

DEREHAM 10 MILE 2015 - NORFOLK COUNTY CHAMPIONSHIPS CATEGORY RESULTS MALE/FEMALE

Cat	Pos	Name	Club	Time
SM	1	Matt Pyatt	Ryston Runners AC	57.01
	2	Stephen Gibbs	Norwich Road Runners	57.43
	3	Joseph Hawes	Norfolk Gazelles AC	59.07
M40	1	Jeremy Rogers	Norfolk Gazelles AC	58.25
	2	Simon English	Norwich Road Runners	64.04
	3	Simon Able	Ryston Runners AC	65.14
M45	1	Mark Clues	Tri-Anglia	64.01
	2	Karl Chapman	Wymondham AC	67.13
	3	Richard Dale	Reepham Runners	68.35
M50	1	John Moore	Norfolk Gazelles AC	60.31
	2	Kevin Frazer	Unattached	66.13
	3	David Kellaway	Dereham Runners AC	71.35
M55	1	Paul Hurr	North Norfolk Beach Runners	69.53
	2	Russell Clarke	Wymondham AC	70.50
	3	Andrew Lane	Wymondham AC	71.14
M60	1	Colin Robilliard	Bure Valley Harriers	63.47
	2	Pete Johnson	Ryston Runners AC	65.23
	3	Terry Epps	Wymondham AC	68.03
M65	1	Ken Bowman	Coltishall Jaguars	73.06
	2	John Bone	Gt Yarmouth Road Runners	74.42
	3	Jim Hayes	North Norfolk Beach Runners	75.03
SF	1	Danielle Nimmock	City of Norwich AC	63.11
	2	Francesca Hall	Unattached	69.36
	3	Deborah English	Norwich Road Runners	72.13
F40	1	Vicky Tovell	Coltishall Jaguars	79.54
	2	Rachel Miller	Norwich Road Runners	85.01
	3	Kathryn Hammond	Norwich Road Runners	88.25
F45	1	Helen Mian	Norfolk Gazelles AC	71.31
	2	Niki Park	Norwich Road Runners	76.55
	3	Sharon Bardwell	Norwich Road Runners	77.24
F50	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
F55	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
F60	1	Penny Edwards	Norwich Road Runners	73.20
	2	Andi Osborne	Longdale Striders	86.49
	3	Haline Zaleski	Unattached	88.12
F65	1	Jane Ashby	Ryston Runners AC	87.36
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	3			