

Dereham 5k Course Records

MEN	Ash Harrell	CONAC	15:22
LADIES	Dani Nimmock	CONAC	17:14
MEN U21	Logan Smith	DRAC	15:59
LADIES U21	Ellie Drake	Diss AC	20:46
MEN 40-44	Kevin Holland	Wym AC	16:15
LADIES 40-44	Odette Robson	St Ed Pacers	18:20
MEN 45-49	Spencer Goodall	CONAC	16:24
LADIES 45-49	Dawn Broom	Barnsley AC	19:52
MEN 50-54	Marc Suhrcke	LG Rhein-Wied	17:00
LADIES 50-54	Jane Clarke	CONAC	18:18
MEN 55-59	John Moore	Norfolk Gazelles	17:49
LADIES 55-59	Jane Clarke	CONAC	20:06
MEN 60-64	Pete Johnson	Ryston Runners	18:54
LADIES 60-64	Anne Ellen	Norfolk Gazelles	21:53
MEN 65+	Stephen Dady	Wym AC	20:23
Ladies 65+	Jane Ashby	Ryston Runners	25:22