

DEREHAM 10 MILE - SUNDAY 10TH MAY 2015 - OPEN CATEGORY RESULTS

Category	Cat Posn	Name	Club	Time
<i>SM</i>	1	Matt Pyatt	Ryston Runners AC	55.16
	2	Robert Chenery	Ipswich Jaffa	56.46
	3	Anthony Bourne	Horsham Blue Star	57.29
<i>M40</i>	1	Jeremy Rogers	Norfolk Gazelles AC	58.25
	2	Simon English	Norwich Road Runners	64.04
	3	Simon Able	RystonRunners AC	65.14
<i>M45</i>	1	Charles Wartnaby	Cambridge& Coleridge	60.06
	2	John Broom	Barnsley AC	62.29
	3	Mark Clues	Tri-Anglia	64.01
<i>M50</i>	1	John Moore	Norfolk Gazelles AC	60.31
	2	Kevin Frazer	Unattached	66.13
	3	Dave Kellaway	Derehan Runners AC	71.35
<i>M55</i>	1	Paul Hurr	North Norfolk Beach Runners	69.53
	2	Russell Clarke	Wymondham AC	70.50
	3	Andrew Lane	Wymondham AC	71.14
<i>M60</i>	1	Colin Robilliard	Bure Valley Harriers	63.47
	2	Pete Johnson	Ryston Runners AC	65.23
	3	Terry Epps	Wymondham AC	68.03
<i>M65</i>	1	Ken Bowman	Coltishall Jaguars	73.06
	2	Ian Milburn	Fenland Running & AC	73.13
	3	John Bone	Gt Yarmouth Road Runners	74.42
<i>W/CHAIR</i>	1	Peter Downing	Unattached	73.41
<i>SF</i>	1	Danielle Nimmock	City of Norwich AC	63.11
	2	Francesca Hall	Ryston Runners AC	69.36
	3	Deborah English	Norwich Road Runners	72.13
<i>F40</i>	1	Vicky Tovell	Coltishall Jaguars	79.54
	2	Rachel Miller	Norwich Road Runners	85.01
	3	Rebecca Langford	Waveney Valley AC	87.24
<i>F45</i>	1	Helen Mian	Norfolk Gazelles AC	71.31
	2	Ann Swift	UK Net Runners	71.53
	3	Joanne Diffey	Lakeside Lincoln	74.30
<i>F50</i>	1	Catherine Henery	Norwich Road Runners	72.05
	2	Susan Ilsley	North Norfolk Beach Runners	84.51
	3	Wendy Fisher	Ryston Runners AC	85.44
<i>F55</i>	1	Maureen Wolfe	Ryston Runners AC	80.44
	2	Anne Ellen	Norfolk Gazelles AC	81.08
	3	Lorrain Dawson	Gt Yarmouth Road Runners	83.51
<i>F60</i>	1	Penny Edwards	Norwich Road Runners	73.20
	2	Andi Osborne	Longdale Striders	86.49
	3	Halina Zaleski	Unattached	88.12
<i>F65</i>	1	Jane Ashby	Ryston Runners AC	87.36
	2	N/A		
	3	N/A		