

DEREHAM 10 MILE - SUNDAY 12TH MAY 2013 - OPEN CATEGORY RESULTS

| Category | Cat Posn | Name | Club | Time |
|----------------|----------|------------------|-----------------------------|-------|
| <i>SM</i> | 1 | Matt Pyatt | Huntingdon AC | 57.01 |
| | 2 | Richard Bateson | Coltishall Jaguars | 57.17 |
| | 3 | Keiran McMorran | Bungay Black Dog | 57.45 |
| <i>M40</i> | 1 | Jeremy Rogers | Abbey Runners | 58.45 |
| | 2 | Lawrence Wade | Coltishall Jaguars | 60.10 |
| | 3 | Jamis Seamark | North Norfolk Beach Runners | 60.28 |
| <i>M45</i> | 1 | John Manlow | | 61.09 |
| | 2 | Alex Williams | | 64.41 |
| | 3 | John Drewry | | 65.38 |
| <i>M50</i> | 1 | Mark Garrett | NorwichRoad Runners | 63.32 |
| | 2 | Richard White | Wymondham AC | 65.59 |
| | 3 | David Kellaway | Dereham Runners AC | 67.11 |
| <i>M55</i> | 1 | Fernando Silva | Wymondham AC | 60.14 |
| | 2 | P J Muffett | North Norfolk Beach Runners | 60.58 |
| | 3 | Stephen Rolfe | Norfolk Gazelles AC | 64.20 |
| <i>M60</i> | 1 | Stephan Dady | Wymondham AC | 69.43 |
| | 2 | Neville Clarke | Newmarket Joggers | 71.21 |
| | 3 | Bill Kingaby | Waveney Valley AC | 72.53 |
| <i>M65</i> | 1 | Jim Hayes | North Norfolk Beach Runners | 73.39 |
| | 2 | Graham Sampson | Bungay Black Dog RC | 85.33 |
| | 3 | Mike Smith | Wymondham AC | 87.24 |
| <i>W/CHAIR</i> | 1 | Peter Downing | Unattached | 83.00 |
| <i>SF</i> | 1 | Charlotte Rose | City of Norwich AC | 63.56 |
| | 2 | Alexandra Smith | Norwich Road Runners | 66.14 |
| | 3 | Laura Thomas | Ipswich Jaffa | 68.28 |
| <i>F40</i> | 1 | Helen Thurtle | Bungay Black Dog RC | 70.39 |
| | 2 | Jo Godwin | NorwichRoad Runners | 78.01 |
| | 3 | Jen Rudd | Wymondham AC | 78.08 |
| <i>F45</i> | 1 | Helen Mian | Norfolk Gazelles AC | 73.30 |
| | 2 | Ruth Steele | Norwich Road Runners | 79.27 |
| | 3 | Dawn Carver | Norwich Road Runners | 79.46 |
| <i>F50</i> | 1 | Dianne Hughes | Stowmarket Striders | 79.06 |
| | 2 | Sarah Bradley | Norwich Road Runners | 83.31 |
| | 3 | Wendy Smith | Norwich Road Runners | 85.30 |
| <i>F55</i> | 1 | Penny Edwards | Norwich Road Runners | 74.26 |
| | 2 | Anne Millett | Norwich Road Runners | 81.52 |
| | 3 | Bobbie Sauerzapf | Bungay Black Dog RC | 82.43 |
| <i>F60</i> | 1 | Andi Osborne | North Norfolk Beach Runners | 82.06 |
| | 2 | Gillian Paremain | Thetford AC | 91.13 |
| | 3 | Sheila Smith | Unattached | 92.49 |
| <i>F65</i> | 1 | Carole Spong | Gt Yarmouth Road Runners | 90.12 |
| | 2 | N/A | | |
| | 3 | N/A | | |