

Dereham 10

Men

MO

1. Kim Bowling 00:59:38
2. Peter Harvey 01:00:01 (Wymondham AC)
3. Chris Parker 01:00:39 (North Norfolk Beach Runners)

M40-44

1. Matt Pyatt 00:56:19 (Ryston Runners AC)
2. Neil Adams 01:00:10 (North Norfolk Beach Runners)
3. Richard Hayes 01:01:02

M45-49

1. Scott Walford 00:58:28 (Bure Valley Harriers)
2. Simon Able 01:03:18 (Ryston Runners AC)
3. Darren Honour 01:03:23 (Great Yarmouth Road Runners)

M50-54

1. Andrew Manning 01:03:16 (Bungay Black Dog RC)
2. Todd Lake 01:04:02 (Dereham Runners AC)
3. Kevin Frazer 01:04:29

M55-59

1. John Moore 01:01:05 (Norfolk Gazelles AC)
2. Richard White 01:05:22 (Wymondham AC)
3. Tony Savage 01:10:10 (Ryston Runners AC)

M60-64

1. Pete Johnson 01:05:35 (Ryston Runners AC)
2. Phil Hurr 01:05:55 (North Norfolk Beach Runners)
3. Tobias Arnup 01:09:42 (Norfolk Gazelles AC)

M65+

1. Stephen Dady 01:09:45 (Wymondham AC)
2. David Aldis 01:14:40 (City of Norwich Athletics Club)
3. Bill Kingaby 01:17:30 (Waveney Valley AC)

Women

FO

1. Nicky Alford 01:04:37 (North Norfolk Beach Runners)
2. Charlotte Neale 01:06:13 (North Norfolk Beach Runners)
3. Lydia Growsns 01:08:55 (Ryston Runners AC)

F40-44

1. Alexandra Smith 01:09:09 (Wymondham AC)
2. Emily Woodfield 01:12:31 (Tri-Anglia Triathlon Club)
3. Louise White 01:13:07 (Thetford AC)

F45-49

1. Sharon Hurren 01:11:53 (Wymondham AC)
2. Theresa Dooley 01:13:55
3. Helen Mian 01:14:14 (Norfolk Gazelles AC)

F50-54

1. Catherine Henery 01:13:09 (Norwich Road Runners)
2. Louise Hurr 01:17:49 (Norfolk Gazelles AC)
3. Ruth Steele 01:20:18 (Norwich Road Runners)

F55-59

1. Lorraine Dawson 01:25:16 (Great Yarmouth Road Runners)
2. Anna Coulborn 01:27:47 (Great Yarmouth Road Runners)
3. Pauline Leeves 01:28:49 (Great Yarmouth Road Runners)

F60-64

1. Penny Edwards 01:14:25 (Norwich Road Runners)
2. Lucy Walker 01:19:35
3. Anne Millett 01:20:42 (Norwich Road Runners)

F65+

1. Jane Ashby 01:26:51 (Ryston Runners AC)
2. Brenda Kinch 01:39:18 (North Norfolk Beach Runners)
3. Anita Betts 01:57:48 (Great Yarmouth Road Runners)

Clubs

Male U40

Norwich Road Runners 1 (120)

12 John Hudson
13 Simon Wright
95 Ryan Kennedy

Wymondham AC 1 (198)

4 Peter Harvey
26 Kirk Bagge
168 Richard Tubb

Lowestoft Road Runners 1 (488)

101 Lee Gooderham
124 Matthew Reynolds
263 Paul Lyon

Male O40

Ryston Runners AC 1 (30)

1 Matt Pyatt
10 Warren Armstrong
19 Simon Able

Norwich Road Runners 1 (57)

9 Richard Johnson
22 Marc Coles
26 Chris Bullock

Norfolk Gazelles AC 1 (78)

8 John Moore
30 Tim Sexton
40 James Fowler

Female U40

Ryston Runners AC 1 (235)

69 Lydia Growns

74 Lorena Latisaite

92 Jan Manning

North Norfolk Beach Runners 1 (391)

29 Nicky Alford

48 Charlotte Neale

314 Katherine Wright

Norfolk Gazelles AC 1 (466)

83 Katherine Trehane

151 Kathryn Head

232 Louise Isherwood

Female O40

Wymondham AC 1 (336)

72 Alexandra Smith

93 Sharon Hurren

171 Zoe Jones

Norwich Road Runners 1 (356)

108 Catherine Henery

120 Penny Edwards

128 Caroline Houghton

Bungay Black Dog RC 1 (577)

134 Joanne Cox

178 Laura Devereux

265 Jody Donaldson

County Men

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