Female		FO	01:05:55	1591	899
4847	5714	Neil	Sharpe	Male	Harling Athletic Club	M45	01:05:56	3256	348
4848	5155	Ellie	Cramer	Female		F50	01:05:56	1592	134
4849	5484	Francesca	Benson	Female		FO	01:05:56	1593	900
4850	5082	Lucia	Fitzpatrick	Female		F50	01:05:56	1594	135
4851	4180	Jane	Buck	Female		F50	01:05:56	1595	136
4852	7374	Ellen	Sweet-escott	Female		F60	01:05:56	1596	48
4853	1974	David	Dickens	Male		MO	01:05:56	3257	1657
4854	4999	Jason	Barrett-brown	Male		M40	01:05:57	3258	449
4855	5817	Hannah	Donaldson-davidson	Female		FO	01:05:58	1597	901
4856	5719	Kieran	Hartigan	Male		M50	01:05:58	3259	330
4857	4477	Claire	Woolliscroft	Female		FO	01:05:58	1598	902
4858	7381	Tammy	Myhill	Female		FO	01:05:58	1599	903
4859	5947	Melanie	Elliott	Female	Reepham Runners	F50	01:05:59	1600	137
4860	7435	Mel	Jarvis	Female		F50	01:05:59	1601	138



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
4861	8410	Jon	Wood	Male	Aylsham Runners	MO	01:05:59	3260	1658
4862	5025	Shaun	Hudson	Male		MO	01:06:00	3261	1659
4863	1309	Jonathan	Shackshaft	Male		MO	01:06:00	3262	1660
4864	7152	Gabriela	Pardo	Female		FO	01:06:00	1602	904
4865	4810	Luke	Parker	Male		M45	01:06:01	3263	349
4866	4961	Rebecca	Westall	Female		F45	01:06:01	1603	190
4867	3234	Thomas	Walker	Male		MO	01:06:01	3264	1661
4868	5711	Laura	Browning	Female		FO	01:06:01	1604	905
4869	6439	Erin	Matthews	Female		FO	01:06:02	1605	906
4870	6734	Rebecca	Campbell	Female		FO	01:06:02	1606	907
4871	6853	Louise	Campbell	Female		F50	01:06:02	1607	139
4872	4212	Lauren	Devine	Female		FO	01:06:02	1608	908
4873	4766	Clare	Horner	Female		F45	01:06:03	1609	191
4874	5508	Daniel	Littleboy	Male		M40	01:06:03	3265	450
4875	6256	Maisie	Matthews	Female		FO	01:06:03	1610	909
4876	5081	Anna	Bristow	Female	Norwich Road Runners	FO	01:06:03	1611	910
4877	6941	Emma	Wright	Female		FO	01:06:04	1612	911
4878	1476	Nicholas	Richardson	Male		M40	01:06:05	3266	451
4879	5218	Laura	Washington	Female		FO	01:06:05	1613	912
4880	5698	Jackie	Trower	Female		F60	01:06:05	1614	49
4881	6243	Neil	Dennis	Male		M40	01:06:05	3267	452
4882	4321	Alex	Jones	Male		MO	01:06:05	3268	1662
4883	7009	Roxanne	Demmen	Female		FO	01:06:06	1615	913
4884	6178	Annette	Waterfield	Female		F60	01:06:06	1616	50
4885	6806	Zoe	Sanders	Female		F40	01:06:06	1617	217
4886	5813	Gemma	Gifford	Female		F45	01:06:07	1618	192
4887	4983	Hanna	Lindqvist	Female		F40	01:06:07	1619	218
4888	3960	Kevin	Singleton	Male		M45	01:06:08	3269	350
4889	7690	Angela	Jones	Female		F60	01:06:08	1620	51
4890	7679	Mark	Jones	Male	Great Yarmouth Road Runners	M65	01:06:08	3270	55
4891	5970	Sara	Scott	Female		F40	01:06:08	1621	219
4892	6808	Joanne	Moore	Female		F50	01:06:09	1622	140
4893	8182	Sophia	Wilson	Female	Wymondham AC	FO	01:06:09	1623	914
4894	6180	Vicky	Keene	Female		FO	01:06:09	1624	915
4895	4249	James	Bruce	Male		MO	01:06:09	3271	1663
4896	176	Alistair	Shearer	Male	Bure Valley Harriers	MO	01:06:09	3272	1664
4897	3509	Andy	Hart	Male		M60	01:06:09	3273	148
4898	5393	Jonathan	Foot	Male		M65	01:06:09	3274	56
4899	2843	Matthew	Snell	Male	Thetford AC	MO	01:06:10	3275	1665
4900	8536	Beth	Freer	Female		FO	01:06:10	1625	916
4901	5965	Molly	Jennings	Female		FO	01:06:10	1626	917
4902	5966	Oliver	Douglas	Male		MO	01:06:10	3276	1666
4903	5592	William	Smith	Male		MO	01:06:11	3277	1667
4904	6605	Dexter	Breckons	Male		MO	01:06:12	3278	1668
4905	6352	Mark	Bunn	Male		M50	01:06:12	3279	331
4906	6348	Zoe	Darwin-bunn	Female		F50	01:06:12	1627	141
4907	8678	Laura	Fisk	Female		F40	01:06:12	1628	220
4908	2345	Michael	Burris	Male		MO	01:06:13	3280	1669
4909	7724	Jennifer	Ray	Female		FO	01:06:14	1629	918
4910	5344	Sean	Cahill	Male		MO	01:06:14	3281	1670
4911	6995	Rhian	Shearing	Female		FO	01:06:14	1630	919
4912	6968	Natasha	Sumner	Female	North Norfolk Beach Runners	F45	01:06:15	1631	193
4913	2341	Kyle	Rackham	Male		MO	01:06:15	3282	1671
4914	3757	George	Basnett	Male		MO	01:06:15	3283	1672
4915	602	Thomas	Atkin	Male	Norfolk Gazelles AC	MO	01:06:15	3284	1673
4916	4979	Amanda	Moss	Female		F50	01:06:16	1632	142
4917	6452	Phoebe	Fortune	Female		FO	01:06:16	1633	920
4918	6154	Emily	Thomson	Female		FO	01:06:16	1634	921
4919	4390	Cecilia	Basnett	Female		F50	01:06:17	1635	143
4920	63	Killian	Carline	Male		MO	01:06:17	3285	1674



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
4921	8374	Caroline	Rhodes	Female		FO	01:06:17	1636	922
4922	6414	Ellie	Marris	Female		FO	01:06:17	1637	923
4923	5376	Eleanor	Wendel	Female		FO	01:06:18	1638	924
4924	4752	Teresa	Kelly	Female		F50	01:06:18	1639	144
4925	7743	Manasi	Bhagwat	Female		F55	01:06:18	1640	92
4926	5654	Paul	Macgowan	Male		M40	01:06:19	3286	453
4927	4380	Bahar	Ghezelayagh	Female		F40	01:06:20	1641	221
4928	5930	Jake	Hardiman	Male		MO	01:06:20	3287	1675
4929	5547	Emilia	Read	Female		FO	01:06:20	1642	925
4930	6815	Lisa	Xuereb	Female		F50	01:06:21	1643	145
4931	3235	Dale	Gedge	Male		M40	01:06:21	3288	454
4932	6656	Tim	Warner	Male		M60	01:06:21	3289	149
4933	5657	Toby	Williams	Male	Human Energy AC	M55	01:06:21	3290	243
4934	6440	Helen	Perkin	Female	Human Energy AC	F50	01:06:21	1644	146
4935	7190	Corrina	Brock	Female		FO	01:06:22	1645	926
4936	5411	Nathan	Baston	Male		MO	01:06:23	3291	1676
4937	4281	Aileen	Nicholls	Female		F40	01:06:23	1646	222
4938	4874	Laura	Brannan	Female		F45	01:06:23	1647	194
4939	7315	Rachael	Spaans	Female		FO	01:06:23	1648	927
4940	7423	Finn	Lewis	Male		MO	01:06:23	3292	1677
4941	3066	Juleen	Carrara	Female		F55	01:06:25	1649	93
4942	4845	Amanda	Anderson	Female		F40	01:06:25	1650	223
4943	7467	Katie	Belcher	Female		FO	01:06:25	1651	928
4944	5674	Camilo	Sandoval	Male		MO	01:06:25	3293	1678
4945	5164	Emma	Carrington	Female	Norwich Road Runners	FO	01:06:26	1652	929
4946	7702	Adrian	Fisher	Male		M65	01:06:26	3294	57
4947	7298	Andrew	Logan	Male		M70	01:06:26	3295	24
4948	8235	Billie	Wilkinson	Male		MO	01:06:29	3296	1679
4949	5018	Caroline	England	Female		FO	01:06:29	1653	930
4950	4570	Prasanna	Mahendra	Male		M40	01:06:30	3297	455
4951	6153	Charlotte	Connerty	Female		FO	01:06:30	1654	931
4952	6174	Olivia	Green	Female		FO	01:06:30	1655	932
4953	4007	Michael	Ducker	Male		M40	01:06:30	3298	456
4954	4576	Helena	Mahendra	Female		FO	01:06:30	1656	933
4955	5223	Luke	Miles	Male		M40	01:06:30	3299	457
4956	4299	Andrew	Smith	Male		M45	01:06:31	3300	351
4957	6631	Kin Fung	Leung	Male		M40	01:06:31	3301	458
4958	3879	Joe	Pennington	Male		MO	01:06:31	3302	1680
4959	7791	Ben	Allen	Male		MO	01:06:31	3303	1681
4960	6437	Michael	Watts	Male		MO	01:06:31	3304	1682
4961	5303	Kate	Fleming	Female		F55	01:06:31	1657	94
4962	6634	Wai Yee	Wong	Female		F40	01:06:32	1658	224
4963	5434	Ben	Bedwell	Male		M45	01:06:32	3305	352
4964	6359	Tamsin	Young	Female		F60	01:06:33	1659	52
4965	6428	Dennis	Frew	Male		M75+	01:06:33	3306	10
4966	5122	Katherine	Smith	Female		FO	01:06:33	1660	934
4967	5543	Charlotte	Snell	Female		FO	01:06:33	1661	935
4968	7424	Jayden	Lewis	Male		MO	01:06:33	3307	1683
4969	4208	Rachel	Evans	Female		FO	01:06:33	1662	936
4970	5707	Emma	Bolam	Female		FO	01:06:33	1663	937
4971	3890	Isabelle	Blomfield	Female		FO	01:06:34	1664	938
4972	8087	Neil	Chapman	Male		M50	01:06:34	3308	332
4973	4047	Ali	Tassie	Male		MO	01:06:35	3309	1684
4974	8071	Mary	Pywell	Female		F40	01:06:35	1665	225
4975	7212	Louise	Roberts	Female		F45	01:06:35	1666	195
4976	4850	Abbie	Willett	Female		FO	01:06:35	1667	939
4977	3023	Christopher	Brockbank	Male	Ryston Runners	MO	01:06:36	3310	1685
4978	6629	Pippa	Souster	Female		FO	01:06:36	1668	940
4979	5457	Rosemary	Plant	Female	Waveney Valley AC	F40	01:06:36	1669	226
4980	7215	Andrew	Secker	Male		M55	01:06:36	3311	244



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
4981	6036	Tom	Lancaster	Male		MO	01:06:36	3312	1686
4982	6620	Catherine	Young	Female		F60	01:06:37	1670	53
4983	2081	Glen	Reynolds	Male		M55	01:06:38	3313	245
4984	5955	Chrissy	Palmer	Female	Beccles & Bungay Harriers	F45	01:06:38	1671	196
4985	3439	Alison	Webb	Female		F50	01:06:39	1672	147
4986	6116	Sarah	Boone	Female		F45	01:06:39	1673	197
4987	5403	Miles	Miller	Male		M55	01:06:39	3314	246
4988	6492	Shajia	Begum	Female		FO	01:06:39	1674	941
4989	3633	Trevor	Smith	Male	Wymondham AC	M60	01:06:39	3315	150
4990	7947	Katherine	Collins	Female		F50	01:06:39	1675	148
4991	7391	Amanda	Vincent	Female		F45	01:06:40	1676	198
4992	8412	Lindsay	Mack	Female		FO	01:06:40	1677	942
4993	5001	Jenny	Green	Female	Waveney Valley AC	F45	01:06:40	1678	199
4994	8532	Shaun	Lemmon	Male		MO	01:06:41	3316	1687
4995	8206	Abigail	Martinez	Female		FO	01:06:41	1679	943
4996	5077	Emily	Rayner	Female		F40	01:06:42	1680	227
4997	5184	Amy	Hemp	Female		FO	01:06:42	1681	944
4998	4002	Ian	Richmond	Male		M60	01:06:43	3317	151
4999	7744	Lindsay	Venn	Female		F40	01:06:43	1682	228
5000	4822	Ben	Woodruff	Male		MO	01:06:43	3318	1688
5001	6387	Ruth	Harding	Female		F40	01:06:43	1683	229
5002	2851	Samantha	Hunter	Female		F40	01:06:44	1684	230
5003	5337	Bronte	Farrage	Female		FO	01:06:44	1685	945
5004	5785	Katie	French	Female		FO	01:06:44	1686	946
5005	6126	Ashleigh	Doddington	Female		FO	01:06:45	1687	947
5006	4151	Michael	Belton	Male		M40	01:06:46	3319	459
5007	6455	Stacey	Halford	Female		FO	01:06:46	1688	948
5008	3152	Luke	Jinkerson	Male		MO	01:06:46	3320	1689
5009	8794	Michael	Jovanovic	Male		M40	01:06:46	3321	460
5010	5431	Richard	Squibb	Male		M45	01:06:47	3322	353
5011	6335	John	Howard	Male		M40	01:06:47	3323	461
5012	4469	Kate	Moore	Female	Norwich Road Runners	F45	01:06:47	1689	200
5013	6771	Henry	Nettleton	Male		MO	01:06:48	3324	1690
5014	6045	Leanne	Harrington	Female		FO	01:06:48	1690	949
5015	7419	Emily	Wood	Female		FO	01:06:49	1691	950
5016	4581	Stephen	Taylor	Male	Bungay Black Dog RC	M70	01:06:49	3325	25
5017	3859	Vicky	Smith	Female	North Norfolk Beach Runners	FO	01:06:50	1692	951
5018	4655	Theresa	Hunt	Female		F40	01:06:50	1693	231
5019	966	Sarah	Crockett	Female		FO	01:06:50	1694	952
5020	6742	Tracy	Humphreys	Female	Stowmarket Striders RC	F60	01:06:50	1695	54
5021	6030	Joanna	Andrews	Female		F40	01:06:50	1696	232
5022	5316	Malcolm	Beasley	Male		M55	01:06:50	3326	247
5023	5779	Purvi	Patel	Female		FO	01:06:51	1697	953
5024	3378	Sally	Crockett	Female		F60	01:06:51	1698	55
5025	4931	Nicola	Ireson	Female		F40	01:06:51	1699	233
5026	6626	J'lean	Ferreira	Female		FO	01:06:51	1700	954
5027	8793	Phil	Connell	Male			01:06:52	3327	
5028	5802	Eugenia	Armas	Female		FO	01:06:52	1701	955
5029	7913	Jennifer	Atkins	Female		FO	01:06:53	1702	956
5030	5625	Emma	Marshall	Female		F45	01:06:53	1703	201
5031	5446	Peter	Hill	Male	North Norfolk Beach Runners	M70	01:06:54	3328	26
5032	4959	Danielle	Bacon	Female		FO	01:06:54	1704	957
5033	5583	Isabelle	Woodcock	Female		FO	01:06:54	1705	958
5034	5958	Amy	Thomas	Female		FO	01:06:55	1706	959
5035	5996	Ryan	Downing	Male		MO	01:06:55	3329	1691
5036	6357	Karen	Johnson	Female		FO	01:06:55	1707	960
5037	8464	Lana	Forbes	Female		FO	01:06:55	1708	961
5038	8485	Colette	Forbes	Female		FO	01:06:55	1709	962
5039	6639	Ivor	Mcnaugher	Male		M55	01:06:55	3330	248
5040	8254	Laura	Stimpson	Female		F40	01:06:56	1710	234



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
5041	5920	Charlotte	Murawski	Female		FO	01:06:56	1711	963
5042	5976	Helen	Lobo	Female		FO	01:06:56	1712	964
5043	5690	Christopher	Raven	Male		M60	01:06:56	3331	152
5044	7494	John	Bennett-reilly	Male		MO	01:06:57	3332	1692
5045	4237	Steve	Woods	Male		M45	01:06:57	3333	354
5046	3887	Hans-christian	Harder	Male		MO	01:06:58	3334	1693
5047	6423	Daniel	Krout	Male		MO	01:06:58	3335	1694
5048	6019	Ellen	Winton	Female		FO	01:06:58	1713	965
5049	5878	Stuart	Long	Male		M45	01:06:59	3336	355
5050	3893	Susanna	Harder	Female		FO	01:06:59	1714	966
5051	4848	Loretta	Carron	Female		FO	01:07:01	1715	967
5052	6060	Paul	Stubbs	Male		M55	01:07:01	3337	249
5053	7468	Kerry	Bradley	Female		FO	01:07:01	1716	968
5054	3936	Robert	Murphy	Male		MO	01:07:01	3338	1695
5055	8397	Jordy	Feeney	Female		FO	01:07:01	1717	969
5056	5870	Kelly	Kenny	Female		F60	01:07:02	1718	56
5057	7926	Blake	Manning	Male		MO	01:07:02	3339	1696
5058	5519	Lizzie	Griffiths	Female		F65	01:07:02	1719	14
5059	7222	Gary	Oakshott	Male		M60	01:07:03	3340	153
5060	4274	Suzy	Horth	Female	Norfolk Harriers RC	F45	01:07:03	1720	202
5061	8407	James	Bobbett	Male		MO	01:07:04	3341	1697
5062	4617	Karl	Jermyn	Male		M50	01:07:04	3342	333
5063	5481	Taylor	De Sousa	Male		MO	01:07:04	3343	1698
5064	5019	Lorna	Jermyn	Female		F45	01:07:04	1721	203
5065	6185	Sophie	Gent	Female		FO	01:07:04	1722	970
5066	4061	Lara	Parsons	Female		FO	01:07:05	1723	971
5067	5909	George	Lawrence	Male		MO	01:07:06	3344	1699
5068	3437	Amy	Emerson-webb	Female		FO	01:07:06	1724	972
5069	2999	David	Luton	Male		M40	01:07:06	3345	462
5070	6095	Donald	Harold	Male		M60	01:07:07	3346	154
5071	7024	Lauren	Flannery	Female		F40	01:07:07	1725	235
5072	8055	Katy	Gooch	Female		F40	01:07:07	1726	236
5073	4652	Louise	Notley	Female		F55	01:07:07	1727	95
5074	4424	Simon	Piff	Male		M60	01:07:07	3347	155
5075	6397	Dale	Coleman	Male		M60	01:07:09	3348	156
5076	6708	Kelly	Sykes	Female		FO	01:07:09	1728	973
5077	2962	Peter	Mason	Male		M40	01:07:09	3349	463
5078	2418	Diane	Parsons	Female	Folkestone RC	F45	01:07:10	1729	204
5079	6424	Sofia	Odell	Female		FO	01:07:10	1730	974
5080	6466	Ruby	Gabell	Female		FO	01:07:10	1731	975
5081	6140	Peter	Gierth	Male		M45	01:07:10	3350	356
5082	5571	Katie	Forshaw	Female		FO	01:07:11	1732	976
5083	5545	Jack	Lee	Male		MO	01:07:11	3351	1700
5084	4383	Thomas	Maxwell	Male		MO	01:07:12	3352	1701
5085	3826	David	Royal	Male		M50	01:07:12	3353	334
5086	6659	Chloe	Duneclift	Female		FO	01:07:12	1733	977
5087	8072	Jack	Wright	Male		MO	01:07:12	3354	1702
5088	6454	Samantha	Causton	Female		F40	01:07:12	1734	237
5089	6694	Damien	Neill	Male		MO	01:07:13	3355	1703
5090	4812	Will	South	Male		MO	01:07:13	3356	1704
5091	5882	Brenda	Fee	Female	Barnet & District AC	F75+	01:07:13	1735	1
5092	7167	Helen	Fitzhugh	Female	Norfolk Gazelles AC	F40	01:07:14	1736	238
5093	1623	Mark	Garrett	Male	Norwich Road Runners	M60	01:07:14	3357	157
5094	5867	Daniel	Ellis	Male		MO	01:07:14	3358	1705
5095	5493	William	Manning	Male		MO	01:07:14	3359	1706
5096	7785	Amelia	Tayt	Female		F40	01:07:15	1737	239
5097	5530	Melissa	Baker	Female	Norwich Road Runners	F40	01:07:15	1738	240
5098	7170	Emma	Byrne	Female		FO	01:07:15	1739	978
5099	6189	Denis	Muirden	Male	Horsham Joggers	M65	01:07:15	3360	58
5100	6652	Dale	Forder	Male		MO	01:07:16	3361	1707



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
5101	6841	Emma	Softley	Female	Norfolk Gazelles AC Wikiwiki Tri Team	FO	01:07:16	1740	979
5102	3962	Georgia	Baker	Female		FO	01:07:16	1741	980
5103	5998	Frances	Irwin	Female		FO	01:07:18	1742	981
5104	2594	Anna	Wright	Female		FO	01:07:18	1743	982
5105	3998	Hayley	Gerrard	Female		F55	01:07:19	1744	96
5106	5394	Kitty	Foss	Female		FO	01:07:19	1745	983
5107	6867	Sarah	Hinchcliffe	Female		F45	01:07:20	1746	205
5108	4730	Suzanne	Hayes	Female		F50	01:07:20	1747	149
5109	6130	Carl	Tyas	Male		M40	01:07:21	3362	464
5110	3764	Tom	Chappell	Male		MO	01:07:21	3363	1708
5111	1027	Martin	Perry	Male		M60	01:07:22	3364	158
5112	7262	Emma	Faulkner	Female		FO	01:07:22	1748	984
5113	6089	James	Steel	Male		MO	01:07:22	3365	1709
5114	8060	Chris	Healy	Male		M40	01:07:22	3366	465
5115	6173	Neil	Blackburn	Male		MO	01:07:23	3367	1710
5116	6830	Jo	Silver	Female		F55	01:07:23	1749	97
5117	6356	Alistair	Wilson	Male		M45	01:07:23	3368	357
5118	7771	Charlie	Webster	Male		MO	01:07:23	3369	1711
5119	7697	Jasmin Hague	Hague	Female		FO	01:07:23	1750	985
5120	5567	Rachel	Cork	Female	Harleston Running Club	F40	01:07:24	1751	241
5121	6129	David	Melton	Male		M60	01:07:26	3370	159
5122	6367	Rebecca	Andrews	Female		FO	01:07:26	1752	986
5123	6461	Millie	Houchen	Female		FO	01:07:27	1753	987
5124	1846	Ben	Testoni	Male		MO	01:07:27	3371	1712
5125	6233	Sophie	Congdon	Female		FO	01:07:28	1754	988
5126	8796	Sian	Keeping-lawrence	Female		FO	01:07:28	1755	989
5127	4216	Jimmy	Mccarthy	Male		MO	01:07:28	3372	1713
5128	5885	Sally	Pecher	Female		F55	01:07:28	1756	98
5129	6653	Hayley	Austin	Female		F45	01:07:29	1757	206
5130	5498	Matt	Diss	Male		MO	01:07:30	3373	1714
5131	6314	Sean	Curtis	Male		M50	01:07:30	3374	335
5132	3071	James	Richmond	Male		MO	01:07:31	3375	1715
5133	4490	Will	Mulhall	Male		MO	01:07:31	3376	1716
5134	4338	Kerry	Harman	Female		F45	01:07:32	1758	207
5135	5678	Marie	Durrant	Female		F40	01:07:32	1759	242
5136	6125	Karina	Vere	Female		F50	01:07:32	1760	150
5137	5746	Zoey	Mathews	Female		F40	01:07:32	1761	243
5138	5310	Alice	Brown	Female		FO	01:07:33	1762	990
5139	5451	Zoe	Plane	Female		FO	01:07:33	1763	991
5140	6939	Isabel	Horner	Female		F50	01:07:33	1764	151
5141	2575	Ethan	Jones	Male	Beccles & Bungay Harriers	MO	01:07:33	3377	1717
5142	6964	Stacey	Shiplee	Female		FO	01:07:34	1765	992
5143	5964	Bethan	Evans	Female		FO	01:07:34	1766	993
5144	7939	Melanie	Jarvis	Female		F45	01:07:34	1767	208
5145	7157	Corrina	Turner	Female		F55	01:07:34	1768	99
5146	7172	Margo	Hollamby	Female	Thetford AC 7 Hills Harriers	FO	01:07:34	1769	994
5147	7395	Nom	Kinnear King	Female		F40	01:07:35	1770	244
5148	8109	Emily	Fiddy	Female		FO	01:07:35	1771	995
5149	7995	Sara	Mcleod	Female		FO	01:07:35	1772	996
5150	4367	Georgia	Evans	Female		FO	01:07:36	1773	997
5151	6377	Sarah	Ward	Female		F50	01:07:36	1774	152
5152	6989	Leah	Mcguire	Female		FO	01:07:36	1775	998
5153	1278	Matthew	Trice	Male		M45	01:07:36	3378	358
5154	4852	Nikki	Tarrant	Female		F60	01:07:37	1776	57
5155	5324	Maurice	Stafford	Male		M65	01:07:39	3379	59
5156	6741	Russ	Bulmer	Male		M40	01:07:40	3380	466
5157	8191	Sharon	Mills	Female		F45	01:07:40	1777	209
5158	5436	Mark	Macrae	Male		M60	01:07:41	3381	160
5159	4266	Paul	Greenfield	Male		M55	01:07:41	3382	250
5160	8418	Emma	Codling	Female		FO	01:07:42	1778	999



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
5161	8252	Rowan	De Vroomen	Female	Bure Valley Harriers	FO	01:07:42	1779	1000
5162	7621	Rebecca	Allen	Female		FO	01:07:43	1780	1001
5163	5323	James	Conway	Male		M60	01:07:43	3383	161
5164	5816	Chelsea	Blanchard	Female		FO	01:07:44	1781	1002
5165	2819	Simon	Snell	Male		M55	01:07:44	3384	251
5166	6888	Rhianna	Cracknell	Female		FO	01:07:44	1782	1003
5167	6120	Patrick	Aylmer	Male		M55	01:07:45	3385	252
5168	7868	Ella	Moore	Female		FO	01:07:46	1783	1004
5169	6100	Pippa	Ray	Female		FO	01:07:46	1784	1005
5170	7873	Cheryl	Noble	Female		F45	01:07:46	1785	210
5171	5062	Charlotte	Britt	Female	Great Yarmouth Road Runners	FO	01:07:46	1786	1006
5172	5410	Ross	Bullard	Male		MO	01:07:47	3386	1718
5173	2661	Darek	Schubert	Male		M55	01:07:48	3387	253
5174	7933	Alicia	Bolton	Female		FO	01:07:49	1787	1007
5175	4370	Georgette	Ward	Female		F50	01:07:49	1788	153
5176	435	David	Ince	Male		M45	01:07:49	3388	359
5177	6889	Will	Ince	Male		MO	01:07:50	3389	1719
5178	7691	Lucy	Cator	Female		F60	01:07:51	1789	58
5179	5470	Lucy	Dye	Female		FO	01:07:51	1790	1008
5180	6692	Tom	Peachman	Male		MO	01:07:51	3390	1720
5181	6234	Jemma	Walker	Female	Aylsham Runners	FO	01:07:52	1791	1009
5182	7369	Deborah	Cane	Female		F55	01:07:52	1792	100
5183	6200	Martin	Mccammon	Male		MO	01:07:52	3391	1721
5184	6132	Anna	Palmer	Female		F40	01:07:53	1793	245
5185	4147	Greg	Hayward	Male		MO	01:07:53	3392	1722
5186	6848	Jack	Edwards	Male		MO	01:07:54	3393	1723
5187	7127	Jenny	Kirk	Female	Harleston Running Club	F50	01:07:54	1794	154
5188	6918	Helen	Ganson	Female	Coltishall Jaguars RC	F60	01:07:55	1795	59
5189	5002	Laura	Baxter	Female	Norwich Road Runners	FO	01:07:55	1796	1010
5190	4664	Suse	Sweatman	Female		FO	01:07:57	1797	1011
5191	6685	Zoe	Norman	Female		FO	01:07:57	1798	1012
5192	6904	Stuart	Wood	Male		M60	01:07:57	3394	162
5193	4386	Eleanor	Roots	Female		FO	01:07:58	1799	1013
5194	8129	Georgina	Taylor	Female		F40	01:07:58	1800	246
5195	3356	David	Taylor	Male		M45	01:07:59	3395	360
5196	6796	Sarah	Scales	Female		F45	01:07:59	1801	211
5197	4160	Adam	Patterson	Male		MO	01:07:59	3396	1724
5198	7210	Justin	Brown	Male		MO	01:08:00	3397	1725
5199	4552	Josh	Woolliscroft	Male	Norwich Road Runners	MO	01:08:00	3398	1726
5200	5509	Frances	Spurgeon	Female		FO	01:08:00	1802	1014
5201	4092	Catherine	Maliphant	Female		F45	01:08:00	1803	212
5202	3694	Megan	Lake	Female		FO	01:08:01	1804	1015
5203	5108	Liam	Block	Male		MO	01:08:01	3399	1727
5204	6658	Sophie	Futter	Female		FO	01:08:01	1805	1016
5205	6313	Stephen	Burnett	Male		M70	01:08:01	3400	27
5206	6311	Eleanor	Lines	Female		FO	01:08:01	1806	1017
5207	6879	Richard	Marks	Male		M65	01:08:04	3401	60
5208	6096	Clare	Hodges	Female		F65	01:08:04	1807	15
5209	7932	Rosalind	Trett	Female	Norwich Road Runners	FO	01:08:05	1808	1018
5210	5672	Amy	Corden	Female		FO	01:08:05	1809	1019
5211	6069	Jane	King	Female		F70	01:08:05	1810	4
5212	8091	Helen	Hall	Female		F55	01:08:05	1811	101
5213	5510	Michael	Griffiths	Male		M65	01:08:05	3402	61
5214	6093	Chi Chung	Lo	Male		M50	01:08:06	3403	336
5215	4968	Sabina	Haag	Female		FO	01:08:06	1812	1020
5216	8278	Lucy	Fraser	Female		FO	01:08:07	1813	1021
5217	2485	James	Brooksby	Male		MO	01:08:08	3404	1728
5218	6833	Sarah	Shiplee	Female		F55	01:08:09	1814	102
5219	5570	Leah	Clinch	Female	Norwich Road Runners	FO	01:08:09	1815	1022
5220	7890	Amie	Cudden	Female		FO	01:08:09	1816	1023



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
5221	1615	Ilona	Utting	Female	Norwich Road Runners	FO	01:08:09	1817	1024
5222	4533	Sian	Burnett	Female		F45	01:08:10	1818	213
5223	6891	Ali	Collins	Female		F50	01:08:10	1819	155
5224	6404	David	Cushway	Male		M45	01:08:10	3405	361
5225	6090	Sarah	Bulley	Female		F55	01:08:10	1820	103
5226	6710	David	Woods	Male		M40	01:08:10	3406	467
5227	7779	Megan	Reeve	Female		FO	01:08:10	1821	1025
5228	4694	Ben	Wooden	Male		MO	01:08:11	3407	1729
5229	6681	Lucy	Mann	Female		FO	01:08:11	1822	1026
5230	8636	Suzanne	Pearson	Female		FO	01:08:11	1823	1027
5231	454	Jamie	Barber	Male		MO	01:08:12	3408	1730
5232	5984	Victoria	Temple	Female		F40	01:08:12	1824	247
5233	8069	Richard	Levell	Male		M55	01:08:12	3409	254
5234	4835	Alex	Hammond	Male		M40	01:08:12	3410	468
5235	5652	Matthew	Brine	Male		M50	01:08:12	3411	337
5236	6849	Erin	Paterson	Female		FO	01:08:13	1825	1028
5237	8155	Libbi	Percival	Female		FO	01:08:13	1826	1029
5238	5684	Lauren	Russell	Female		FO	01:08:13	1827	1030
5239	8139	Ricky	Carlyon	Male		M40	01:08:13	3412	469
5240	6641	Megan	Bradfield	Female		FO	01:08:14	1828	1031
5241	5611	Jason	Webster	Male		MO	01:08:14	3413	1731
5242	8132	Sally	Dix	Female		FO	01:08:14	1829	1032
5243	8437	Elisha	Owen	Female		FO	01:08:14	1830	1033
5244	5603	Laura	Webster	Female		F40	01:08:14	1831	248
5245	6986	Debbie	Sporle	Female		F60	01:08:15	1832	60
5246	7250	Amy	Brownhill	Female		F40	01:08:15	1833	249
5247	5202	Adam	Coyle	Male	Harleston Running Club	MO	01:08:15	3414	1732
5248	6165	Peter	Nice	Male		M60	01:08:16	3415	163
5249	6717	Amy	Barton	Female		FO	01:08:17	1834	1034
5250	8137	Jo	Lawes	Female		F40	01:08:17	1835	250
5251	8544	Edward	Hague	Male		M60	01:08:19	3416	164
5252	7574	Marcel	Kinrade	Male		M40	01:08:19	3417	470
5253	7847	Susie	Whitmore	Female		F50	01:08:19	1836	156
5254	6687	Emily	Smith	Female		FO	01:08:20	1837	1035
5255	3062	Daniel	Smith	Male		M40	01:08:21	3418	471
5256	7187	Heather	Mcdonald	Female		FO	01:08:22	1838	1036
5257	8564	Alex	Neave	Male		MO	01:08:22	3419	1733
5258	5466	Robert	Mack	Male		M40	01:08:23	3420	472
5259	7878	Joanna	Fligg	Female	Norwich Road Runners	F60	01:08:23	1839	61
5260	7100	Clare	Gillham	Female		F45	01:08:24	1840	214
5261	4130	Matthew	Cornish	Male	Bexley AC	MO	01:08:25	3421	1734
5262	6206	Rachael	Tate	Female		F45	01:08:25	1841	215
5263	8385	Rosalee	Marshall	Female	Totton RC	FO	01:08:25	1842	1037
5264	5042	Nikki	Collins	Female		F45	01:08:26	1843	216
5265	6781	Sally	Mellows	Female		FO	01:08:26	1844	1038
5266	5904	Hannah	Boyd	Female		F40	01:08:26	1845	251
5267	6053	Jordan	Walsh	Female		FO	01:08:26	1846	1039
5268	3537	Tara	Howell	Female		FO	01:08:26	1847	1040
5269	7279	Helena	Shaw	Female		F50	01:08:28	1848	157
5270	4445	Cara	Mothers	Female		FO	01:08:28	1849	1041
5271	6664	Holly	Eaton	Female		FO	01:08:28	1850	1042
5272	7119	Ruth	Barker	Female		FO	01:08:28	1851	1043
5273	7429	Gill	Watson	Female		F40	01:08:28	1852	252
5274	8755	Darrel	Axten	Male		M55	01:08:28	3422	255
5275	4267	Salma	El-deek	Female		FO	01:08:29	1853	1044
5276	6250	Joe	Howard	Male		MO	01:08:29	3423	1735
5277	5573	K	Postlethwaite	Male		M65	01:08:29	3424	62
5278	5752	Kirsty	Frary	Female		F45	01:08:29	1854	217
5279	6782	Heather	Gubb	Female		F45	01:08:30	1855	218
5280	5560	K	Postlethwaite	Male		M60	01:08:30	3425	165



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
5281	4923	Heather	Dagraca	Female	Norfolk Gazelles AC	F45	01:08:30	1856	219
5282	4956	Jenny	Henry	Female		F45	01:08:30	1857	220
5283	6810	Vikki	Francis	Female		FO	01:08:31	1858	1045
5284	2435	Toby	Layton	Male		MO	01:08:33	3426	1736
5285	3934	Kirsty	Sturman	Female	Lonely Goat RC	F45	01:08:33	1859	221
5286	7573	Hannah	Morelli	Female		FO	01:08:34	1860	1046
5287	7159	Lucy	Bezants	Female		FO	01:08:34	1861	1047
5288	5516	Gillian	Howes	Female	Waveney Valley AC	F50	01:08:35	1862	158
5289	5938	Michael	Radbourne	Male		M55	01:08:35	3427	256
5290	5709	Fred	Aspinall	Male		MO	01:08:35	3428	1737
5291	8800	Harry	Farrell-beales	Male	Wymondham AC	MO	01:08:35	3429	1738
5292	8013	Rebecca	Elliott	Female		FO	01:08:36	1863	1048
5293	6754	Kirsty	Pond	Female		F40	01:08:36	1864	253
5294	7340	Trevor	Potter	Male	Norwich Road Runners	M70	01:08:37	3430	28
5295	6290	Michelle	Cooper	Female		F50	01:08:37	1865	159
5296	6050	Melvin	Hill	Male		M60	01:08:37	3431	166
5297	6270	Kelsey	Samson	Female		FO	01:08:38	1866	1049
5298	8122	Cathryn	Parfitt	Female		FO	01:08:38	1867	1050
5299	8007	Graham	Parfitt	Male		M50	01:08:38	3432	338
5300	7199	Alice	Cusworth	Female		FO	01:08:38	1868	1051
5301	7505	Sarah	Colk	Female		F40	01:08:38	1869	254
5302	7469	Robbie	Collicott	Male		MO	01:08:39	3433	1739
5303	7197	Cerys	Morey	Female		FO	01:08:40	1870	1052
5304	7866	Tim	Block	Male		M55	01:08:40	3434	257
5305	8788	Nicki	Mosca-kyne	Female		F40	01:08:42	1871	255
5306	6131	Denise	Yallop	Female		F50	01:08:42	1872	160
5307	7520	Katherine	Thomas	Female		FO	01:08:42	1873	1053
5308	8388	Lucy	Crook	Female		FO	01:08:43	1874	1054
5309	6267	Nicholas	Marais	Male		MO	01:08:44	3435	1740
5310	7898	Natasha	Livesey	Female		FO	01:08:44	1875	1055
5311	7637	Emily	Savage	Female		F40	01:08:45	1876	256
5312	7402	Becky	Moore	Female		FO	01:08:45	1877	1056
5313	681	Thomas	Payne	Male		MO	01:08:45	3436	1741
5314	6435	Charlotte	Lbull	Female		FO	01:08:45	1878	1057
5315	5921	Sarah	Nichols	Female		FO	01:08:45	1879	1058
5316	8569	Laura	Patrick	Female		FO	01:08:45	1880	1059
5317	4683	Eleanor	Bowditch	Female		FO	01:08:46	1881	1060
5318	7717	Lindsey	Rolfe	Female		F55	01:08:46	1882	104
5319	7707	Jamie	Leicester	Male		MO	01:08:46	3437	1742
5320	5595	Sarah	Reynolds	Female		FO	01:08:47	1883	1061
5321	5768	Hugh	Furness	Male		M55	01:08:47	3438	258
5322	965	James	Fuller	Male		MO	01:08:47	3439	1743
5323	6104	Michael	Harvey	Male		M40	01:08:47	3440	473
5324	5593	Katrina	Fuller	Female		FO	01:08:48	1884	1062
5325	5993	Caroline	Parnis	Female	Lowestoft Road Runners	F50	01:08:49	1885	161
5326	7782	Jake	Griffiths	Male		M45	01:08:50	3441	362
5327	6068	Chloe	Travis	Female		F40	01:08:50	1886	257
5328	6254	Nicoleta	Bilan	Female		F60	01:08:50	1887	62
5329	2848	Natalie	Roebuck	Female		FO	01:08:52	1888	1063
5330	6834	Lucy	Ellice	Female		FO	01:08:52	1889	1064
5331	6823	Gary	Fletcher	Male		M65	01:08:52	3442	63
5332	5946	Meghan	Jones	Female		FO	01:08:52	1890	1065
5333	6854	Kasia	Lukaszewicz	Female		F40	01:08:53	1891	258
5334	6371	Sarah	Bird	Female		F45	01:08:53	1892	222
5335	7006	Hannah	Taylor	Female		FO	01:08:54	1893	1066
5336	5494	Louise	Smalley	Female		F40	01:08:55	1894	259
5337	7964	Becs	O'malley	Female		F50	01:08:56	1895	162
5338	5342	David	Bates	Male		M40	01:08:56	3443	474
5339	4639	Wendy	Smith	Female	Norwich Road Runners	F60	01:08:56	1896	63
5340	5742	Kelly	Betts	Female		FO	01:08:56	1897	1067



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
5341	4832	Samantha	Swinton	Female	Norwich Road Runners	FO	01:08:57	1898	1068
5342	5518	Hannah	Dagless	Female		FO	01:08:57	1899	1069
5343	4230	Samantha	Whitby	Female		F40	01:08:57	1900	260
5344	8267	Clare	Lincoln	Female		F40	01:08:57	1901	261
5345	4312	Jodie	Causer	Female		F40	01:08:58	1902	262
5346	8159	Saranne	Webb	Female		F40	01:08:59	1903	263
5347	5305	Elliot	Jackson	Male		MO	01:08:59	3444	1744
5348	6719	Ruth	Flaherty	Female		FO	01:08:59	1904	1070
5349	5908	Helen	Johnson	Female		F45	01:08:59	1905	223
5350	4893	Olivia	Slater	Female		FO	01:09:00	1906	1071
5351	6441	Heather	Monsey	Female	Lonely Goat RC	FO	01:09:01	1907	1072
5352	7209	Kirsty	Lawrence	Female		F40	01:09:01	1908	264
5353	7680	Laura	Hoadley	Female		F40	01:09:01	1909	265
5354	5046	Kit	Gill	Male		MO	01:09:01	3445	1745
5355	7562	Jackie	Bone	Female		F60	01:09:01	1910	64
5356	6249	Lyn	Roper	Female		F60	01:09:02	1911	65
5357	5941	Sophie	McRobert	Female		F40	01:09:02	1912	266
5358	4001	Faye	Buxton	Female		FO	01:09:03	1913	1073
5359	8433	Callan	Rumsby	Male		MO	01:09:04	3446	1746
5360	8543	Timothy	Overy	Male		M45	01:09:04	3447	363
5361	7738	Beth	Halliday	Female	Norham Running Club	FO	01:09:04	1914	1074
5362	4963	Charlene	Nicholls	Female		F45	01:09:04	1915	224
5363	3668	Karren	Rawlings	Female		F45	01:09:04	1916	225
5364	7563	Morag	Pollard	Female		F60	01:09:04	1917	66
5365	6557	Aaron	King	Male		M40	01:09:05	3448	475
5366	4040	Kevin	Bray	Male	Norwich Road Runners	M50	01:09:06	3449	339
5367	6899	Sally	Johnson	Female		F55	01:09:06	1918	105
5368	1502	Joe	Gowing	Male		MO	01:09:06	3450	1747
5369	7249	Sarah	Clark	Female		F55	01:09:06	1919	106
5370	6097	Jean-michel	Atchoarena	Male		M60	01:09:06	3451	167
5371	5873	Adrian	Harris	Male		M60	01:09:06	3452	168
5372	4333	Sarah	Douglass	Female		F40	01:09:06	1920	267
5373	6186	Isabel	Hartley	Female		FO	01:09:07	1921	1075
5374	7551	Martin	Chapman	Male	Lonely Goat RC	M50	01:09:07	3453	340
5375	8304	Mollie	Horler	Female		FO	01:09:07	1922	1076
5376	8695	Emily	Hawksley	Female		FO	01:09:07	1923	1077
5377	6555	Leilani	King	Female		FO	01:09:07	1924	1078
5378	4433	Ben	Porter	Male		MO	01:09:07	3454	1748
5379	7907	John	Hawksley	Male		MO	01:09:07	3455	1749
5380	7106	Teresa	Barrett	Female		F50	01:09:07	1925	163
5381	5034	Geraint	Castleton-white	Male		M65	01:09:08	3456	64
5382	7203	Kirsty	Walpole	Female		F40	01:09:08	1926	268
5383	6824	Kate	Duberley	Female		FO	01:09:09	1927	1079
5384	5968	Caroline	Gosney	Female	Waveney Valley AC	FO	01:09:10	1928	1080
5385	4853	Jacob	West	Male		MO	01:09:10	3457	1750
5386	5067	Karl	Tordoff	Male		M60	01:09:10	3458	169
5387	5981	Lucy	Williams	Female		FO	01:09:11	1929	1081
5388	5628	Andrea	English	Female		F45	01:09:12	1930	226
5389	6327	Robin	Sampson	Male		MO	01:09:12	3459	1751
5390	3568	James	Grey	Male		MO	01:09:13	3460	1752
5391	7948	Isaac	Bennett	Male		MO	01:09:13	3461	1753
5392	7545	Courtney	Allison	Female		FO	01:09:14	1931	1082
5393	8147	Wai Cheong	Lo	Male		M60	01:09:14	3462	170
5394	6506	Theresa	Jones	Female	Waveney Valley AC	F60	01:09:14	1932	67
5395	5398	Hannah	Hamment	Female		F40	01:09:16	1933	269
5396	5097	Jemma	Wilson	Female		F40	01:09:16	1934	270
5397	5367	Victoria	Bartle	Female		FO	01:09:16	1935	1083
5398	8425	Christine	Belton	Female		F40	01:09:17	1936	271
5399	5927	Wendy	Brett-reynolds	Female		F50	01:09:17	1937	164
5400	6820	Emma	Halliday	Female		FO	01:09:17	1938	1084



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
5401	3538	Stacy	Morris	Female	Benfleet RC	FO	01:09:17	1939	1085
5402	1551	Ramsay	Gashut	Male		MO	01:09:18	3463	1754
5403	1167	Kaylee	Staples	Female		FO	01:09:18	1940	1086
5404	7342	Susan	Horton	Female		F70	01:09:19	1941	5
5405	7959	Katie	Stent	Female	Thetford AC	FO	01:09:20	1942	1087
5406	5352	Clare	Slattery	Female		FO	01:09:20	1943	1088
5407	6954	Marcelle	Evans	Female		F45	01:09:20	1944	227
5408	4934	Jessica	Dickenson	Female		FO	01:09:20	1945	1089
5409	5601	Victoria	Roberts	Female		FO	01:09:21	1946	1090
5410	4590	Rory	Sexton	Male		M40	01:09:21	3464	476
5411	4165	Jemma	Barker	Female		F40	01:09:21	1947	272
5412	6901	Ashleigh	Robshaw	Female		FO	01:09:21	1948	1091
5413	6735	Aimee	Lake	Female		FO	01:09:22	1949	1092
5414	5415	Natalie	Sampson	Female		F40	01:09:22	1950	273
5415	6306	Kirsty	Bredican	Female		F50	01:09:22	1951	165
5416	6508	Daniel	Adcock	Male		MO	01:09:22	3465	1755
5417	6643	Matthew	Baker	Male		MO	01:09:23	3466	1756
5418	6133	Rosie	Harrison	Female		F40	01:09:23	1952	274
5419	6511	Steven	Parkinson-lloyd	Male		M50	01:09:23	3467	341
5420	4598	Christopher	Harding-hook	Male		M55	01:09:23	3468	259
5421	6055	Kate	Clover	Female	Great Yarmouth Road Runners	F50	01:09:24	1953	166
5422	7260	Chloe	Randall	Female		FO	01:09:24	1954	1093
5423	8180	Kaitlyn	Lofty	Female		FO	01:09:25	1955	1094
5424	5579	Bradlie	Tucker	Male		MO	01:09:25	3469	1757
5425	8779	Cara	Mason	Female		FO	01:09:25	1956	1095
5426	6324	Luis Xavier	Celleri Pluas	Male		MO	01:09:25	3470	1758
5427	6581	Seren	Westbury-jones	Female		FO	01:09:25	1957	1096
5428	5749	Matt	Westbury-jones	Male		MO	01:09:26	3471	1759
5429	5219	Lucy	Mahony	Female	Great Yarmouth Road Runners	FO	01:09:27	1958	1097
5430	7123	Darrianne	Reynolds	Female		FO	01:09:28	1959	1098
5431	7438	Vikki	Brownsell	Female		F50	01:09:29	1960	167
5432	4844	Lynsey	Hare	Female		FO	01:09:29	1961	1099
5433	2419	Hadley	Connor	Male		M45	01:09:30	3472	364
5434	3022	Emmalucy	Wright	Female		F45	01:09:31	1962	228
5435	6702	Chris	Lower	Male		MO	01:09:31	3473	1760
5436	5109	Kevin	Copeman-lamoureux	Male		M60	01:09:32	3474	171
5437	6890	Annette	Copeman-lamoureux	Female	Beccles Triathlon Club	F55	01:09:32	1963	107
5438	6083	Amber	Nielsen	Female		F40	01:09:32	1964	275
5439	6123	Lindsay	Churchman	Female		F40	01:09:33	1965	276
5440	4818	Hayley	Mayes	Female		FO	01:09:33	1966	1100
5441	6709	Tom	Leese	Male		MO	01:09:33	3475	1761
5442	7008	Daniel	Chambers	Male		MO	01:09:34	3476	1762
5443	5356	Phil	Thompson	Male		M50	01:09:34	3477	342
5444	5435	Katie	Durnell	Female		FO	01:09:34	1967	1101
5445	4876	Molly	Norman	Female	Lonely Goat RC	FO	01:09:34	1968	1102
5446	2137	Sharon	Burrell	Female		F50	01:09:35	1969	168
5447	5686	Mark	Shepstone	Male		M40	01:09:35	3478	477
5448	7570	Michelle	Cooper	Female		F50	01:09:35	1970	169
5449	7877	Jacob	Conway	Male		MO	01:09:36	3479	1763
5450	5335	Amelia	Morgan	Female		FO	01:09:36	1971	1103
5451	7335	Garry	Avery	Male		M60	01:09:37	3480	172
5452	1224	Danny	Tindall	Male		M40	01:09:37	3481	478
5453	6726	Michelle	Hak	Female		FO	01:09:38	1972	1104
5454	6816	Gemma	Wilson	Female		F45	01:09:38	1973	229
5455	4546	Toby	Vernon	Male		M50	01:09:38	3482	343
5456	7735	Linda	Page	Female		F55	01:09:39	1974	108
5457	7900	Samantha	Proctor	Female	North Norfolk Beach Runners	FO	01:09:39	1975	1105
5458	3151	Katherine	Wright	Female		FO	01:09:39	1976	1106
5459	6468	Claire	Hindley	Female		F45	01:09:39	1977	230
5460	8319	Kayte	Rowe	Female		F55	01:09:39	1978	109



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
5461	7667	Louise	Peck	Female		F55	01:09:39	1979	110
5462	8085	Gabriella	Clarke	Female		FO	01:09:40	1980	1107
5463	6183	Paul	Pearson	Male		M55	01:09:40	3483	260
5464	6159	Susan	Fletcher	Female		F60	01:09:41	1981	68
5465	6215	Hayley	Pearson	Female		F45	01:09:41	1982	231
5466	5336	Phil	Langley	Male		M55	01:09:41	3484	261
5467	6752	Tanne	Heathershaw	Female		FO	01:09:42	1983	1108
5468	5365	Erica	Wicks	Female		FO	01:09:42	1984	1109
5469	5776	Vivien	Fernandez	Female		F40	01:09:43	1985	277
5470	8449	Terry	Caulfield	Male		M65	01:09:44	3485	65
5471	6182	Russell	Ray	Male		M60	01:09:44	3486	173
5472	8097	Lewis	Cromack	Male		MO	01:09:45	3487	1764
5473	5529	James	Wakefield	Male		M40	01:09:45	3488	479
5474	5535	Karla	Randell	Female		F40	01:09:46	1986	278
5475	8255	Roy	Easthope	Male	Striders Of Croydon	M65	01:09:46	3489	66
5476	7756	Deborah	Dean	Female		F50	01:09:47	1987	170
5477	8143	Jack	Fairhead	Male		MO	01:09:47	3490	1765
5478	8141	Amy	Barker	Female		FO	01:09:48	1988	1110
5479	6210	Hayley	Aylmer	Female		F55	01:09:48	1989	111
5480	6556	Malcolm	Randall	Male		M65	01:09:49	3491	67
5481	5843	Tom	Allen	Male		MO	01:09:49	3492	1766
5482	6409	Kelly	Odell	Female		F40	01:09:50	1990	279
5483	5677	Luke	Corden	Male		MO	01:09:50	3493	1767
5484	6463	Laura	Gabell	Female		F40	01:09:50	1991	280
5485	6744	Sophie	Waller	Female		FO	01:09:50	1992	1111
5486	6497	Felix	Chivite-matthews	Male		M55	01:09:50	3494	262
5487	4315	Rhys	Sadler	Male		MO	01:09:50	3495	1768
5488	7917	Samantha	King	Female		FO	01:09:50	1993	1112
5489	6621	Patsy	Hodgson	Female	MY CLUB IS NOT LISTED	F60	01:09:51	1994	69
5490	4144	Richard	Onslow	Male		M55	01:09:51	3496	263
5491	7180	Cherry	Buchanan	Female		F45	01:09:51	1995	232
5492	6014	Enya	Tooke	Female		FO	01:09:51	1996	1113
5493	6184	Bronya	Patmore	Female		F50	01:09:51	1997	171
5494	8523	Man Ling	Hung	Female		F55	01:09:52	1998	112
5495	6544	Christine	Bakewell	Female		F60	01:09:52	1999	70
5496	643	Konrad	Pytlarz	Male		M40	01:09:53	3497	480
5497	5977	James	Stone	Male		M45	01:09:53	3498	365
5498	5615	Ryan	Farrow	Male	Lonely Goat RC	MO	01:09:55	3499	1769
5499	6021	Ruth	Stokes	Female		FO	01:09:55	2000	1114
5500	7345	Alison	Fulcher	Female		F55	01:09:55	2001	113
5501	5546	Vicki	Long	Female	Norfolk Gazelles AC	F45	01:09:56	2002	233
5502	7492	Emily	Paton	Female		FO	01:09:56	2003	1115
5503	7872	Kate	Clarke	Female		FO	01:09:56	2004	1116
5504	7885	Amanda	Leftley	Female		F55	01:09:57	2005	114
5505	5830	Mike	Reid	Male		M55	01:09:58	3500	264
5506	6280	Rebecca	Reade	Female		FO	01:09:58	2006	1117
5507	6158	Ria	Quinton	Female		FO	01:09:59	2007	1118
5508	2323	Joe	Brain	Male		M40	01:09:59	3501	481
5509	7681	Julia	Mucko	Female		FO	01:09:59	2008	1119
5510	7306	Olivia	Lofty	Female		FO	01:09:59	2009	1120
5511	7239	Julia	Westgate	Female		F60	01:10:01	2010	71
5512	6778	Lynsey	Davison	Female		F40	01:10:01	2011	281
5513	7194	Sophie	Spurgeon	Female		FO	01:10:01	2012	1121
5514	5725	Debbie	Crowley	Female	Ryston Runners	F50	01:10:01	2013	172
5515	7521	Lisa	Downs	Female		FO	01:10:02	2014	1122
5516	4352	Shelley	Ames	Female		F40	01:10:03	2015	282
5517	6425	Wendy	Richards	Female		F45	01:10:03	2016	234
5518	5989	Becky	Sturgeon	Female	Bungay Black Dog RC	F50	01:10:03	2017	173
5519	3629	Samuel	Flower	Male		MO	01:10:03	3502	1770
5520	6063	Natalie	Egmore	Female		F40	01:10:04	2018	283



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
5521	6722	Ginny	Greenway	Female	Wymondham AC	FO	01:10:04	2019	1123
5522	6873	Holly	Hayes	Female		F40	01:10:04	2020	284
5523	8343	Abi	Saiko	Female		F40	01:10:04	2021	285
5524	8542	Alice	Lavender	Female		FO	01:10:04	2022	1124
5525	6074	Hannah	Watson	Female		FO	01:10:05	2023	1125
5526	8347	Alec	Saiko	Male		M40	01:10:05	3503	482
5527	7380	Emma	Larner	Female		F50	01:10:06	2024	174
5528	6588	Nicola	Townsend	Female		F50	01:10:07	2025	175
5529	6375	Amanda	Gray	Female		F65	01:10:07	2026	16
5530	7716	Sophie	Rogers	Female		FO	01:10:08	2027	1126
5531	7922	Sarah	Pickett	Female		F40	01:10:08	2028	286
5532	7843	Coral	Drane	Female		F60	01:10:10	2029	72
5533	5024	Bradley	Spanton	Male		MO	01:10:12	3504	1771
5534	7688	Ryan	Westrop	Male		MO	01:10:12	3505	1772
5535	8363	Sigourney	Nixon	Female		FO	01:10:13	2030	1127
5536	6299	Georgia	Gordon	Female		FO	01:10:13	2031	1128
5537	8789	Elena	Vincelovic	Female		FO	01:10:13	2032	1129
5538	7837	Victoria	Evans	Female		FO	01:10:14	2033	1130
5539	7655	Chris	Clemenson-smith	Male		M40	01:10:14	3506	483
5540	7842	Charlotte	Forshaw	Female		FO	01:10:14	2034	1131
5541	5499	Claire	Neil	Female	North Norfolk Beach Runners Bungay Black Dog RC	F50	01:10:14	2035	176
5542	6737	Helen	Simpson	Female		F55	01:10:15	2036	115
5543	7378	Charlotte	Tabit	Female		FO	01:10:15	2037	1132
5544	3221	Laura	North	Female		FO	01:10:15	2038	1133
5545	7153	Jade	Chestney	Female		FO	01:10:15	2039	1134
5546	5723	Lisa	Neil	Female		FO	01:10:15	2040	1135
5547	6277	Kate	Webster	Female		F40	01:10:15	2041	287
5548	6906	Kay	Woodhouse	Female		F55	01:10:15	2042	116
5549	4080	Reece	Buxton	Male		MO	01:10:16	3507	1773
5550	5029	Steff	Firth	Female		F55	01:10:16	2043	117
5551	8312	Phillip	Rowe	Male		M55	01:10:16	3508	265
5552	6690	Sean	Harwood	Male		M60	01:10:16	3509	174
5553	4023	Susan	Hendry	Female		FO	01:10:16	2044	1136
5554	5658	Lisa	Baker	Female		F60	01:10:17	2045	73
5555	4368	David	Hamilton	Male		M50	01:10:17	3510	344
5556	7479	Ella	Chadney	Female		FO	01:10:18	2046	1137
5557	4912	Duncan	Green	Male		M55	01:10:19	3511	266
5558	6614	Peter	Russell	Male		M50	01:10:19	3512	345
5559	6092	Stanley	Hamilton	Male		M70	01:10:20	3513	29
5560	6386	Daniel	Howell	Male	City Of Norwich AC Lonely Goat RC	M40	01:10:20	3514	484
5561	7507	Caitlin	Pamment	Female		FO	01:10:20	2047	1138
5562	7333	Ian	Dawson	Male		M70	01:10:21	3515	30
5563	6911	Toby	Colman	Male		MO	01:10:21	3516	1774
5564	7454	Karen	Turner	Female		F40	01:10:23	2048	288
5565	7303	Beatriz	Lopez-ruiz	Female		F40	01:10:24	2049	289
5566	3508	Dillon	Alexander	Male		MO	01:10:24	3517	1775
5567	5039	James	Bleach	Male		MO	01:10:24	3518	1776
5568	7600	Alan	Chadney	Male		M65	01:10:25	3519	68
5569	7539	Louise	Bunning	Female		F60	01:10:26	2050	74
5570	6471	Laura	Farrelly	Female		F40	01:10:26	2051	290
5571	7560	Jane	Sellers	Female		F45	01:10:26	2052	235
5572	3891	Chris	Groves	Male		M70	01:10:27	3520	31
5573	6317	Bernard	Nunn	Male		M65	01:10:27	3521	69
5574	8016	Nigel	Philpott	Male		M55	01:10:27	3522	267
5575	6319	Lily	Pomfret	Female		FO	01:10:28	2053	1139
5576	8289	James	Vivian	Male		MO	01:10:28	3523	1777
5577	6928	Sarah	Medd-sygrove	Female		F55	01:10:29	2054	118
5578	6237	Kelly	Dean	Female		FO	01:10:30	2055	1140
5579	7710	Annie	Cunningham	Female		F50	01:10:31	2056	177
5580	6000	Emma	Hilling-smith	Female		FO	01:10:31	2057	1141



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
5581	6959	Bonnie	Abbott	Female	City Of Norwich AC	FO	01:10:31	2058	1142
5582	7755	Eve	Gosling	Female		FO	01:10:31	2059	1143
5583	8553	Amy	Loveridge	Female		FO	01:10:32	2060	1144
5584	6536	Mary	Cordeaux	Female		F55	01:10:32	2061	119
5585	8795	Ross	Chadney	Male		MO	01:10:33	3524	1778
5586	8231	Gemma	Astbury-dennis	Female		FO	01:10:34	2062	1145
5587	7018	Micha	Brown	Female		FO	01:10:34	2063	1146
5588	6857	David	Pugh	Male		M75+	01:10:34	3525	11
5589	5309	Caroline	Gooch	Female		FO	01:10:37	2064	1147
5590	6783	Alison	Jordison	Female		F50	01:10:37	2065	178
5591	5133	Stephen	Graham	Male	City Of Norwich AC	M55	01:10:38	3526	268
5592	5737	Aiden	Boyce	Male		MO	01:10:38	3527	1779
5593	6091	Catherine	Gant	Female		F45	01:10:38	2066	236
5594	7712	Brenda	Kite	Female		F65	01:10:40	2067	17
5595	6188	Rebecca	Lorimer	Female		FO	01:10:41	2068	1148
5596	7871	Simon	Whale	Male		M40	01:10:41	3528	485
5597	6902	Lucy	Softley	Female		FO	01:10:41	2069	1149
5598	7636	Chris	Barton	Male		M40	01:10:42	3529	486
5599	6595	Christine	Barker	Female	Lonely Goat RC	F60	01:10:42	2070	75
5600	6826	Emily	Keel	Female		FO	01:10:42	2071	1150
5601	6018	Beth	Brookes	Female		FO	01:10:43	2072	1151
5602	7620	Kelly	Westrop	Female		FO	01:10:43	2073	1152
5603	4197	Esme	Hicks	Female		F40	01:10:43	2074	291
5604	2705	David	Spurgeon	Male		MO	01:10:44	3530	1780
5605	6948	Melanie	Wiseman	Female		FO	01:10:45	2075	1153
5606	8294	Seb	Dixon	Male		MO	01:10:45	3531	1781
5607	5477	Adrian	Rutterford	Male		M60	01:10:45	3532	175
5608	5189	Greg	Gladwell	Male		M60	01:10:46	3533	176
5609	6745	Rebekah	Ellis	Female	Great Yarmouth Road Runners	FO	01:10:47	2076	1154
5610	6584	Lucy	Robinson	Female		FO	01:10:48	2077	1155
5611	7111	Glenda	Stirling	Female		F60	01:10:49	2078	76
5612	7293	Ian	Grimshaw	Male		M55	01:10:49	3534	269
5613	5604	Byron	Jenness	Male		MO	01:10:49	3535	1782
5614	7935	Anna	Matley	Female		FO	01:10:49	2079	1156
5615	5572	Natacha	Partouns	Female		FO	01:10:50	2080	1157
5616	7150	India	Evans	Female		FO	01:10:50	2081	1158
5617	6950	Emily	Lowe	Female		FO	01:10:50	2082	1159
5618	6483	Trudy	Musgrove	Female		F50	01:10:51	2083	179
5619	6965	Sally	Erskine-griffiths	Female	Runners-Next-the-Sea	F40	01:10:51	2084	292
5620	6828	Kate	Massey	Female		F40	01:10:51	2085	293
5621	7472	Ellie	Strowger	Female		F55	01:10:52	2086	120
5622	5503	Jen	Lewis	Female		F50	01:10:52	2087	180
5623	6460	Heidi	Pooley	Female		F50	01:10:53	2088	181
5624	7365	Rosa	Andrews	Female		FO	01:10:54	2089	1160
5625	8197	Alison	Norton	Female		F55	01:10:55	2090	121
5626	7326	Courtney	Farrow	Female		FO	01:10:55	2091	1161
5627	7112	Heidi	Acteson	Female		F40	01:10:55	2092	294
5628	7113	Amanda	Reeves	Female		F55	01:10:55	2093	122
5629	6148	Lisa	Rowe	Female	Runners-Next-the-Sea	F40	01:10:56	2094	295
5630	7000	Jane	Kilbourn	Female		F50	01:10:58	2095	182
5631	6525	Rose	Dryland	Female		FO	01:10:58	2096	1162
5632	6225	Rebecca	Hulme	Female		F55	01:10:58	2097	123
5633	7537	Abbi	Pardon	Female		FO	01:10:59	2098	1163
5634	8239	Martha	Frosdick	Female		FO	01:10:59	2099	1164
5635	5357	Hannah	Dryland	Female		F45	01:10:59	2100	237
5636	6598	Christopher	Key	Male		M40	01:11:00	3536	487
5637	6558	Carly	Key	Female		FO	01:11:00	2101	1165
5638	5140	Kim	Braybrook	Female		F40	01:11:01	2102	296
5639	7801	Angela	Moss	Female	Runners-Next-the-Sea	F45	01:11:02	2103	238
5640	6644	James	Rogers	Male		M55	01:11:02	3537	270



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
5641	6565	Summer	Rogers	Female	Aylsham Runners	FO	01:11:02	2104	1166
5642	8215	Paula	Mellor	Female		F55	01:11:03	2105	124
5643	5826	Shakiba	Mohseni	Female		F40	01:11:03	2106	297
5644	5562	Kate	Campbell	Female		FO	01:11:03	2107	1167
5645	4704	Emma	Goldsmith	Female		F45	01:11:03	2108	239
5646	4799	Thomas	Drewery	Male	Reading Roadrunners	MO	01:11:03	3538	1783
5647	8079	Jonathan	Brown	Male		M40	01:11:05	3539	488
5648	5507	Andrew	Ward	Male		M50	01:11:05	3540	346
5649	6134	Kirsten	Bishop	Female		FO	01:11:05	2109	1168
5650	7531	Daniela	Marchesi	Female		F40	01:11:05	2110	298
5651	7445	Amelia	Cawcutt	Female	North Norfolk Beach Runners	FO	01:11:06	2111	1169
5652	8001	Richard	Lee	Male		MO	01:11:06	3541	1784
5653	7439	Nuala	Motel-casey	Female		FO	01:11:07	2112	1170
5654	6122	Daniel	Cavaco	Male		MO	01:11:08	3542	1785
5655	6724	Thomas	Ryan	Male		M40	01:11:09	3543	489
5656	6146	William	Seaman	Male		MO	01:11:09	3544	1786
5657	7692	Pamela	Turnbull	Female		F65	01:11:09	2113	18
5658	7129	Claire	Grainger	Female		F60	01:11:10	2114	77
5659	6396	Ethan	Place	Male		MO	01:11:10	3545	1787
5660	4815	Peter	Whear	Male		M55	01:11:12	3546	271
5661	7795	Lucie	Fletcher	Female		F45	01:11:12	2115	240
5662	6344	Nigel	Barnes	Male		M55	01:11:12	3547	272
5663	7404	Sarah	Smith	Female		F40	01:11:13	2116	299
5664	5068	Sophie	Freedman	Female		FO	01:11:13	2117	1171
5665	5718	Kirstie	Barber	Female		FO	01:11:14	2118	1172
5666	4916	Jon	Bunning	Male		M65	01:11:14	3548	70
5667	5396	Abby	Shurey	Female		FO	01:11:14	2119	1173
5668	5112	Daniel	Shurey	Male		MO	01:11:15	3549	1788
5669	4784	Mike	Hatcher	Male		M40	01:11:16	3550	490
5670	7595	Jenna-jaye	Nicholson	Female		FO	01:11:16	2120	1174
5671	8095	Jessica	Gayson	Female		FO	01:11:16	2121	1175
5672	2732	Robert	Muncaster	Male		MO	01:11:17	3551	1789
5673	4975	Martin	Canwell	Male		M45	01:11:17	3552	366
5674	6524	Lewis	Cook	Male		MO	01:11:18	3553	1790
5675	6205	Natasha	Ward	Female		FO	01:11:18	2122	1176
5676	7815	Jo	Shorrock	Female		F60	01:11:19	2123	78
5677	6818	Sean	Curran	Male		M50	01:11:20	3554	347
5678	6800	Dean	Palmer	Male		MO	01:11:21	3555	1791
5679	5926	Emma	Soanes	Female		F40	01:11:21	2124	300
5680	6878	Jessica	Gedge	Female		FO	01:11:21	2125	1177
5681	7186	Sarah	Cubitt	Female	Bure Valley Harriers	F45	01:11:22	2126	241
5682	5899	Phil	Soanes	Male		M45	01:11:22	3556	367
5683	7357	Adrian	Baldwin	Male		M50	01:11:22	3557	348
5684	6224	Rachel	Appleton-burwood	Female		F45	01:11:22	2127	242
5685	7609	Shona	Ebbage	Female		FO	01:11:22	2128	1178
5686	5031	Sally	Porter	Female		F60	01:11:23	2129	79
5687	6835	Lucie	Egleton-dagg	Female		F45	01:11:23	2130	243
5688	7504	Jane	Davis	Female		F55	01:11:23	2131	125
5689	6402	Alison	Wiggett	Female		F45	01:11:24	2132	244
5690	7138	Suze	Lake	Female		F45	01:11:26	2133	245
5691	7693	Luke	Fox	Male		MO	01:11:26	3558	1792
5692	5009	Joe	Randlesome	Male		MO	01:11:27	3559	1793
5693	7553	Margaret	Fox	Female		F60	01:11:27	2134	80
5694	7337	Laura	Davies	Female		FO	01:11:28	2135	1179
5695	5185	Dan	Stowers	Male		MO	01:11:28	3560	1794
5696	5041	Jemma	Thorne	Female		F40	01:11:29	2136	301
5697	7606	Denise	Groombridge	Female		F70	01:11:29	2137	6
5698	4926	Denise	Bjorck	Female		F60	01:11:30	2138	81
5699	7571	Jessica	Williams	Female		FO	01:11:31	2139	1180
5700	3003	Amy	Mills	Female		FO	01:11:32	2140	1181



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
5701	6273	Benjamin	Rogers	Male		M40	01:11:32	3561	491
5702	8389	Amanda	Grimley	Female		F55	01:11:32	2141	126
5703	4414	Tim	Braybrook	Male		M45	01:11:33	3562	368
5704	6296	Ash	Cawston	Male		MO	01:11:33	3563	1795
5705	7281	Rachel	Garrod	Female		F40	01:11:34	2142	302
5706	7181	Deborah	Warner	Female		F50	01:11:34	2143	183
5707	4906	Andrea	Pridmore	Female		F55	01:11:34	2144	127
5708	5842	Sam	Cross	Male		MO	01:11:35	3564	1796
5709	7401	Sarah	Price	Female		FO	01:11:36	2145	1182
5710	7336	Lynn	Greenfield	Female		F50	01:11:36	2146	184
5711	6251	Rebecca	Howell	Female		F50	01:11:36	2147	185
5712	1393	Frank	Carey	Male		M40	01:11:37	3565	492
5713	4184	Darren	Harper	Male		M50	01:11:37	3566	349
5714	4821	Jess	Hillis	Female		F40	01:11:37	2148	303
5715	6488	Rebecca	Green	Female		F45	01:11:38	2149	246
5716	8406	Lyssa	Jenkins	Female	Stowmarket Striders RC	FO	01:11:38	2150	1183
5717	4391	Adrian	Rayner	Male		M55	01:11:39	3567	273
5718	6385	Teresa	Turberville	Female		F50	01:11:39	2151	186
5719	6453	Vanessa	Applin	Female		F60	01:11:39	2152	82
5720	7021	Simon	Derrick	Male		M50	01:11:39	3568	350
5721	8409	David	Dunnett	Male		M60	01:11:39	3569	177
5722	6579	Lou	Hunn	Female		F40	01:11:39	2153	304
5723	3900	Nick	Applin	Male		M60	01:11:39	3570	178
5724	5460	Peter	Bradley	Male		MO	01:11:40	3571	1797
5725	8684	John Mark	Bowen	Male		M65	01:11:40	3572	71
5726	6485	Sarahjane	Stephen	Female	Norfolk Gazelles AC	F45	01:11:40	2154	247
5727	5468	Katie	Gorrod	Female		FO	01:11:41	2155	1184
5728	6416	Katie	Jowett	Female		FO	01:11:42	2156	1185
5729	3092	Alice	Coyle	Female		F40	01:11:42	2157	305
5730	4901	Salina	Cumbridge	Female	Ryston Runners	F50	01:11:43	2158	187
5731	7466	Kelly	Lee	Female		F40	01:11:43	2159	306
5732	4429	Tabitha	Gardiner	Female		FO	01:11:43	2160	1186
5733	8700	Ryan	Hancock	Male		M40	01:11:43	3573	493
5734	6753	Mary	North	Female		FO	01:11:44	2161	1187
5735	6974	Navdeep	Kalsi	Female		F40	01:11:44	2162	307
5736	7904	Melanie	Conroy	Female		F45	01:11:45	2163	248
5737	7535	Tony	Grayling	Male		M60	01:11:46	3574	179
5738	7509	Kirsty	Paradot	Female		F45	01:11:46	2164	249
5739	8115	David	Kay	Male		M50	01:11:46	3575	351
5740	7741	Sharron	Whales	Female		F50	01:11:47	2165	188
5741	7849	Ruth	Angrave	Female		F45	01:11:47	2166	250
5742	4756	Anna	Collins	Female		FO	01:11:47	2167	1188
5743	7689	Mercedes	Brazier	Female		FO	01:11:47	2168	1189
5744	4411	Daniel	Philpott	Male		M40	01:11:47	3576	494
5745	5720	Krzysztof	Szulfer	Male		MO	01:11:48	3577	1798
5746	3855	Andrew	Thorpe	Male		M60	01:11:49	3578	180
5747	8300	Tanya	Howard	Female		FO	01:11:49	2169	1190
5748	2447	John	Mcclusky	Male		M45	01:11:49	3579	369
5749	6101	Laura	Reeves	Female		F50	01:11:49	2170	189
5750	6531	Steve	Bliss	Male		M50	01:11:50	3580	352
5751	5717	Monika	Lukasik	Female		FO	01:11:50	2171	1191
5752	8650	Victoria	Shepherd	Female		F40	01:11:51	2172	308
5753	7604	Alistair	Fitzgerald	Male		M60	01:11:51	3581	181
5754	7838	Nicola	Smith	Female		FO	01:11:52	2173	1192
5755	8207	Andrea	Line	Female		F50	01:11:52	2174	190
5756	4939	Nicole	Van Den Wittenboer	Female	Vegan Runners UK	F55	01:11:52	2175	128
5757	8208	Howard	Line	Male		M50	01:11:53	3582	353
5758	8044	Leigh	Flaherty	Male		M40	01:11:54	3583	495
5759	6239	Vernon	Mills	Male		M60	01:11:54	3584	182
5760	6038	Lucy	Bonham	Female		F45	01:11:54	2176	251



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
5761	8747	Laura	Rathbone	Female		FO	01:11:55	2177	1193
5762	8395	Dannielle	Crane	Female		F40	01:11:55	2178	309
5763	7857	Danielle	Hickson	Female		F40	01:11:55	2179	310
5764	2387	Paul	Hickson	Male		M40	01:11:55	3585	496
5765	7131	Charlotte	Day	Female		FO	01:11:55	2180	1194
5766	7116	Samuel	Leonard	Male		MO	01:11:55	3586	1799
5767	7373	Martin	Betts	Male		M45	01:11:56	3587	370
5768	8791	Darren	Smith	Male		M50	01:11:56	3588	354
5769	6991	Andrea	Biggs	Female	Waveney Valley AC	F55	01:11:57	2181	129
5770	7376	Christopher	Hedges	Male		MO	01:11:57	3589	1800
5771	6080	Calum	Simpson	Male		M40	01:11:58	3590	497
5772	7426	Tim	Will	Male		M50	01:11:59	3591	355
5773	8148	Kieran	Hills	Male		MO	01:11:59	3592	1801
5774	8002	Peter	Lo	Male		M65	01:11:59	3593	72
5775	5741	Jonathan	Haines	Male		M50	01:12:00	3594	356
5776	7699	Allison	West	Female	Thetford AC	F60	01:12:00	2182	83
5777	7007	Sue	Mason	Female		F55	01:12:02	2183	130
5778	8246	Sarah	Holmes	Female		F60	01:12:02	2184	84
5779	6009	Leanne	Smith	Female		FO	01:12:03	2185	1195
5780	7284	Sheila	Smith	Female		F70	01:12:05	2186	7
5781	4378	Stuart	Lawn	Male	Bungay Black Dog RC	M40	01:12:06	3595	498
5782	3229	Vanessa	Forster	Female		F45	01:12:06	2187	252
5783	7276	Sarah	Wakefield	Female	Dereham Runners & AC	F45	01:12:06	2188	253
5784	2120	Steven	Burgess	Male		M40	01:12:07	3596	499
5785	6115	Richard	Paul	Male		MO	01:12:07	3597	1802
5786	7192	Hannah	Rudling	Female		F45	01:12:07	2189	254
5787	8245	Tina	Pauling	Female		F55	01:12:08	2190	131
5788	3935	Kirsty	Howe	Female	Best Athletics	FO	01:12:08	2191	1196
5789	6228	Charles	Schofield	Male		MO	01:12:08	3598	1803
5790	4364	Lucy	Beevor	Female		FO	01:12:08	2192	1197
5791	5759	Richard	Appleton	Male		M65	01:12:09	3599	73
5792	6109	Harry	Burnett	Male	Beccles Triathlon Club	MO	01:12:09	3600	1804
5793	8611	Angela	Mason	Female		F40	01:12:09	2193	311
5794	5971	Lynsey	Weston	Female		F40	01:12:10	2194	312
5795	7925	Charlotte	Bunyan	Female		FO	01:12:10	2195	1198
5796	5979	Keith	Burnett	Male	Beccles Triathlon Club	M55	01:12:10	3601	274
5797	6271	Aine	Lincoln	Female		F40	01:12:10	2196	313
5798	7450	James	Lawson	Male		MO	01:12:10	3602	1805
5799	8324	Chloe	Schmidt	Female		FO	01:12:11	2197	1199
5800	5950	Elliemay	Keywood	Female		FO	01:12:11	2198	1200
5801	6766	Tom	Hamling	Male		MO	01:12:11	3603	1806
5802	3457	Jane	Neville	Female		F55	01:12:14	2199	132
5803	7955	Abbie	Collins	Female		FO	01:12:14	2200	1201
5804	6630	Glenda	Blas	Female		F50	01:12:14	2201	191
5805	3473	Ernesto	Blas	Male		M50	01:12:14	3604	357
5806	5949	Joe	Pearce	Male		MO	01:12:15	3605	1807
5807	4171	Clare	Broughton	Female		F45	01:12:15	2202	255
5808	7125	Vicky	Mash	Female		F40	01:12:15	2203	314
5809	6476	Jane	Oliver	Female		F50	01:12:16	2204	192
5810	8504	Teresa	Whistlecraft	Female		F55	01:12:16	2205	133
5811	7650	Suzy	Astbury	Female		F40	01:12:16	2206	315
5812	3605	Emily	Smith	Female		FO	01:12:17	2207	1202
5813	7943	Emmy	Byrne	Female		FO	01:12:17	2208	1203
5814	8172	Sally	Shipley	Female		F55	01:12:17	2209	134
5815	8185	Sam	Taylor	Female		F40	01:12:18	2210	316
5816	8562	Siobhan	Riley	Female		FO	01:12:19	2211	1204
5817	6480	Jamie	Wilkin	Male		M50	01:12:19	3606	358
5818	6898	Martyn	Gillett	Male		M55	01:12:19	3607	275
5819	6763	Caitlin	Rampley	Female		FO	01:12:19	2212	1205
5820	880	Robbie	Gillett	Male		MO	01:12:20	3608	1808



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
5821	3888	Joe	Robson	Male	Norwich Road Runners	MO	01:12:20	3609	1809
5822	7154	Rose	Reuben	Female		FO	01:12:21	2213	1206
5823	4454	Jo	Bygrave	Female		F50	01:12:21	2214	193
5824	7758	Lucy	Mccarthy	Female		FO	01:12:21	2215	1207
5825	6526	Megan	Byrne	Female		FO	01:12:23	2216	1208
5826	5693	Nicholas	Hall	Male		MO	01:12:24	3610	1810
5827	8713	Hannah	Groom	Female		FO	01:12:25	2217	1209
5828	6438	Gergana	Ivanova	Female		FO	01:12:25	2218	1210
5829	4377	John	Barton	Male		MO	01:12:25	3611	1811
5830	7155	Lesley	George	Female		F55	01:12:25	2219	135
5831	7557	Kimberley	Jaynes	Female	Runners-Next-the-Sea	FO	01:12:26	2220	1211
5832	7227	Francesca	Iaccarino	Female		F45	01:12:26	2221	256
5833	5053	Ola	Barton	Female		FO	01:12:26	2222	1212
5834	8052	Rebecca	Read	Female		FO	01:12:26	2223	1213
5835	6729	Debbie	Moore	Female		F55	01:12:26	2224	136
5836	7506	Sarah	Elden	Female		F40	01:12:26	2225	317
5837	5722	Laurnyn	Read	Female		FO	01:12:29	2226	1214
5838	7831	Stella	Dye	Female		F40	01:12:30	2227	318
5839	6084	Janine	Osborne	Female		F45	01:12:30	2228	257
5840	7972	Andy	Malcolm	Male		M45	01:12:30	3612	371
5841	7288	Clare	Aitchison	Female	Norfolk Gazelles AC	F45	01:12:31	2229	258
5842	8263	Ian	Roberson	Male		M55	01:12:31	3613	276
5843	8538	Lizzie	Applegate	Female		F40	01:12:31	2230	319
5844	6696	Stuart	Middleton	Male		M60	01:12:32	3614	183
5845	7188	Ellie	Walpole	Female		FO	01:12:32	2231	1215
5846	8539	Matthew	Applegate	Male		M40	01:12:32	3615	500
5847	2987	Poppy	Middleton	Female		FO	01:12:33	2232	1216
5848	4833	Robin	Turner	Male		MO	01:12:33	3616	1812
5849	6789	Karen	Siggery	Female		F55	01:12:35	2233	137
5850	3499	Tom	Measor	Male		MO	01:12:35	3617	1813
5851	8175	Paul	Young	Male	Runners-Next-the-Sea	M45	01:12:38	3618	372
5852	7519	Caroline	Williamson	Female		F45	01:12:38	2234	259
5853	3862	Thomas	Roques	Male		M55	01:12:38	3619	277
5854	2545	Sharon	Theobald	Female		F50	01:12:38	2235	194
5855	7272	Laura	Hope	Female		FO	01:12:38	2236	1217
5856	2567	Beth	Coombs	Female		FO	01:12:39	2237	1218
5857	6540	Tina	Tucker	Female		F50	01:12:39	2238	195
5858	2589	Tamzin	Coombs	Female		FO	01:12:39	2239	1219
5859	8271	James	Short	Male		M45	01:12:40	3620	373
5860	7830	Chloe	Lofty	Female		FO	01:12:40	2240	1220
5861	4468	Michelle	Finnegan	Female	Runners-Next-the-Sea	F55	01:12:40	2241	138
5862	6078	Derek	Lawrie	Male		M45	01:12:41	3621	374
5863	6007	Mark	Riseborough	Male		M45	01:12:41	3622	375
5864	4966	Rebecca	Gooch	Female		FO	01:12:41	2242	1221
5865	6513	Vikki	Powles	Female		F45	01:12:42	2243	260
5866	4202	Katie	Gooch	Female		FO	01:12:42	2244	1222
5867	7255	Sophie	Yates	Female		F40	01:12:43	2245	320
5868	7851	Sophie	Bishop	Female		FO	01:12:43	2246	1223
5869	5000	Laura	Waters	Female		F50	01:12:43	2247	196
5870	8199	Emma	Frost	Female		F40	01:12:43	2248	321
5871	6282	Alice	Berridge	Female	Norfolk Gazelles AC	FO	01:12:44	2249	1224
5872	6260	Claire	Berridge	Female		F45	01:12:44	2250	261
5873	7944	Elena	Bates	Female		F40	01:12:44	2251	322
5874	5183	Laura	Didwell	Female		FO	01:12:45	2252	1225
5875	7528	Jude	Channell	Female		FO	01:12:46	2253	1226
5876	6487	Julia	Hughes	Female		FO	01:12:46	2254	1227
5877	7762	Nina	Mcguire	Female		F40	01:12:46	2255	323
5878	5037	Rob	Mckillop	Male		M55	01:12:47	3623	278
5879	7316	Zoe	Shakes	Female		FO	01:12:47	2256	1228
5880	8126	Megan	Cook	Female		FO	01:12:47	2257	1229



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
5881	6967	Sally	Cutts	Female	Waveney Valley AC	F60	01:12:48	2258	85
5882	5624	Lydia	Chatwin	Female		FO	01:12:48	2259	1230
5883	8473	Valerie	Owen	Female		F55	01:12:48	2260	139
5884	4255	Aaron	Hocking	Male		MO	01:12:49	3624	1814
5885	7145	Sarah	Willcox	Female		F40	01:12:49	2261	324
5886	7218	Kevin	Gunton	Male		M55	01:12:50	3625	279
5887	5646	Annie	Baldwin	Female		FO	01:12:51	2262	1231
5888	8711	Ellen	Mirza	Female		FO	01:12:51	2263	1232
5889	5568	Arran	Broadbent	Male		MO	01:12:52	3626	1815
5890	8730	Millie	Baker	Female		FO	01:12:52	2264	1233
5891	7414	Georgia	Finch	Female		FO	01:12:52	2265	1234
5892	5528	Chloe	Williams	Female		FO	01:12:52	2266	1235
5893	6760	Charlotte	Morton	Female		FO	01:12:53	2267	1236
5894	7538	Jill	Rivett	Female		F50	01:12:53	2268	197
5895	8000	Hannah	Browes	Female		FO	01:12:53	2269	1237
5896	6786	Alan	Varle	Male		M75+	01:12:53	3627	12
5897	4651	Sam	Russen	Male		MO	01:12:53	3628	1816
5898	7428	Kayleigh	Shooter	Female		FO	01:12:54	2270	1238
5899	8081	Sophie	Briggs	Female		FO	01:12:54	2271	1239
5900	8045	Alexandra	Binks	Female		FO	01:12:54	2272	1240
5901	3644	Simon	Juden	Male	Coltishall Jaguars RC	M55	01:12:55	3629	280
5902	8574	Ricci-jon	Reade	Male		MO	01:12:55	3630	1817
5903	6286	Steve	Petch	Male		M55	01:12:55	3631	281
5904	6785	Jasmine	Ayton	Female		FO	01:12:56	2273	1241
5905	6946	Victoria	Boggan	Female		FO	01:12:57	2274	1242
5906	6207	Tanya	Barnes	Female		F40	01:12:58	2275	325
5907	3706	Andy	Richardson	Male		M70	01:13:00	3632	32
5908	7766	Jill	Forrester	Female		F60	01:13:00	2276	86
5909	6318	Susan	Barber	Female		F45	01:13:00	2277	262
5910	7427	Faye	Blake	Female		FO	01:13:01	2278	1243
5911	8500	Bonnie	Kiddell	Female		FO	01:13:02	2279	1244
5912	6912	Jessica	Balls	Female		FO	01:13:02	2280	1245
5913	6927	Tessa	Crocker	Female		F40	01:13:03	2281	326
5914	7770	Elizabeth	Hancock	Female		F70	01:13:03	2282	8
5915	6832	Ella	Barnes	Female		F40	01:13:03	2283	327
5916	5853	Ella	Quinn	Female		FO	01:13:03	2284	1246
5917	8186	Clare	Van Poortvliet	Female		F40	01:13:03	2285	328
5918	6393	Justine	Sherwood	Female		FO	01:13:03	2286	1247
5919	5951	Katie	St John-clarke	Female		F50	01:13:04	2287	198
5920	5888	Lauren	Jarvis	Female	Wymondham AC	FO	01:13:04	2288	1248
5921	7626	Sylvia	Webster	Female		F65	01:13:06	2289	19
5922	2690	Rajesh	Prakasam	Male	Lonely Goat RC	MO	01:13:06	3633	1818
5923	7678	Cecilia	Lantau	Female		F45	01:13:07	2290	263
5924	6933	Nicola	Ginger	Female	Lonely Goat RC	F65	01:13:07	2291	20
5925	7179	Jon	Wendell	Male		M60	01:13:07	3634	184
5926	7444	Laura	Palmer	Female	7 Hills Harriers	F55	01:13:07	2292	140
5927	7780	Emma	Sealy	Female		F50	01:13:08	2293	199
5928	8426	Evie	Mckenna	Female	7 Hills Harriers	FO	01:13:08	2294	1249
5929	6924	Janet	Walmsley	Female		F60	01:13:08	2295	87
5930	6931	Rhianne	Ayers	Female	Great Yarmouth Road Runners	FO	01:13:13	2296	1250
5931	7694	Stephen	Norris	Male		M40	01:13:13	3635	501
5932	5631	Alan	Hatton	Male	Great Yarmouth Road Runners	M50	01:13:15	3636	359
5933	6930	Jamie	Balls	Male		MO	01:13:15	3637	1819
5934	1163	Michael	Balls	Male	Horley Harriers Running Club	MO	01:13:16	3638	1820
5935	7685	Lauren	Kirby	Female		FO	01:13:17	2297	1251
5936	4623	Hannah	Dennant	Female	MY CLUB IS NOT LISTED	FO	01:13:17	2298	1252
5937	6137	Michelle	Mussett	Female		FO	01:13:17	2299	1253
5938	7110	Sarah	Koster	Female	MY CLUB IS NOT LISTED	F55	01:13:17	2300	141
5939	1941	Ali	Pendle	Female		F60	01:13:18	2301	88
5940	6705	Amy	Beven	Female	MY CLUB IS NOT LISTED	FO	01:13:18	2302	1254



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
5941	6784	Martin	Gilmour	Male		M45	01:13:18	3639	376
5942	7351	Sarah	Taylor	Female		F50	01:13:19	2303	200
5943	6117	Jamie	Pizey	Male		M55	01:13:19	3640	282
5944	8399	David	Tullett	Male		MO	01:13:19	3641	1821
5945	4503	Scott	Bunn	Male		MO	01:13:19	3642	1822
5946	8201	Karan	Botsford	Female		F45	01:13:19	2304	264
5947	8786	Wendy	Wallace	Female		F50	01:13:20	2305	201
5948	7994	Kelly	Lubbock	Female		F50	01:13:20	2306	202
5949	8787	Daniel	Wallace	Male		MO	01:13:21	3643	1823
5950	8004	Simon	Lubbock	Male		M50	01:13:21	3644	360
5951	8752	Charley	Earl	Male		MO	01:13:21	3645	1824
5952	5348	Martin	Vacher	Male		MO	01:13:22	3646	1825
5953	7238	Gav	Read	Male		M45	01:13:23	3647	377
5954	8593	Fran	Ransome	Female		FO	01:13:25	2307	1255
5955	7372	Lucy	Hodge	Female		FO	01:13:26	2308	1256
5956	6199	Karen	Fuller	Female		F40	01:13:26	2309	329
5957	7859	Daniel	Bilverstone	Male		MO	01:13:27	3648	1826
5958	6288	Peter	Coverdale	Male		M50	01:13:28	3649	361
5959	6686	Sarah	Hunt	Female		F40	01:13:28	2310	330
5960	7881	Jenny	Roberson	Female		F50	01:13:29	2311	203
5961	7323	Mandy	Moore	Female	Bungay Black Dog RC	F55	01:13:30	2312	142
5962	8154	Sarah	Randall	Female		F60	01:13:31	2313	89
5963	5479	Jessica	Coolahan	Female		FO	01:13:32	2314	1257
5964	6482	Megan	Davies	Female		FO	01:13:33	2315	1258
5965	8040	Eleanor	Lines	Female		FO	01:13:33	2316	1259
5966	6363	Kellie	Woods	Female		FO	01:13:33	2317	1260
5967	5994	Daren	Tremeer-lines	Male		M55	01:13:33	3650	283
5968	5496	Adrian	Vivian	Male		M50	01:13:33	3651	362
5969	6457	Catherine	Edwards	Female		FO	01:13:35	2318	1261
5970	6821	Bianca	Nixon	Female		FO	01:13:37	2319	1262
5971	7722	Mark	Potter	Male		M40	01:13:40	3652	502
5972	4732	Roy	Roberts	Male		MO	01:13:40	3653	1827
5973	7491	Abby	Payne	Female		FO	01:13:40	2320	1263
5974	7308	Suzannah	Jex	Female		F45	01:13:40	2321	265
5975	5959	Sally	Wilson	Female		F60	01:13:40	2322	90
5976	5512	Jon	Springall	Male		M55	01:13:40	3654	284
5977	7484	Leanne	Lim-walker	Female		FO	01:13:41	2323	1264
5978	7398	Carol	Mckean	Female		F55	01:13:42	2324	143
5979	7591	Gillian	Cole	Female		F55	01:13:42	2325	144
5980	7567	Katie	O'reilly	Female		F40	01:13:43	2326	331
5981	3776	Claire	Punchard	Female		F45	01:13:43	2327	266
5982	4450	Hannah	Graham	Female		FO	01:13:43	2328	1265
5983	7661	Helen	Vinsen	Female		F55	01:13:43	2329	145
5984	7252	Emma	Vallis-booth	Female	Tri-Anglia Triathlon Club	FO	01:13:43	2330	1266
5985	7408	Amber	Lawrence	Female		FO	01:13:45	2331	1267
5986	4873	Kate	Leverett	Female		FO	01:13:45	2332	1268
5987	7940	Kristi	Padreddii	Female		FO	01:13:45	2333	1269
5988	3529	Leanne	Pyrke	Female		FO	01:13:45	2334	1270
5989	7457	Ben	Lloyd	Male		MO	01:13:45	3655	1828
5990	8256	Holly	Elkins	Female		F50	01:13:46	2335	204
5991	7231	Spencer	Bilverstone	Male		M45	01:13:47	3656	378
5992	8269	Richard	Culling	Male		M55	01:13:48	3657	285
5993	7355	Noel	Meeks	Male	Coltishall Jaguars RC	M50	01:13:48	3658	363
5994	4660	Martina	Glason	Female		F50	01:13:49	2336	205
5995	6145	Liz	Read	Female		F50	01:13:49	2337	206
5996	6905	Kerri	Singleton	Female		F50	01:13:50	2338	207
5997	8012	Trudi	Smith	Female		F55	01:13:51	2339	146
5998	5057	Joanne	Walmsley	Male		M45	01:13:51	3659	379
5999	8165	Karl	Lake	Male		M50	01:13:52	3660	364
6000	5003	Gemma	Lawrence	Female		F40	01:13:52	2340	332



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
6001	6390	Sarah	Dennant	Female		F55	01:13:53	2341	147
6002	4264	Nick	Hawkes	Male		M55	01:13:53	3661	286
6003	7799	Nicky	Moore	Female		F60	01:13:54	2342	91
6004	6949	Fern	Moore	Female		FO	01:13:54	2343	1271
6005	5905	Robyn	Freeman	Female		FO	01:13:55	2344	1272
6006	7301	Mark	Finlay	Male		M45	01:13:56	3662	380
6007	6253	Alastair	Ogle	Male		M50	01:13:56	3663	365
6008	8584	Sarah	Farrow	Female		F40	01:13:58	2345	333
6009	6900	Claire	Barker	Female		F40	01:13:59	2346	334
6010	6887	Mark	Ward	Male		MO	01:14:00	3664	1829
6011	7178	Rosie	E Matthewson	Female		F55	01:14:01	2347	148
6012	6194	Amanda	Scarff	Female	Vegan Runners UK	F40	01:14:02	2348	335
6013	8150	Martin	Ruddy	Male		M50	01:14:04	3665	366
6014	6262	Martin	Watts	Male		M50	01:14:04	3666	367
6015	7264	Luke	Travis	Male		MO	01:14:04	3667	1830
6016	7703	Esther	Atkinson	Female		F45	01:14:04	2349	267
6017	6740	Aidan	Williamson	Male		MO	01:14:05	3668	1831
6018	3199	Tracey	Spelman	Female		FO	01:14:05	2350	1273
6019	6903	Kerry	Avery	Female		F65	01:14:05	2351	21
6020	8646	Mia	Morgan	Female		FO	01:14:06	2352	1274
6021	7275	Ella	Wallis	Female		F40	01:14:06	2353	336
6022	6181	Andrew	Hinsley	Male		M50	01:14:09	3669	368
6023	7698	Joanna	Moir	Female		FO	01:14:09	2354	1275
6024	6568	Caroline	Knott	Female		F50	01:14:10	2355	208
6025	8094	Stuart	Picton	Male		M50	01:14:10	3670	369
6026	6966	Dale	Smith	Female		FO	01:14:10	2356	1276
6027	6196	Helen	Hinsley	Female		F50	01:14:11	2357	209
6028	7481	Elaina	Blakey	Female		F45	01:14:12	2358	268
6029	8063	Terry	Marshall	Female		F75+	01:14:13	2359	2
6030	5480	Nathan	Reynolds	Male		M40	01:14:13	3671	503
6031	8032	Karen	Day	Female		F65	01:14:13	2360	22
6032	6155	Graham	Trotter	Male		MO	01:14:14	3672	1832
6033	4417	Alice	Rayner	Female		FO	01:14:14	2361	1277
6034	8466	Siu Yin	Lau	Male		M45	01:14:14	3673	381
6035	7122	Lisa	Fitch	Female		F50	01:14:16	2362	210
6036	8041	Graham	Sampson	Male	Bungay Black Dog RC	M75+	01:14:16	3674	13
6037	8218	Joanne	West	Female		FO	01:14:17	2363	1278
6038	6715	Rebecca	Sibanda	Female	Bungay Black Dog RC	FO	01:14:18	2364	1279
6039	8716	Emma	Cracknell	Female		FO	01:14:19	2365	1280
6040	6764	Nicola	Atter	Female		F45	01:14:19	2366	269
6041	5975	Flora	Barrett	Female		FO	01:14:20	2367	1281
6042	4888	Tara	Riches	Female		FO	01:14:20	2368	1282
6043	6790	Stephanie	Woodbine	Female		FO	01:14:20	2369	1283
6044	5614	Liz	Dearden	Female		F50	01:14:21	2370	211
6045	6840	Jenny	Plumb	Female		F60	01:14:21	2371	92
6046	7997	Lindsay	O'Neill	Female		F45	01:14:21	2372	270
6047	8490	Carol	Southwood	Female		F45	01:14:22	2373	271
6048	5301	Eleanor	Jackson	Female		F40	01:14:23	2374	337
6049	7627	Sharon	Bradfield	Female		F50	01:14:23	2375	212
6050	6411	Sarah	Lowndes	Female		F45	01:14:24	2376	272
6051	7206	Kirstina	Standley	Female		F55	01:14:26	2377	149
6052	3543	Nicola	Bowles	Female		F40	01:14:26	2378	338
6053	7488	Sarah	Jones	Female		F40	01:14:26	2379	339
6054	7195	David	Button	Male	Coltishall Jaguars RC	M65	01:14:27	3675	74
6055	8559	Monica	Bondalici	Female		FO	01:14:27	2380	1284
6056	7269	Amy	Peck	Female		F40	01:14:27	2381	340
6057	7951	Becci	Winton	Female		FO	01:14:27	2382	1285
6058	4955	Layla	Bedford	Female		F45	01:14:27	2383	273
6059	7832	Paul	Smith	Male		M65	01:14:27	3676	75
6060	8341	Annie-mai	Hodge	Female		FO	01:14:28	2384	1286



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
6061	8059	Katie	Williams	Female		FO	01:14:28	2385	1287
6062	8718	Sam	Parker	Female		F45	01:14:29	2386	274
6063	8203	Mike	Wray	Male		M60	01:14:29	3677	185
6064	6583	Ellen	Warner	Female		FO	01:14:30	2387	1288
6065	7908	Rachel	Barker	Female		F45	01:14:30	2388	275
6066	7829	Karen	Webb	Female		F55	01:14:30	2389	150
6067	1734	Cameron	Macfarlane	Male		MO	01:14:33	3678	1833
6068	4952	Ellen	Wilson	Female		FO	01:14:34	2390	1289
6069	8475	Maria	Levell	Female		F55	01:14:35	2391	151
6070	6751	Megan	Thompson	Female		F40	01:14:35	2392	341
6071	6822	Michelle	Wilson	Female		F40	01:14:35	2393	342
6072	7928	Amanda	Richard	Female		F50	01:14:36	2394	213
6073	6003	Sharon	Haylett	Female	Crystal Peaks Runners	F55	01:14:37	2395	152
6074	6058	Daniel	De Lucchi	Male		MO	01:14:37	3679	1834
6075	5980	Maria	De Lucchi	Female		FO	01:14:37	2396	1290
6076	7894	Anthony James	Williams	Male		MO	01:14:37	3680	1835
6077	8153	Kellie	Bridgland	Female		FO	01:14:37	2397	1291
6078	5407	Angela	Lawry	Female		F65	01:14:38	2398	23
6079	7115	Andy	Evans	Male		M65	01:14:39	3681	76
6080	6648	Carmen	St John	Female		F40	01:14:39	2399	343
6081	8342	Debbie	Smith	Female		F45	01:14:39	2400	276
6082	8550	Dan	Castleton	Male		M55	01:14:39	3682	287
6083	2622	Philip	Neave	Male	Bungay Black Dog RC	M75+	01:14:40	3683	14
6084	6711	Lucy	Cole	Female		FO	01:14:41	2401	1292
6085	8785	Pam	Jones	Female		F60	01:14:42	2402	93
6086	6269	Elaine	Haggarty	Female	Great Yarmouth Road Runners	F65	01:14:42	2403	24
6087	7736	Ken	Mathews	Male		M70	01:14:42	3684	33
6088	3367	Sarah	Withington	Female		F50	01:14:45	2404	214
6089	8429	Michael	Mendham	Male		M70	01:14:46	3685	34
6090	7833	Colin	Church	Male		M65	01:14:46	3686	77
6091	7542	Sophie	Ayliffe	Female		FO	01:14:47	2405	1293
6092	6266	John	Haddon	Male		M60	01:14:47	3687	186
6093	6128	Marie	Fowle	Female		FO	01:14:47	2406	1294
6094	6683	Chris	Towndrow	Male		M45	01:14:48	3688	382
6095	7530	Marc-antony	Clarke	Male		M45	01:14:50	3689	383
6096	7876	Sophie	Goodsell	Female		FO	01:14:53	2407	1295
6097	6775	Rachel	Christian	Female		F40	01:14:54	2408	344
6098	5699	Ollie	Whyte	Male		M40	01:14:56	3690	504
6099	8505	Amy	Mace	Female		FO	01:14:56	2409	1296
6100	7256	Jamie	Houten	Male		M40	01:14:56	3691	505
6101	5973	Wendy	Glaysheer	Female		F60	01:14:58	2410	94
6102	6676	Jade	Rawlings	Female		FO	01:14:59	2411	1297
6103	7598	Victoria	Kane	Female		F40	01:14:59	2412	345
6104	6677	Liam	Cracknell	Male		MO	01:15:00	3692	1836
6105	7247	Steven	Crofts	Male		M50	01:15:01	3693	370
6106	8092	Teresa	Hurn	Female		F55	01:15:01	2413	153
6107	389	Andrew	Millis	Male		M65	01:15:02	3694	78
6108	4163	Kelly	King	Female		F45	01:15:02	2414	277
6109	8168	Nathan	Thompson	Male		M50	01:15:02	3695	371
6110	4039	Taylor	Willmore	Female		FO	01:15:02	2415	1298
6111	2287	Christopher	Lait	Male		M60	01:15:03	3696	187
6112	8702	Marzban	Kapadia	Male		MO	01:15:05	3697	1837
6113	6098	Armin	Vaskys	Male		MO	01:15:08	3698	1838
6114	7793	Lisa	Green	Female	Great Yarmouth Road Runners	F50	01:15:09	2416	215
6115	5840	Alison	Bilyard	Female	Great Yarmouth Road Runners	F50	01:15:10	2417	216
6116	6993	Judith	Sadler	Female	Bungay Black Dog RC	F55	01:15:10	2418	154
6117	7289	Fay	Colk	Female		FO	01:15:11	2419	1299
6118	6997	Hayley	Sendall	Female		F45	01:15:11	2420	278
6119	7653	Mitzy	O'loughlin	Female	Bungay Black Dog RC	F60	01:15:11	2421	95
6120	8103	George	Deeks	Male		MO	01:15:12	3699	1839



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
6121	7695	Shirley	Rose	Female	Great Yarmouth Road Runners	F65	01:15:13	2422	25
6122	5914	Rohan	Teeuw	Female		F40	01:15:14	2423	346
6123	8458	Lizzie	Reeves	Female		FO	01:15:15	2424	1300
6124	6528	Caroline	Grime	Female		F40	01:15:15	2425	347
6125	5515	Darrell	Roper	Male		M45	01:15:16	3700	384
6126	6881	Camilla	Skarin	Female		F40	01:15:16	2426	348
6127	4443	Rebecca	Dawson	Female		FO	01:15:17	2427	1301
6128	8273	Yvette	Witham	Female		F55	01:15:18	2428	155
6129	7865	Michelle	Doe	Female		F50	01:15:19	2429	217
6130	8238	Kate	Laws	Female		F40	01:15:19	2430	349
6131	8355	Hannah	Harper	Female		F40	01:15:19	2431	350
6132	7287	Marianna	Darlow	Female		FO	01:15:20	2432	1302
6133	7156	John	Wilson	Male		M55	01:15:20	3701	288
6134	4374	Darren	Male	Male		M45	01:15:20	3702	385
6135	5773	Shelley	Dodds	Female		F55	01:15:20	2433	156
6136	8357	Alexandra	Viljoen	Female	Run Mummy Run CRC	FO	01:15:20	2434	1303
6137	7739	Lee	Palmer	Male		M45	01:15:20	3703	386
6138	8469	Shue	Kinrade	Female		FO	01:15:21	2435	1304
6139	7559	Joanne	Forster	Female		F45	01:15:23	2436	279
6140	7502	Nichola	Curd	Female		F40	01:15:25	2437	351
6141	7887	Sharon	Corden	Female		F55	01:15:25	2438	157
6142	4195	Fiona	Hinton	Female		F45	01:15:26	2439	280
6143	6716	Natasha	Vaughan Williams	Female		FO	01:15:28	2440	1305
6144	8632	Alison	Caddick	Female		F55	01:15:28	2441	158
6145	5876	Claire	Mason	Female		FO	01:15:29	2442	1306
6146	7962	Ingrid	Mccardle	Female		F45	01:15:30	2443	281
6147	7014	Elly	Barker	Female		FO	01:15:30	2444	1307
6148	7803	Ben	Hawksley	Male		M55	01:15:33	3704	289
6149	8026	Jamie	Scallan	Female		FO	01:15:34	2445	1308
6150	8540	Rebecca	Moyse	Female	Garden City Runners	FO	01:15:34	2446	1309
6151	7243	Alice	Burwood	Female		FO	01:15:36	2447	1310
6152	6527	Valerie	Levison	Female		F60	01:15:36	2448	96
6153	8020	Elaine	Thorpe	Female		F65	01:15:37	2449	26
6154	6727	Charlotte	Worth	Female		FO	01:15:39	2450	1311
6155	6846	Bethany	Meager	Female		FO	01:15:39	2451	1312
6156	6248	Steven	Simpson	Male		M40	01:15:39	3705	506
6157	5395	Rebecca	Wright	Female		FO	01:15:39	2452	1313
6158	7714	Isabelle	Rundle	Female		F40	01:15:40	2453	352
6159	4538	Rebecca	Anderson	Female		FO	01:15:41	2454	1314
6160	7672	Joanna	Shinn	Female		F50	01:15:41	2455	218
6161	5208	Megan	Brand	Female		FO	01:15:42	2456	1315
6162	8416	Naomi	Glew	Female		FO	01:15:42	2457	1316
6163	8782	Rebecca	Riley	Female		F40	01:15:42	2458	353
6164	8513	Gay	Webster	Female		F55	01:15:42	2459	159
6165	6712	Serena	Mears	Female		FO	01:15:43	2460	1317
6166	7919	Rebecca	Marpole	Female		F45	01:15:43	2461	282
6167	3638	Molly Isabella	Greenfield	Female		FO	01:15:44	2462	1318
6168	6770	Lindsey	Ellis	Female		F45	01:15:44	2463	283
6169	8414	John	Hemmant	Male		M60	01:15:44	3706	188
6170	7515	Nicki	Powers	Female	Thetford AC	F55	01:15:46	2464	160
6171	8352	Emma	Grixti	Female		FO	01:15:49	2465	1319
6172	2547			Male		MO	01:15:49	3707	1840
6173	7546	Melanie	Bridge	Female		F60	01:15:49	2466	97
6174	8436	Katy	Julian	Female		FO	01:15:51	2467	1320
6175	5354	Helen	Mason	Female		F55	01:15:51	2468	161
6176	7526	Kevin	Burgess	Male		M65	01:15:52	3708	79
6177	7175	Rorie	Bradshaw	Male		M45	01:15:52	3709	387
6178	8146	Carol	Smith	Female		F45	01:15:53	2469	284
6179	3594	Anna	Hayward	Female		FO	01:15:54	2470	1321
6180	8697	Gill	Brooks	Female		F55	01:15:55	2471	162



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
6181	6842	Laura	Drayton	Female	Dereham Runners & AC	FO	01:15:56	2472	1322
6182	1882	Sam	Maynard	Male		MO	01:15:56	3710	1841
6183	7730	Michelle	Chapman	Female		F50	01:15:56	2473	219
6184	4695	David	Gordon	Male		M55	01:15:57	3711	290
6185	8166	Caroline	Webb	Female		FO	01:15:58	2474	1323
6186	7896	Gemma	Bartlett	Female		FO	01:15:58	2475	1324
6187	6907	Rachael	O'Neill	Female		FO	01:15:58	2476	1325
6188	7368	Natasha	Nelson	Female		F50	01:16:00	2477	220
6189	7512	Leanne	Hardy	Female		F40	01:16:00	2478	354
6190	6015	Maria	Leathersich	Female		F40	01:16:01	2479	355
6191	6616	Ryan	Lindley	Male		MO	01:16:02	3712	1842
6192	7477	Stephanie	Glenister	Female		FO	01:16:02	2480	1326
6193	6613	Carl	Smith	Male		MO	01:16:03	3713	1843
6194	5791	Gary	Powers	Male		M60	01:16:03	3714	189
6195	5801	Sev	Mokake	Male		MO	01:16:03	3715	1844
6196	8587	Sophie	Franklin	Female		FO	01:16:04	2481	1327
6197	7433	Simon	Killingback	Male		MO	01:16:04	3716	1845
6198	5997	Laura	Gilchrist	Female		F40	01:16:06	2482	356
6199	6065	Lucy	Rozee	Female		F45	01:16:06	2483	285
6200	4998	Elizabeth	Frisby	Female	Wymondham AC	FO	01:16:06	2484	1328
6201	8591	Blathnaid	Coyne	Female		FO	01:16:06	2485	1329
6202	5903	Simon	Fields	Male		M55	01:16:07	3717	291
6203	8480	Kiran	Azam	Female		FO	01:16:08	2486	1330
6204	7117	Gemma	Hoskins	Female		F40	01:16:10	2487	357
6205	7867	Jayne	Pitcher	Female		F70	01:16:11	2488	9
6206	7996	James	Keywood	Male		M55	01:16:11	3718	292
6207	8670	Georgia	Lee	Female		FO	01:16:12	2489	1331
6208	8200	Aimee	Hawkins	Female		FO	01:16:12	2490	1332
6209	4549	Kirsty	Knights	Female		FO	01:16:13	2491	1333
6210	6984	Shelley	Randall	Female		F45	01:16:13	2492	286
6211	7776	Kirsty	Kelly	Female		FO	01:16:14	2493	1334
6212	6491	James	Bishop	Male		M45	01:16:14	3719	388
6213	5190	Kelly	Snelling	Female		F55	01:16:14	2494	163
6214	6944	Sian	Brooks	Female		FO	01:16:16	2495	1335
6215	4958	Gemma	Barber	Female		FO	01:16:16	2496	1336
6216	8315	Colin	Marriott	Male		M65	01:16:17	3720	80
6217	8282	Tracey	Armstrong	Female	Lonely Goat RC	F55	01:16:17	2497	164
6218	6088	Michelle	Hewitt	Female		F45	01:16:18	2498	287
6219	8303	Barry	Humphreys	Male		M60	01:16:19	3721	190
6220	7216	Madeleine	Danher	Female		F45	01:16:22	2499	288
6221	6814	Louise	Pike	Female		F55	01:16:23	2500	165
6222	4166	Stephanie	Wenn	Female		FO	01:16:23	2501	1337
6223	6872	Emma	Jaggs	Female		F40	01:16:23	2502	358
6224	6570	Bethany	Shearing	Female		FO	01:16:24	2503	1338
6225	6776	Amelia	Helyard	Female		FO	01:16:25	2504	1339
6226	4872	Charlie	Peck	Female		FO	01:16:25	2505	1340
6227	4960	Jenny	Day	Female	Norfolk Gazelles AC	F50	01:16:25	2506	221
6228	8096	Jennifer	Graham	Female		F40	01:16:27	2507	359
6229	5898	Rachael	Folkard	Female		FO	01:16:27	2508	1341
6230	4265	Laura	Abbott	Female		FO	01:16:29	2509	1342
6231	858	James	Ashworth	Male		MO	01:16:30	3722	1846
6232	6596	Chloe	Thompson	Female		FO	01:16:31	2510	1343
6233	7632	Martin	Garrard	Male		M45	01:16:31	3723	389
6234	7634	Romy	Garrard	Female		FO	01:16:32	2511	1344
6235	7576	Michael	Garrard	Male		M75+	01:16:32	3724	15
6236	6894	Debbie	Smith	Female	Thetford AC	F55	01:16:32	2512	166
6237	8236	Christine	Dutton	Female		F55	01:16:32	2513	167
6238	6013	Gemma	Clements	Female		FO	01:16:32	2514	1345
6239	8337	Billy	Gibbon	Male		MO	01:16:32	3725	1847
6240	7644	Emma	Osborn	Female		F45	01:16:33	2515	289



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
6241	5412	Jenna	Daykin	Female	Thetford AC	F40	01:16:33	2516	360
6242	7228	Becky	Burris	Female		F40	01:16:33	2517	361
6243	7817	Rachel	Chapman	Female		F60	01:16:35	2518	98
6244	8281	Emma	Quinton	Female		FO	01:16:35	2519	1346
6245	6962	Oa	Hackett	Female		FO	01:16:36	2520	1347
6246	7901	Rita	King	Female		F60	01:16:36	2521	99
6247	8158	Sandra	Williams	Female		F45	01:16:38	2522	290
6248	8358	Tammy	Parnell	Female		F45	01:16:38	2523	291
6249	7812	Sam	Mead	Male		MO	01:16:39	3726	1848
6250	7753	Alison	Mead	Female		FO	01:16:40	2524	1348
6251	7748	Emma	Mead	Female		F50	01:16:40	2525	222
6252	3559	Lindsey	Anderson	Female		FO	01:16:40	2526	1349
6253	5892	Ellie	Caulfield	Female		FO	01:16:40	2527	1350
6254	6523	Madison	McKeever	Female		FO	01:16:41	2528	1351
6255	7496	Jo	Girling	Female		F45	01:16:41	2529	292
6256	7441	Naomi	Toplis	Female	Lonely Goat RC	FO	01:16:42	2530	1352
6257	6494	Zak	Powles	Male		MO	01:16:42	3727	1849
6258	8003	Brittany	Coley	Female		FO	01:16:42	2531	1353
6259	5735	Florence	Toplis	Female		FO	01:16:42	2532	1354
6260	6464	Philip	Powles	Male		M50	01:16:42	3728	372
6261	8555	Zoe	Castleton	Female		F50	01:16:43	2533	223
6262	5727	Neil	Toplis	Male		M55	01:16:43	3729	293
6263	8372	Grace	Ramsey	Female		FO	01:16:44	2534	1355
6264	2827	Matt	Williamson	Male		MO	01:16:44	3730	1850
6265	7173	Diane	Thompson	Female		F60	01:16:44	2535	100
6266	7224	Nicola	Dunsdon	Female		F40	01:16:46	2536	362
6267	6001	Kaine	Bunting	Male		MO	01:16:47	3731	1851
6268	8272	Billie	Wright	Female		F60	01:16:50	2537	101
6269	6935	Kylie	Peruzzi	Female		FO	01:16:51	2538	1356
6270	6934	Lesley	Hicks	Female		F40	01:16:51	2539	363
6271	4709	Elaine	Barkshire	Female		F40	01:16:52	2540	364
6272	6855	Carol	Davis-mann	Female		F50	01:16:52	2541	224
6273	7945	Emily	Turnbull	Female		F40	01:16:57	2542	365
6274	7017	Andrea	Williamson	Female		FO	01:16:57	2543	1357
6275	7789	Namita	Matkar	Female		FO	01:16:57	2544	1358
6276	7164	Lisa	Marjoram	Female		F45	01:16:58	2545	293
6277	7676	Jessica	Groome	Female		FO	01:16:59	2546	1359
6278	7613	Jordan	Wicks	Male		MO	01:16:59	3732	1852
6279	5413	Rosanne	Reaney	Female		FO	01:17:01	2547	1360
6280	8113	Sarah	Watson	Female		F40	01:17:01	2548	366
6281	7708	Lucy	Rainer	Female		FO	01:17:02	2549	1361
6282	7746	Lauren	Kent	Female		FO	01:17:04	2550	1362
6283	3315	Adam	Harrison	Male		MO	01:17:04	3733	1853
6284	7601	Dennis	Carter	Male		M75+	01:17:06	3734	16
6285	7828	Ruby	Lambert	Female		FO	01:17:07	2551	1363
6286	7929	Lisa	Colledge	Female		F40	01:17:09	2552	367
6287	6169	Phoenix	Wilton	Female		FO	01:17:09	2553	1364
6288	8049	Holly	Lawson	Female		FO	01:17:10	2554	1365
6289	7975	Natalie	Freeman	Female		F45	01:17:12	2555	294
6290	6040	Chantelle	Redgrave	Female		FO	01:17:12	2556	1366
6291	5913	Anna	Harrison	Female		F40	01:17:12	2557	368
6292	8651	Demi	Dunwoody	Female		FO	01:17:13	2558	1367
6293	6988	Jane	Rainer	Female		F50	01:17:14	2559	225
6294	6434	Julie	Gardner	Female		F55	01:17:14	2560	168
6295	8067	Joseph	Long	Male		MO	01:17:15	3735	1854
6296	7607	Stephen	Marshall	Male		M55	01:17:18	3736	294
6297	6865	Amanda	Hammond	Female		FO	01:17:18	2561	1368
6298	7328	Melanie	Galer	Female		F45	01:17:18	2562	295
6299	5807	Lucy	Holliday	Female		F40	01:17:18	2563	369
6300	7128	Ray	Smith	Male		M55	01:17:19	3737	295



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
6301	7305	Rebecca	Conway	Female		FO	01:17:20	2564	1369
6302	8034	Jeanette	White	Female		F60	01:17:22	2565	102
6303	6103	Kirsty	Tatum	Female		FO	01:17:23	2566	1370
6304	7322	Isabel	Potterill	Female		FO	01:17:23	2567	1371
6305	4942	Tom	Hindle	Male		MO	01:17:23	3738	1855
6306	7327	Chloe	Tatum	Female		FO	01:17:23	2568	1372
6307	7856	Nina	Websdale	Female		F50	01:17:25	2569	226
6308	7572	Megan	Frosdick	Female		FO	01:17:29	2570	1373
6309	6500	Sonja	Mitchell	Female		F45	01:17:29	2571	296
6310	7332	Neil	Mitchell	Male		M50	01:17:31	3739	373
6311	7392	Menzile	Mkiza	Female		F40	01:17:33	2572	370
6312	6355	Jay	Birse	Female		FO	01:17:33	2573	1374
6313	8048	Wendy	Wakefield	Female		F45	01:17:33	2574	297
6314	5116	Kim	Chase	Female		F40	01:17:33	2575	371
6315	8790	Sarah	Greenacre	Female		F40	01:17:36	2576	372
6316	8082	Georgina	Higgins	Female		FO	01:17:36	2577	1375
6317	5144	Paul	Chase	Male		M40	01:17:36	3740	507
6318	6106	Liz	Crowley	Female		F55	01:17:37	2578	169
6319	6861	Helen	Nichols-buck	Female		F45	01:17:38	2579	298
6320	7824	George	Boulter	Male		MO	01:17:39	3741	1856
6321	7273	Sue	Burton	Female		F50	01:17:40	2580	227
6322	8432	Sally	Neave	Female		F45	01:17:41	2581	299
6323	7527	Stephanie	Gonzalez Castro	Female		FO	01:17:41	2582	1376
6324	7147	Kirsty	Homewood	Female		F50	01:17:41	2583	228
6325	5861	Sharon	Norman	Female		F55	01:17:42	2584	170
6326	8367	Yoel	Masih	Male		M40	01:17:45	3742	508
6327	7165	Tracy	Winter	Female		F40	01:17:46	2585	373
6328	6081	Laura	Bailey	Female	Aylsham Runners	F40	01:17:47	2586	374
6329	8019	Kate	Woodgate	Female		FO	01:17:47	2587	1377
6330	8597	Upasana	Masih	Female		FO	01:17:48	2588	1378
6331	7498	Susan	Sidell	Female	Aylsham Runners	F45	01:17:49	2589	300
6332	8053	Susan	Colling	Female		F60	01:17:51	2590	103
6333	7726	Catherine	Jennings	Female		FO	01:17:51	2591	1379
6334	7728	Jack	Jennings	Male		MO	01:17:51	3743	1857
6335	6586	Jessica	Smith-wise	Female		FO	01:17:51	2592	1380
6336	7325	Christopher	Knoglinger	Male		M55	01:17:51	3744	296
6337	6162	Rachel	Martell	Female		F40	01:17:53	2593	375
6338	8427	Ali	Wilder	Female		F60	01:17:53	2594	104
6339	6481	Jacqui	Millard	Female		F45	01:17:53	2595	301
6340	5944	Sophie	Macrae	Female		FO	01:17:55	2596	1381
6341	7757	Susan	Potter	Female	Lonely Goat RC	F65	01:17:55	2597	27
6342	7442	Sarah	Baker	Female		F45	01:17:55	2598	302
6343	8566	Tracy	Benton	Female		F45	01:18:00	2599	303
6344	6646	Lynn	Mcgarry	Female		F50	01:18:00	2600	229
6345	8011	Kirsty	Mackay	Female		FO	01:18:01	2601	1382
6346	6265	Neil	Bridger	Male		MO	01:18:01	3745	1858
6347	8335	Hannah	Nurse	Female		FO	01:18:03	2602	1383
6348	4179	Chloe	Tunmore-clarke	Female		FO	01:18:07	2603	1384
6349	6980	Heidi	Smith	Female	Thetford AC	F50	01:18:09	2604	230
6350	7109	Laura	Gatward	Female		FO	01:18:10	2605	1385
6351	8178	Elizabeth	Cooper	Female		F45	01:18:10	2606	304
6352	7207	Lois	Metcalfe	Female		F40	01:18:11	2607	376
6353	8057	Dawn	Laing	Female		F55	01:18:11	2608	171
6354	7732	Roy	Meadway	Male		M65	01:18:11	3746	81
6355	6749	John	Manders	Male		M60	01:18:13	3747	191
6356	6921	Stephanie	Griffin	Female		FO	01:18:13	2609	1386
6357	5933	Kerry	Blakemore-watson	Female		FO	01:18:14	2610	1387
6358	7561	Kate	De Vries	Female		F65	01:18:14	2611	28
6359	6365	Sadie	Woods	Female		F40	01:18:14	2612	377
6360	8224	Kat	Steele	Female		F40	01:18:15	2613	378



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
6361	58	Clare	Bisset	Female	Thetford AC	F40	01:18:16	2614	379
6362	7659	Lucy	Palmer	Female		F40	01:18:17	2615	380
6363	8329	Karen	Chambers	Female		F40	01:18:17	2616	381
6364	7219	Brogan	Moore	Female		FO	01:18:18	2617	1388
6365	8699	Ellie	Rudge	Female		FO	01:18:19	2618	1389
6366	7930	Ann	Kirton	Female	Beccles & Bungay Harriers	F55	01:18:20	2619	172
6367	6736	Joanne	Mason	Female		F50	01:18:22	2620	231
6368	8482	Denise	Betts	Female		F65	01:18:22	2621	29
6369	8745	Katie	Mayer	Female		F40	01:18:25	2622	382
6370	7937	Rachel	Jackson	Female		FO	01:18:26	2623	1390
6371	6926	Sharon	Lakey	Female	Lonely Goat RC	F45	01:18:26	2624	305
6372	7914	Louise	Nevard	Female		F50	01:18:26	2625	232
6373	5804	John	Ducker	Male		M40	01:18:27	3748	509
6374	8209	Helen	Everson	Female		F60	01:18:30	2626	105
6375	8133	Laura	Dove	Female		F40	01:18:32	2627	383
6376	7108	Maurice	Vertigans	Male	Lonely Goat RC	M70	01:18:35	3749	35
6377	8266	Natalie	Byrne	Female		F45	01:18:37	2628	306
6378	1031	Chris	Byrne	Male		M45	01:18:37	3750	390
6379	8104	Timothy	Young	Male		M45	01:18:37	3751	391
6380	6882	Fran	Allsworth	Female		F45	01:18:38	2629	307
6381	7363	Charlotte	Hardingham	Female	Lonely Goat RC	FO	01:18:38	2630	1391
6382	8424	Zoe	Howell	Female		F45	01:18:39	2631	308
6383	8221	Lucy	Gordon	Female		FO	01:18:43	2632	1392
6384	7658	Anita	Nelson	Female		FO	01:18:43	2633	1393
6385	6973	Eloise	Bird	Female		FO	01:18:44	2634	1394
6386	6707	Melissa	Baines	Female	Lonely Goat RC	F45	01:18:44	2635	309
6387	8275	Kathy	Chandler	Female		FO	01:18:45	2636	1395
6388	8348	Stacey	Matthews	Female		FO	01:18:50	2637	1396
6389	8501	Natalie	Cole	Female		FO	01:18:50	2638	1397
6390	8162	Alexander	Caesari	Male		MO	01:18:50	3752	1859
6391	8601	Rebecca	Evans	Female	Lonely Goat RC	FO	01:18:51	2639	1398
6392	6046	Michaela	Elvin	Female		FO	01:18:51	2640	1399
6393	5948	Lindsay	Cooper	Female		F40	01:18:51	2641	384
6394	2840	Chloe	Hobbs	Female		FO	01:18:51	2642	1400
6395	7556	William	Groombridge	Male		M70	01:18:53	3753	36
6396	6876	Ancha	Joof	Female	Lonely Goat RC	FO	01:18:54	2643	1401
6397	7104	Richard	High	Male		M50	01:18:55	3754	374
6398	7954	Libby	Hargreaves	Female		FO	01:18:56	2644	1402
6399	8519	Brenda	Wilkinson	Female		F75+	01:18:56	2645	3
6400	7473	Maisie	Fox	Female		FO	01:18:56	2646	1403
6401	6777	Claire	Beard	Female	Lonely Goat RC	F45	01:19:01	2647	310
6402	8264	Hanna Koren	Furre	Female		F45	01:19:03	2648	311
6403	6825	Robert	Wagstaff	Male		M50	01:19:03	3755	375
6404	6315	Fiona	Houghton	Female		F55	01:19:04	2649	173
6405	7540	Lewis	Swift	Male		M40	01:19:05	3756	510
6406	8014	Andy	Broadbent	Male	Lonely Goat RC	M65	01:19:09	3757	82
6407	8423	Nikki	Morris	Female		F65	01:19:10	2650	30
6408	6856	Jenny	Sparkes	Female		F40	01:19:11	2651	385
6409	7503	Ian	Carter	Male		M60	01:19:12	3758	192
6410	4446	Harri	Wells	Female		FO	01:19:13	2652	1404
6411	7430	Tim	Bishop	Male	Lonely Goat RC	M65	01:19:14	3759	83
6412	7696	Caitlin	Bishop	Female		FO	01:19:14	2653	1405
6413	8592	Victoria	Burroughes	Female		FO	01:19:17	2654	1406
6414	6958	Matthew	Lowe	Male		MO	01:19:19	3760	1860
6415	8415	Simona	Korlova	Female		FO	01:19:20	2655	1407
6416	4870	Samantha	Rose	Female	Lonely Goat RC	FO	01:19:21	2656	1408
6417	7991	Joe	Holmes	Male		MO	01:19:24	3761	1861
6418	7478	Anna	Collins	Female		F40	01:19:24	2657	386
6419	8652	Rebecca	Watts	Female		F40	01:19:26	2658	387
6420	6795	Isla	Mclaren	Female		FO	01:19:27	2659	1409



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
6421	4858	Hannah	Warren	Female	Wymondham AC	FO	01:19:27	2660	1410
6422	8595	Alan	Franks	Male		M70	01:19:27	3762	37
6423	7470	Ian	Morris	Male		MO	01:19:30	3763	1862
6424	4807	Tracey	Kilbourn	Female		F50	01:19:31	2661	233
6425	7278	Tomasz	Bobusia	Male		MO	01:19:32	3764	1863
6426	6871	Lorraine	Ellis	Female		F40	01:19:36	2662	388
6427	8754	Ruth	Smith	Female		F55	01:19:37	2663	174
6428	8546	Hannah	Willis	Female		F45	01:19:37	2664	312
6429	6978	Laura	Seville	Female		FO	01:19:40	2665	1411
6430	8205	Steve	Berry	Male		M55	01:19:42	3765	297
6431	7409	Dragos	Matei	Male		M40	01:19:43	3766	511
6432	6838	Gerard	Dalton	Male		M60	01:19:45	3767	193
6433	7232	Hollie	Bilham	Female		FO	01:19:45	2666	1412
6434	8653	Chris	Dilley	Male		M40	01:19:45	3768	512
6435	8351	Stephanie	Franks	Female		F70	01:19:45	2667	10
6436	6369	Sarah	Reynolds	Female		F50	01:19:45	2668	234
6437	7356	Sam	Artherton	Male		MO	01:19:46	3769	1864
6438	6011	Rose	Harrison	Female		F70	01:19:47	2669	11
6439	6284	Mark	Kermez	Male		M45	01:19:49	3770	392
6440	324	Gemma	Williams	Female		F40	01:19:49	2670	389
6441	8567	Dawn	Leeder	Female		F65	01:19:50	2671	31
6442	4787	Lucy	Sparrow	Female		F40	01:19:50	2672	390
6443	6792	Sue	Adams	Female		F65	01:19:50	2673	32
6444	8061	Robert	Mills	Male		M70	01:19:50	3771	38
6445	8015	Claire	Hall	Female		FO	01:19:50	2674	1413
6446	6725	Emily	Rivers-day	Female		FO	01:19:51	2675	1414
6447	5608	Daniel	Franklin	Male		MO	01:19:52	3772	1865
6448	6052	Clive	Nicol	Male		M55	01:19:52	3773	298
6449	8709	Toni	Williams	Female	Thetford AC	F40	01:19:53	2676	391
6450	6951	Naomi	Keetley	Female		F40	01:19:54	2677	392
6451	7317	Julian	Wheeler	Male		M55	01:19:55	3774	299
6452	5783	Lauren	Cutler	Female		FO	01:19:55	2678	1415
6453	7313	Lucie	Wheeler	Female		F55	01:19:55	2679	175
6454	6936	Gemma	Cushion	Female		F40	01:19:56	2680	393
6455	5781	Darius	Rustom	Male		MO	01:19:56	3775	1866
6456	5751	Lynn	Appleton	Female		F65	01:19:56	2681	33
6457	7778	Edward	Doherty	Male		MO	01:19:57	3776	1867
6458	7358	Marc	Jones	Male		M60	01:19:57	3777	194
6459	6571	Andrew	Verney	Male		M60	01:19:59	3778	195
6460	6922	Jess	Barton	Female		F40	01:20:01	2682	394
6461	8108	Joy	Bullock	Female		F70	01:20:04	2683	12
6462	7727	Betzy	Duffy	Female		FO	01:20:05	2684	1416
6463	8325	Julie	Keane	Female		F65	01:20:07	2685	34
6464	8489	Maxine	Debenham	Female		FO	01:20:08	2686	1417
6465	8010	Rebecca	Yusaf	Female		FO	01:20:10	2687	1418
6466	5339	Scott	Taylor	Male		MO	01:20:11	3779	1868
6467	8498	Katja	Taits	Female		FO	01:20:12	2688	1419
6468	8284	Emily	Lambert	Female		FO	01:20:14	2689	1420
6469	5327	Chester	Curtis	Male		MO	01:20:19	3780	1869
6470	8244	Nicky	Biddall	Female	Lonely Goat RC	F65	01:20:23	2690	35
6471	8572	Sandra	Culling	Female		F60	01:20:28	2691	106
6472	6006	Sam	Hookham	Female		F55	01:20:28	2692	176
6473	6817	Sally	Henry	Female		F45	01:20:28	2693	313
6474	7295	Pratap	Rajan	Male		M40	01:20:28	3781	513
6475	7820	Scarlett	Mcnicol	Female		FO	01:20:29	2694	1421
6476	8368	Sue	Kershaw	Female		F70	01:20:31	2695	13
6477	8058	Helen	Farmiloe	Female		F45	01:20:31	2696	314
6478	8586	Billy	Patterson	Male		MO	01:20:32	3782	1870
6479	7905	Kerri-anne	Watson	Female		FO	01:20:32	2697	1422
6480	5691	Roanna	Fernandes	Female		FO	01:20:33	2698	1423



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
6481	5692	Hester	Boorman Ross	Female	Great Yarmouth Road Runners	FO	01:20:33	2699	1424
6482	8250	Dawn	Knights	Female		F45	01:20:34	2700	315
6483	6415	Hannah	Scholes	Female		FO	01:20:35	2701	1425
6484	7725	Suzi	Armstrong Cobb	Female		F40	01:20:38	2702	395
6485	8583	Annie	Hall	Female		F70	01:20:38	2703	14
6486	6919	Fiona	Hastings	Female		F40	01:20:41	2704	396
6487	8313	Sarah	Keywood	Female		F50	01:20:42	2705	235
6488	7858	Punitha	Prathapsingh	Female		F50	01:20:44	2706	236
6489	6703	Zoe	Parbrook	Female		F45	01:20:44	2707	316
6490	7407	Paul	Timson	Male		M50	01:20:46	3783	376
6491	6574	Jon	Cooper-carlson	Male		M45	01:20:52	3784	393
6492	7421	Debbie	Plant	Female		F50	01:20:55	2708	237
6493	7513	Lauren	Philpott	Female		FO	01:20:57	2709	1426
6494	6880	Morran	Thomas	Female		FO	01:20:58	2710	1427
6495	7884	Lorella	Ashcroft	Female		FO	01:20:59	2711	1428
6496	8156	Fiona	Halkyard	Female	Lonely Goat RC	F45	01:21:00	2712	317
6497	7229	Cerys	Speak	Female		FO	01:21:00	2713	1429
6498	6087	Deborah	Woods	Female		F50	01:21:00	2714	238
6499	8076	Aggie	Grand	Female		F55	01:21:00	2715	177
6500	8227	Ruth	Mitchell	Female		F55	01:21:01	2716	178
6501	7958	Kimberley	Dibb	Female		FO	01:21:03	2717	1430
6502	7769	Stephanie	Smith	Female		F45	01:21:04	2718	318
6503	6292	Mandy	Croshaw	Female		F55	01:21:06	2719	179
6504	8575	June	Daniel	Female		F70	01:21:06	2720	15
6505	6303	Chloe	Judges	Female		FO	01:21:06	2721	1431
6506	7602	Belinda	Davies	Female		F60	01:21:06	2722	107
6507	6738	Rachel	Hawley	Female		F50	01:21:07	2723	239
6508	7583	Linda	Hardingham	Female		F60	01:21:07	2724	108
6509	8768	Eleanor	Winter	Female		FO	01:21:12	2725	1432
6510	8772	Katie	Foster	Female	New Levels RC	FO	01:21:12	2726	1433
6511	7177	Jasmine	Winter	Female		FO	01:21:12	2727	1434
6512	7787	Julia	Panchmatia	Female		F50	01:21:13	2728	240
6513	1890	Joseph	Royal	Male		MO	01:21:15	3785	1871
6514	8090	Julie	Finnis	Female		F65	01:21:16	2729	36
6515	7397	Juliet	Cookson	Female		FO	01:21:16	2730	1435
6516	7319	Rachel	Knoglinger	Female		F50	01:21:21	2731	241
6517	7143	Sophie	Hawkins	Female		FO	01:21:21	2732	1436
6518	7443	Tanya	Burlingham	Female		F50	01:21:22	2733	242
6519	7645	Kate	Patel	Female		F45	01:21:23	2734	319
6520	5102	Jessica	Hawkins	Female		FO	01:21:24	2735	1437
6521	7759	Samantha	Roberts	Female		FO	01:21:24	2736	1438
6522	8073	Vicky	Mitchell	Female		F50	01:21:25	2737	243
6523	6743	Stuart	Dix	Male		M45	01:21:25	3786	394
6524	8117	Irene	Beck	Female	Wymondham AC	F45	01:21:26	2738	320
6525	8018	Rosie	Goodsell	Female		F65	01:21:26	2739	37
6526	7120	Gemma	Sullivan	Female		FO	01:21:27	2740	1439
6527	7321	Lydia	Stratton	Female	Norfolk Harriers RC	FO	01:21:27	2741	1440
6528	8051	Helen	Bowen	Female		F60	01:21:28	2742	109
6529	7132	Lorna	Sullivan	Female		FO	01:21:28	2743	1441
6530	6720	Isabel	Allison	Female	Orion Harriers	FO	01:21:28	2744	1442
6531	8204	Anne	Miller	Female		FO	01:21:29	2745	1443
6532	5017	Donna	Wilkins	Female		F50	01:21:29	2746	244
6533	6693	Sara	Holroyd	Female	Hadleigh Hares AC	F55	01:21:29	2747	180
6534	7796	Bridget	Farrar	Female		F65	01:21:29	2748	38
6535	6767	Emma	Windust	Female		FO	01:21:29	2749	1444
6536	7950	Jooles	Bilotta	Female		F65	01:21:29	2750	39
6537	6156	Sarah	Marshall	Female		F40	01:21:32	2751	397
6538	8340	Clare	Myring	Female		F40	01:21:36	2752	398
6539	8452	Hayley	Leech	Female		FO	01:21:40	2753	1445
6540	8307	Emma	Logan	Female		FO	01:21:41	2754	1446



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
6541	8701	Kristin	Sandell	Female		FO	01:21:45	2755	1447
6542	8531	Charlotte	Smith	Female		FO	01:21:45	2756	1448
6543	7471	Katie	Clarke	Female		F45	01:21:46	2757	321
6544	7406	Charlie	Walker-mcclimens	Female		F40	01:21:47	2758	399
6545	7639	Danielle	Whaley-logan	Female		FO	01:21:47	2759	1449
6546	7555	Benjamin	Marjoram	Male		MO	01:21:47	3787	1872
6547	7487	Simon	Marjoram	Male		M50	01:21:48	3788	377
6548	7982	Marc	Huggins	Male		M50	01:21:48	3789	378
6549	7579	Laura	Marjoram	Female		F50	01:21:49	2760	245
6550	8022	Sara	Fletcher-huggins	Female		F45	01:21:49	2761	322
6551	8382	Alexandra	Slaughter	Female		FO	01:21:53	2762	1450
6552	7768	Bryony	Best	Female		FO	01:21:55	2763	1451
6553	8102	Nicole	Lazarov	Female		FO	01:21:55	2764	1452
6554	8384	Kathryn	Garrod	Female		FO	01:22:00	2765	1453
6555	7938	Mia	Piir	Female		FO	01:22:01	2766	1454
6556	8290	Taylor	Holland	Male		MO	01:22:05	3790	1873
6557	8286	Race	Number	Female		FO	01:22:06	2767	1455
6558	8194	Amy	Radbourne	Female	Lonely Goat RC	FO	01:22:07	2768	1456
6559	8037	Tallulah	Waatvik	Female		FO	01:22:07	2769	1457
6560	6238	Lily	Brooks	Female		FO	01:22:09	2770	1458
6561	8078	Lauren	De Boise	Female		FO	01:22:09	2771	1459
6562	5766	Renata	Harvey	Female		F45	01:22:10	2772	323
6563	7635	Brendon	King	Male		M40	01:22:12	3791	514
6564	8525	Liga	King	Female		FO	01:22:12	2773	1460
6565	8292	Sharon	Concannon	Female		F60	01:22:13	2774	110
6566	7220	Oliver	Newell	Male		MO	01:22:14	3792	1874
6567	8394	Megan	Roberts	Female		FO	01:22:14	2775	1461
6568	7656	Marie	Hodge	Female		F50	01:22:15	2776	246
6569	7254	Tamsin	Crossley	Female		FO	01:22:16	2777	1462
6570	8769	Liz	Burgin	Female		F45	01:22:19	2778	324
6571	8514	James	Vardigans	Male		MO	01:22:19	3793	1875
6572	7580	Eleanor	Green	Female		FO	01:22:20	2779	1463
6573	8338	Jade	Mcgarvey	Female		FO	01:22:20	2780	1464
6574	8261	James	Ellis	Male		MO	01:22:21	3794	1876
6575	8497	Louisa	Twining	Female		FO	01:22:21	2781	1465
6576	8453	Tracy	Palmer	Female		FO	01:22:21	2782	1466
6577	8797	Fiona	Pitcher	Female		F65	01:22:21	2783	40
6578	6617	Kelly	Starkings	Female		F40	01:22:21	2784	400
6579	6573	Harriet	Benfield	Female		FO	01:22:22	2785	1467
6580	7460	Anne-marie	Palmer	Female		F55	01:22:23	2786	181
6581	4725	Elizabeth	Angel	Female		FO	01:22:23	2787	1468
6582	4856	Michael	Palmer	Male		MO	01:22:26	3795	1877
6583	5055	Annabel	Boykew	Female		FO	01:22:28	2788	1469
6584	8334	Chloe	Shingfield	Female		FO	01:22:29	2789	1470
6585	5388	Jennifer	Arthurton	Female		FO	01:22:31	2790	1471
6586	8777	Lizzy	Dring	Female		FO	01:22:31	2791	1472
6587	8778	Jack	Dring	Male		MO	01:22:32	3796	1878
6588	5334	Alex	Grantham	Male		MO	01:22:32	3797	1879
6589	7201	Georgia	Coulthard	Female		FO	01:22:33	2792	1473
6590	4886	Serena	Abbott	Female		FO	01:22:33	2793	1474
6591	8379	Sophie	Livie	Female		FO	01:22:34	2794	1475
6592	3993	Amy	Witty	Female	Norwich Road Runners	FO	01:22:37	2795	1476
6593	8296	Eleanor	Slater	Female		FO	01:22:37	2796	1477
6594	6866	Joanne	Ring	Female	Norwich Road Runners	F55	01:22:37	2797	182
6595	7605	Lee	Sweeney	Male		M50	01:22:37	3798	379
6596	7970	Eleanor	Jarvis	Female	Norwich Road Runners	FO	01:22:37	2798	1478
6597	7973	Katie	Jewson	Female		FO	01:22:38	2799	1479
6598	8088	Emma	Nash	Female		F40	01:22:42	2800	401
6599	8605	Georgina	Kellett	Female		FO	01:22:42	2801	1480
6600	7992	Jacqui	Kelly	Female		F55	01:22:44	2802	183



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
6601	7642	Michael	White	Male	Wymondham AC	M60	01:22:46	3799	196
6602	8287	Hannah	Bulloch	Female		FO	01:22:46	2803	1481
6603	7285	Rhia	Lee	Female		FO	01:22:49	2804	1482
6604	8189	Tracey	Salisbury	Female		F60	01:22:49	2805	111
6605	8521	Susie	Poock	Female		F45	01:22:49	2806	325
6606	7777	Beattie	Panchmatia	Female		FO	01:22:51	2807	1483
6607	4690	Bethany	Gordon	Female		FO	01:22:51	2808	1484
6608	8028	Carolyn	Anderson	Female	Bungay Black Dog RC	F60	01:22:54	2809	112
6609	7624	Eain	Quantrill	Male		MO	01:22:55	3800	1880
6610	7705	Joanne	Cooley	Female		F40	01:23:01	2810	402
6611	6275	Angela	Hodge	Female		F55	01:23:02	2811	184
6612	8123	Claire	Mclaren	Female		FO	01:23:03	2812	1485
6613	8376	Samantha	Mayling	Female		F55	01:23:06	2813	185
6614	8074	Pauline	Barclay	Female		F70	01:23:06	2814	16
6615	8031	Hazel	Nikolov	Female	Norwich Road Runners	F60	01:23:06	2815	113
6616	8589	Victoria	Dillon	Female		FO	01:23:08	2816	1486
6617	6768	Michelle	Green	Female		F45	01:23:09	2817	326
6618	8375	Abbe	Swain	Female		F45	01:23:09	2818	327
6619	8692	Sarah	Smith	Female		F45	01:23:10	2819	328
6620	7455	Karen	Annison	Female		FO	01:23:13	2820	1487
6621	8214	David	Thrower	Male		M70	01:23:16	3801	39
6622	7105	Karen	Forbes-ewing	Female	Runners-Next-the-Sea	F65	01:23:16	2821	41
6623	7629	Georgina	Burridge	Female		FO	01:23:17	2822	1488
6624	8219	Hannah	Baldwin	Female		F45	01:23:17	2823	329
6625	6346	Sascha	Coombes	Female		F40	01:23:17	2824	403
6626	6839	Isabelle	Mudge	Female		FO	01:23:19	2825	1489
6627	6885	Teresa	Abel	Female		F55	01:23:25	2826	186
6628	8792	Shirley	Browell	Female		F55	01:23:25	2827	187
6629	8243	Angie	Barker	Female	Beccles & Bungay Harriers	F60	01:23:25	2828	114
6630	8086	Maggie	Flatt	Female		F65	01:23:26	2829	42
6631	8084	Jemma	Vincent	Female		FO	01:23:27	2830	1490
6632	7663	Caroline	Willis	Female		F45	01:23:28	2831	330
6633	8038	Gemma	Walker	Female		F50	01:23:28	2832	247
6634	7586	Katy	Savage	Female		F40	01:23:30	2833	404
6635	6858	Georgia	Wilkinson	Female		FO	01:23:31	2834	1491
6636	8661	Courteney	Pilkington	Female	Fordy Runs Running Club	FO	01:23:31	2835	1492
6637	6793	Tanya	Isbill	Female		FO	01:23:35	2836	1493
6638	8749	Rainy	Watson	Female		F45	01:23:36	2837	331
6639	7718	Keree	Sutton	Female		F45	01:23:37	2838	332
6640	7619	Jenny	Norris	Female		F40	01:23:37	2839	405
6641	7565	Jessica	Pasco	Female		FO	01:23:37	2840	1494
6642	8511	Angela	Dawes	Female		F55	01:23:40	2841	188
6643	8590	Vicky	Measures	Female	Waveney Valley AC	FO	01:23:40	2842	1495
6644	8627	Natalie	Lightfoot	Female		F40	01:23:40	2843	406
6645	6819	Katherine	Parry	Female		FO	01:23:44	2844	1496
6646	8142	Sally-anne	Lomas	Female		F60	01:23:54	2845	115
6647	8068	Joanna	Holmes	Female		FO	01:24:00	2846	1497
6648	4855	Caroline	Skoyles	Female		F50	01:24:00	2847	248
6649	6713	Sadie	Swainson	Female		FO	01:24:03	2848	1498
6650	8279	Mark	Pointer	Male	Waveney Valley AC	M55	01:24:05	3802	300
6651	5733	Martin	Harvey	Male		M50	01:24:07	3803	380
6652	8757	Rosie	Doy	Female		F65	01:24:07	2849	43
6653	5522	Phillippa	Marsh	Female		F40	01:24:07	2850	407
6654	7899	Paul	Corina	Male		M60	01:24:07	3804	197
6655	7892	Helen	Corina	Female		FO	01:24:08	2851	1499
6656	8277	Charlotte	Ball	Female		FO	01:24:08	2852	1500
6657	5513	Georgina	Harvey	Female	Waveney Valley AC	F40	01:24:08	2853	408
6658	8181	Lorraine	Woolner	Female		F60	01:24:08	2854	116
6659	4883	Francesca	Yallop	Female		FO	01:24:08	2855	1501
6660	6008	Lauren	Alden	Female		FO	01:24:10	2856	1502



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
6661	6829	Stephanie	Barnes	Female	Norwich Road Runners	FO	01:24:14	2857	1503
6662	7204	Rachel	Allen	Female		F45	01:24:14	2858	333
6663	8798	Josie	Davenport	Female		F40	01:24:16	2859	409
6664	7522	Danielle	Poll	Female		FO	01:24:17	2860	1504
6665	8220	Paul	Morgan	Male		M65	01:24:17	3805	84
6666	8435	Laura	Summers	Female		FO	01:24:19	2861	1505
6667	7524	Hannah	Smith	Female		F45	01:24:19	2862	334
6668	8253	Megan	Reid	Female		FO	01:24:21	2863	1506
6669	6915	Amy	Waters	Female		FO	01:24:22	2864	1507
6670	6787	Hannah	Pickering	Female		F40	01:24:22	2865	410
6671	8462	Mia	Rowe	Female		FO	01:24:23	2866	1508
6672	7969	Elaine	Henderson	Female		FO	01:24:24	2867	1509
6673	7860	Caren	Maidment	Female		F55	01:24:26	2868	189
6674	8781	Liz	Bigalke	Female		FO	01:24:29	2869	1510
6675	5341	James	Phillippo	Male		MO	01:24:31	3806	1881
6676	7963	Rick	Hollings	Male		M50	01:24:32	3807	381
6677	6772	Mollie	White	Female		FO	01:24:34	2870	1511
6678	8548	Katie	Walker	Female		FO	01:24:35	2871	1512
6679	6910	Lesley Sylvia	Wood	Female		F60	01:24:35	2872	117
6680	7804	Megan	Thomas	Female		FO	01:24:35	2873	1513
6681	8344	Nicola	Rallison	Female		F50	01:24:36	2874	249
6682	7800	Lauren	Mcquillan	Female		FO	01:24:36	2875	1514
6683	8669	Claire	Tink	Female		F45	01:24:43	2876	335
6684	7133	Melissa	Daw	Female		FO	01:24:44	2877	1515
6685	8637	Rachel	Parsons	Female		F40	01:24:46	2878	411
6686	7163	Kirsty	Green	Female		FO	01:24:46	2879	1516
6687	8549	Dee	Royds	Female		F55	01:24:47	2880	190
6688	1374	Soren	Royds	Male		MO	01:24:47	3808	1882
6689	8694	Charlotte	Woolworth	Female		F40	01:24:50	2881	412
6690	8077	Ann	Merryweather	Female		F50	01:24:50	2882	250
6691	7633	Alice	Parker	Female	New Marske Harriers Club	F45	01:24:53	2883	336
6692	469	Ian	Thompson	Male		M60	01:24:53	3809	198
6693	4990	Natalia	Morgulska	Female		FO	01:24:56	2884	1517
6694	7671	Alan	Kirton	Male		M45	01:24:59	3810	395
6695	8628	Claire	Goodliffe	Female		F40	01:25:01	2885	413
6696	8448	Richard	Price	Male		M55	01:25:02	3811	301
6697	8234	Pip	Crabtree	Female		F45	01:25:02	2886	337
6698	7126	Kathryn	Cook	Female		FO	01:25:02	2887	1518
6699	6044	Kelly	Harper	Female		F40	01:25:03	2888	414
6700	8005	Craig	Johnson	Male		MO	01:25:06	3812	1883
6701	5602	Mandy	Bourton	Female		F60	01:25:07	2889	118
6702	4067	Sophie	Clements	Female		F45	01:25:08	2890	338
6703	2817	John	Norman	Male		M45	01:25:09	3813	396
6704	8683	Victoria	Lawrence	Female		F40	01:25:11	2891	415
6705	8667	Claire	Green	Female		F40	01:25:11	2892	416
6706	5650	George	Rodgers	Male		MO	01:25:13	3814	1884
6707	8474	Georgie	Sfeclis	Female		FO	01:25:14	2893	1519
6708	8481	Florin	Dindeal	Male		MO	01:25:16	3815	1885
6709	8402	Janice	Barr	Female		F70	01:25:17	2894	17
6710	7754	Weston	Dean	Female		FO	01:25:19	2895	1520
6711	490	Elliot	Wolsey	Male		MO	01:25:23	3816	1886
6712	8332	Melanie	Sheard	Female		FO	01:25:24	2896	1521
6713	6957	Stephanie	Samson	Female		FO	01:25:24	2897	1522
6714	7548	Cliff	Heath	Male		M70	01:25:25	3817	40
6715	8393	Emma	Gordon	Female		FO	01:25:33	2898	1523
6716	7497	Ali	Masterson	Female		F45	01:25:33	2899	339
6717	7495	Kirsty	Hinchliffe	Female		FO	01:25:34	2900	1524
6718	7608	James	Groves	Male		M40	01:25:35	3818	515
6719	7886	Helen	Marsh	Female		FO	01:25:37	2901	1525
6720	8184	Rebecca	Cantrill	Female		F55	01:25:41	2902	191



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
6721	8029	Lisa	Lethbridge	Female		F55	01:25:44	2903	192
6722	3753	Elizabeth	Arthur	Female		F45	01:25:44	2904	340
6723	6161	Emma	Tempest	Female		F40	01:25:45	2905	417
6724	8529	Angela	Mower	Female		F70	01:25:46	2906	18
6725	7554	Peter	Jay	Male		M60	01:25:47	3819	199
6726	7456	Georgia	Carroll	Female		FO	01:25:49	2907	1526
6727	8588	Kimberly	Youngman	Female		FO	01:25:52	2908	1527
6728	8033	Tina	Lathrope	Female		F40	01:25:53	2909	418
6729	8487	Jasmine	Parkin	Female		FO	01:25:54	2910	1528
6730	7888	Bronwyn	Evans	Female		FO	01:25:54	2911	1529
6731	8535	Anna	Semmerling	Female		F40	01:25:55	2912	419
6732	8534	Hamish	Jolly	Male		MO	01:25:55	3820	1887
6733	6925	Keith	Eden	Male		M55	01:25:56	3821	302
6734	6956	Déna	Eden	Female		FO	01:25:56	2913	1530
6735	5322	Philip	Lawry	Male		M65	01:26:00	3822	85
6736	8515	Cat	Connell	Female		F55	01:26:01	2914	193
6737	8331	Oliver	Dyer	Male		MO	01:26:02	3823	1888
6738	8470	Lee	Shiers	Male		M40	01:26:03	3824	516
6739	5894	James	Shiplee	Male		MO	01:26:06	3825	1889
6740	4932	Robin	Sullivan	Male		M45	01:26:11	3826	397
6741	6668	Millie	Bell	Female	UKRunChat Running Club	FO	01:26:14	2915	1531
6742	7590	Helen	Barnes	Female		FO	01:26:14	2916	1532
6743	6667	Andrew	Wynne	Male	UKRunChat Running Club	MO	01:26:15	3827	1890
6744	3946	Hector	Larner-longe	Male		MO	01:26:15	3828	1891
6745	8478	Sara	Taylor	Female		FO	01:26:15	2917	1533
6746	5127	Mohan	Rajesh	Male		M40	01:26:15	3829	517
6747	8174	Onik	Chowdhury	Male		MO	01:26:16	3830	1892
6748	8365	Abbie	Rad	Female		FO	01:26:16	2918	1534
6749	8668	Sarah	Burt	Female		FO	01:26:17	2919	1535
6750	7263	Andy	Petch	Male		M50	01:26:22	3831	382
6751	6108	Jo	Rainbow	Female		F40	01:26:25	2920	420
6752	5369	Emma	Hunt	Female		F40	01:26:26	2921	421
6753	3298	Victoria	Reynolds	Female		F40	01:26:27	2922	422
6754	8685	Abigail	Mitchell	Female		FO	01:26:28	2923	1536
6755	8356	Jenny	Davies	Female	Girls That Jeff	F50	01:26:31	2924	251
6756	6592	Steve	Jones	Male		M55	01:26:32	3832	303
6757	7652	Linda	Edwards	Female		F45	01:26:33	2925	341
6758	7664	Tony	Edwards	Male		M60	01:26:33	3833	200
6759	5769	Emma	Furness	Female		FO	01:26:38	2926	1537
6760	8330	Peter	Hibbit	Male		M50	01:26:39	3834	383
6761	6979	Sally	Snowden	Female		F60	01:26:40	2927	119
6762	8327	Gemma	Seager	Female		F45	01:26:40	2928	342
6763	6032	Angela	Holloway	Female	Norfolk Gazelles AC	F45	01:26:41	2929	343
6764	7979	Dawn	Prime	Female		FO	01:26:41	2930	1538
6765	7390	Yvonne	Laird	Female		F40	01:26:45	2931	423
6766	6860	Finnan	Cracknell	Male		MO	01:26:46	3835	1893
6767	7283	Abigail	Watkinson	Female		FO	01:26:46	2932	1539
6768	8064	Roz	Maclachlan	Female	Beccles & Bungay Harriers	F60	01:26:52	2933	120
6769	8386	Tracey	Haylock	Female	Bungay Black Dog RC	F55	01:27:02	2934	194
6770	8328	Rebecca	Beckett	Female		F40	01:27:06	2935	424
6771	4054	Hannah	Conway-laws	Female		FO	01:27:06	2936	1540
6772	8541	Amberley	Fitzalan-cram	Female	Norfolk Gazelles AC	F45	01:27:07	2937	344
6773	6569	Caroline	Matthews	Female		FO	01:27:07	2938	1541
6774	2863	Mark	Thorpe	Male	Norfolk Gazelles AC	M60	01:27:08	3836	201
6775	6204	Ben	Sawyer	Male		MO	01:27:10	3837	1894
6776	8105	Jack	Benton	Male		MO	01:27:11	3838	1895
6777	8557	Helen	Potter	Female		F65	01:27:13	2939	44
6778	8039	Nikki	Asker	Female		F60	01:27:13	2940	121
6779	7798	Sophie	Mullen	Female		FO	01:27:14	2941	1542
6780	6794	Molly	Hatch	Female		FO	01:27:15	2942	1543



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
6781	8326	Laura	Christian	Female		FO	01:27:16	2943	1544
6782	8223	Gemma	Mitchell	Female		FO	01:27:17	2944	1545
6783	8017	Nicola	Walker	Female		FO	01:27:19	2945	1546
6784	8621	Michelle	Denny	Female		FO	01:27:19	2946	1547
6785	8654	Catherine	Riley	Female		FO	01:27:19	2947	1548
6786	8658	Robert	Fleck	Male		M55	01:27:20	3839	304
6787	8765	Kevin	Maguire	Male		M70	01:27:21	3840	41
6788	4892	Elizabeth	Long	Female		F45	01:27:24	2948	345
6789	6187	Michael	Bone	Male		MO	01:27:25	3841	1896
6790	8483	Claire	Wallace	Female		F55	01:27:26	2949	195
6791	8101	Paula	Peters	Female		F60	01:27:29	2950	122
6792	6852	Clare	Tuli	Female		F40	01:27:39	2951	425
6793	7213	Rebecca	Carter	Female		FO	01:27:42	2952	1549
6794	8098	Bonnie	Dillaway	Female		F45	01:27:51	2953	346
6795	6977	Michaela	Evans	Female		F45	01:27:52	2954	347
6796	8494	Chris	Dyble	Male		M50	01:27:54	3842	384
6797	7022	Ish	Rastogi	Male		MO	01:27:54	3843	1897
6798	5351	Joel	Landamore	Male		MO	01:27:59	3844	1898
6799	8291	Stuart	Key	Male		M45	01:28:02	3845	398
6800	7514	Lucie	Neal	Female		F50	01:28:03	2955	252
6801	8751	Tracey	Mitchell	Female		F50	01:28:04	2956	253
6802	7501	Amanda	Mounser	Female		F40	01:28:08	2957	426
6803	8116	Danielle	Burgess	Female		FO	01:28:10	2958	1550
6804	6071	Sarah	Miller	Female		F45	01:28:11	2959	348
6805	8377	Rebecca	Adams	Female		F45	01:28:12	2960	349
6806	6259	Alexa	Wren	Female		F40	01:28:14	2961	427
6807	8396	Libby	Brockett	Female		FO	01:28:19	2962	1551
6808	8283	Jasmine	Sampson	Female		FO	01:28:23	2963	1552
6809	8507	Adrian	Armstrong-emery	Male		M40	01:28:29	3846	518
6810	5075	Suzanne	Sharman	Female		F40	01:28:31	2964	428
6811	8362	Jocelyn	Atkins	Female		FO	01:28:35	2965	1553
6812	7976	Teresa	Broadbent	Female		F50	01:28:36	2966	254
6813	7162	Sharon	Armes	Female	Norwich Road Runners	F55	01:28:36	2967	196
6814	7784	Samantha	Davies	Female		F55	01:28:41	2968	197
6815	8468	Linzie	Powley	Female		FO	01:28:43	2969	1554
6816	8212	Lee	Cozens	Female		F55	01:28:45	2970	198
6817	8499	Graham	Hough	Male		M40	01:28:48	3847	519
6818	7474	Anthony	Jackson	Male		M50	01:28:49	3848	385
6819	7654	Michelle	Doughty	Female		F45	01:28:49	2971	350
6820	8025	Amanda	Jackson	Female		F45	01:28:49	2972	351
6821	7622	Laura	Jay	Female		F50	01:28:50	2973	255
6822	7462	Wendy	Barker	Female		F50	01:28:52	2974	256
6823	7297	Katherine	Cooper	Female		F40	01:29:10	2975	429
6824	7304	Ellie	Mcavoy	Female		FO	01:29:11	2976	1555
6825	8663	Louise	Burt	Female		FO	01:29:32	2977	1556
6826	8603	Chris	Brown	Male		MO	01:29:32	3849	1899
6827	8120	Caroline	Briggs	Female		F55	01:29:39	2978	199
6828	8434	Mary	Miranda-pasion	Female		FO	01:29:40	2979	1557
6829	8131	Harriet	Rossi	Female		F40	01:29:43	2980	430
6830	7025	Samuel	Diggins	Male		M40	01:29:49	3850	520
6831	8671	Jessica	Diggins	Female		FO	01:29:49	2981	1558
6832	8333	Hayley	Chandler	Female		F45	01:29:50	2982	352
6833	8493	Joanna	Kendrick	Female		FO	01:29:50	2983	1559
6834	8299	Donna	Philo	Female		F40	01:30:09	2984	431
6835	8527	Ambika	Rajesh	Female		F45	01:30:11	2985	353
6836	7440	Rebecca	Mcwass	Female		F40	01:30:15	2986	432
6837	6663	Linda	Wass	Female		F70	01:30:16	2987	19
6838	7819	Heather	Daniels	Female		F60	01:30:23	2988	123
6839	7211	Michelle	Still	Female		F50	01:30:23	2989	257
6840	6012	Laura	Garrod	Female		FO	01:30:27	2990	1560



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Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
6841	8460	Ruth	Donley-bond	Female	Ely Runners	F60	01:30:28	2991	124
6842	317	Robert	Pope	Male		MO	01:30:28	3851	1900
6843	8518	Selina	Bhantoo	Female		FO	01:30:39	2992	1561
6844	7665	May	Thurling	Female		FO	01:30:45	2993	1562
6845	8594	Sarah	Holmes	Female		FO	01:30:58	2994	1563
6846	8484	Amanda	Sheehy	Female		F40	01:31:03	2995	433
6847	6914	Alison	Ford-ellis	Female		F40	01:31:05	2996	434
6848	8306	Nikki	Scott	Female		FO	01:31:05	2997	1564
6849	8036	Kevin	Dungey	Male		M60	01:31:11	3852	202
6850	4436	Rafiq	Subedar	Male		M40	01:31:19	3853	521
6851	8054	Stephanie	Healy	Female		F40	01:31:21	2998	435
6852	7845	Hayley	Anderson	Female		F40	01:31:21	2999	436
6853	8431	Chris	Nicholls	Male		M40	01:31:37	3854	522
6854	8687	Holly	Hopkins	Female		FO	01:31:38	3000	1565
6855	8766	Sam	Day	Female		FO	01:31:42	3001	1566
6856	8626	Simone	Jalabert	Female	Great Yarmouth Road Runners Bungay Black Dog RC	F45	01:31:58	3002	354
6857	8690	Garyl	Woolworth	Male		MO	01:32:01	3855	1901
6858	8509	Janet	Whitehead	Female		F60	01:32:04	3003	125
6859	7533	Lisa	Hurry	Female		F55	01:32:07	3004	200
6860	7813	Allwin	Christopher	Male		M45	01:32:18	3856	399
6861	8346	Heather	Derbyshire	Female		FO	01:32:22	3005	1567
6862	7185	Michael	Jessop	Male		M60	01:32:23	3857	203
6863	8349	Tessa	Payne	Female		F65	01:32:37	3006	45
6864	8736	Louise	Griffiths	Female		FO	01:32:38	3007	1568
6865	7844	Tim	Hirst	Male		M75+	01:32:51	3858	17
6866	7068	Becky	Hayes	Female		F50	01:32:52	3008	258
6867	8608	Samantha	Crowie	Female		F45	01:32:52	3009	355
6868	8629	Beverley	Cage	Female		F60	01:33:02	3010	126
6869	8443	Caroline	Flatt	Female		F55	01:33:02	3011	201
6870	6295	Brian	Moore	Male	Norwich Road Runners	M70	01:33:03	3859	42
6871	8780	Maggie	Read	Female		FO	01:33:07	3012	1569
6872	6874	Joseph	Finnegan	Male		MO	01:33:08	3860	1902
6873	8657	Elayna	Phirippis	Female		FO	01:33:32	3013	1570
6874	8563	Karen	Johnstone	Female		F60	01:33:39	3014	127
6875	6684	Joanne	Pipe	Female		FO	01:33:41	3015	1571
6876	7139	Lisa	Williams	Female		F55	01:33:59	3016	202
6877	8187	Helen	Conway	Female		F60	01:34:00	3017	128
6878	8578	Eunice	Makumbiza	Female		F50	01:34:01	3018	259
6879	7651	Aaron	Brazier	Male		MO	01:34:19	3861	1903
6880	8656	Amanda	Hiscutt	Female		F60	01:34:20	3019	129
6881	8680	Alexis	Chipperfield	Female		F40	01:34:22	3020	437
6882	8336	Emma	Starling	Female		FO	01:34:28	3021	1572
6883	7544	Darren	Utting	Male		M50	01:34:39	3862	386
6884	7628	Beverly	Jenkins	Female		F60	01:34:42	3022	130
6885	8648	Deborah	Priddy	Female	Great Yarmouth & District AC	F60	01:34:42	3023	131
6886	8625	Amy	Carter	Female		FO	01:34:43	3024	1573
6887	7686	Mark	Butcher	Male		M55	01:34:45	3863	305
6888	8640	Raschelle	Dulce	Female		F45	01:34:49	3025	356
6889	8533	Samantha	Wood	Female		FO	01:34:53	3026	1574
6890	6502	Paul	Rodgers	Male		M55	01:34:55	3864	306
6891	6350	Victoria	Preston	Female		FO	01:35:05	3027	1575
6892	7920	Emily	Roberts	Female		FO	01:35:16	3028	1576
6893	7011	Sheila	Robson	Female		F55	01:35:25	3029	203
6894	8742	Brianne	Olliffe	Female		FO	01:35:38	3030	1577
6895	8740	Idal	Denmar	Female		F45	01:35:41	3031	357
6896	1825	Malgorzata	Grucelska	Female		F40	01:35:58	3032	438
6897	416	Michal	Grucelski	Male		M40	01:35:58	3865	523
6898	8771	Elaine	Aldous	Female		F45	01:36:11	3033	358
6899	8477	Mark	Mcwilliam	Male		M50	01:36:23	3866	387
6900	4143	Brooke	Simmons	Female		FO	01:36:24	3034	1578



RUN NORWICH 10K RESULTS 2024

Pos	Bib	Name	Surname	Gender	Club	Cat	Chip Time	Chip Cat	Gender
								Pos	Chip Pos
6901	8710	Bethany	Fisher	Female		FO	01:36:40	3035	1579
6902	8705	Malcolm	Fisher	Male		M45	01:36:41	3867	400
6903	8618	Kathryn	Duthie	Female		F40	01:37:27	3036	439
6904	8577	Oksana	Leyshon	Female		F40	01:37:28	3037	440
6905	8476	Geoff	Porter	Male		M65	01:37:40	3868	86
6906	8604	Tom	Mann	Male		M40	01:37:54	3869	524
6907	8616	Laura	Mann	Female		FO	01:37:54	3038	1580
6908	8421	Nicol	Nicholls	Female		FO	01:38:52	3039	1581
6909	8660	John-paul	Pellegrini	Male		M40	01:39:15	3870	525
6910	8655	Rachael	West	Female		F40	01:39:31	3040	441
6911	8354	Bryony	Hyatt	Female		FO	01:40:42	3041	1582
6912	7493	Anna	Wakefield	Female		F45	01:40:42	3042	359
6913	8612	Catherine	Collins	Female		FO	01:41:39	3043	1583
6914	8465	Kerry	Wharton	Female		F40	01:42:13	3044	442
6915	8580	Toni-jade	Graham	Female		FO	01:42:14	3045	1584
6916	6033	Brien	Hueppauff	Male		M50	01:42:45	3871	388
6917	8183	Sarah	Harvey	Female		FO	01:42:51	3046	1585
6918	8447	Kieron	Goreham	Male	Norwich Road Runners	MO	01:42:52	3872	1904
6919	8775	Rachel	Hirst	Female	Bungay Black Dog RC	F60	01:43:03	3047	132
6920	8405	Sarah	Wilby	Female	Bungay Black Dog RC	F55	01:43:04	3048	204
6921	8242	Emma	Lawson	Female		FO	01:43:10	3049	1586
6922	8314	Laura	Cox	Female		FO	01:44:11	3050	1587
6923	8748	Phillip	Laurier	Male	Lowestoft Road Runners	M75+	01:44:20	3873	18
6924	6164	Caroline	Dunn	Female		F60	01:44:33	3051	133
6925	5016	Linda	Adams	Female		F65	01:44:33	3052	46
6926	2773	Kate	Dunbar	Female		F60	01:45:59	3053	134
6927	8607	Ashlea	Reuben	Female		FO	01:46:05	3054	1588
6928	6304	Caroline	Lait	Female		F55	01:46:10	3055	205
6929	5320	Debbie	Bagley	Female		F45	01:47:59	3056	360
6930	3596	Joe	Woodley	Male	Wymondham AC	M45	01:48:03	3874	401
6931	8606	Sarah	Cole	Female	Wymondham AC	F40	01:48:04	3057	443
6932	8642	Alison	Thomas	Female		F45	01:48:30	3058	361
6933	8151	Paul	Hierons	Male	Waveney Valley AC	M70	01:49:00	3875	43
6934	7547	Abigail	Ward	Female		F45	01:50:00	3059	362
6935	8457	Laura	Waller	Female		F40	01:50:00	3060	444
6936	8662	Tracey	Henderson	Female		F60	01:50:09	3061	135
6937	6514	Margaret	Reynolds	Female		F65	01:51:07	3062	47
6938	4895	Lisa	Walters	Female		F45	01:51:07	3063	363
6939	8644	Philip	Walters	Male		M75+	01:55:15	3876	19
6940	8774	Rebecca	Senior	Female		F45	01:57:16	3064	364
6941	8767	Georgina	Takyi	Female		F45	02:16:23	3065	365