



TOP 20 RESULTS TO RACE 9

			REEDHAM TEN	VALENTINES 10K	TROWSE 10K	GYRR 5m	AYLSHAM 10K	DEREHAM 10m	HOLT 10K	WROXHAM 5k	HUMPTY DUMPTY 10K	TOTAL OF 9 RACES										
JUNIOR WOMEN																						
Chloe	Green									23:27.5	98	198										
Millie	Hanner	Bungay Black Dog RC								21:59.2	100	100										
Eva	Townshend	North Norfolk Harriers Athletics Club								22:29.2	99	99										
Alice	Dickety	North Norfolk Harriers Athletics Club								25:18.3	97	97										
Lauren	Crisp	Aylsham Runners								27:17.9	96	96										
Chloe	Green																					
INTERMEDIATE WOMEN																						
Belle	Watkins	Bure Valley Harriers			00:51:19.6	99	00:37:29.2	97	0:51:13.3	100	00:49:21.8	99	22:20.7	91		486						
Esme	Jonas	North Norfolk Harriers Athletics Club									00:42:03.6	100	18:57.1	99		199						
Tess	Andrews	Bungay Black Dog RC			00:50:09.5	100	00:35:18.4	99								199						
Sophia	Poignand			00:48:48	100					00:49:44.4	98					198						
Eva	Eccles	Bure Valley Harriers					00:35:00.6	100					20:13.2	95		195						
Daisy	Standley				01:09:11.6	95		1:07:32.5	98							193						
Faye	Nottage	Great Yarmouth & District AC											21:13.6	93	0:47:10.6	100	193					
Lucy	Thompson	Great Yarmouth & District AC					00:36:09.3	98					22:44.0	90			188					
Sarah	Barrett	City of Norwich AC											16:57.9	100			100					
Emilia	Thomson			01:18:07	99												99					
Florence	Toplis								0:59:25.3	99							99					
Rosie	Dickety	City of Norwich AC											19:11.5	98			98					
Millie	Adams	City of Norwich AC											19:44.2	97			97					
Evie	Hood	City of Norwich AC								00:50:12.7	97						97					
Evie	Clayton	West Norfolk AC											19:55.1	96			96					
Delilah	Lloyd-Edwards									00:56:27.8	96						96					
Amelia	Speechley									00:57:59.5	95						95					
Ava	Mears	North Norfolk Harriers Athletics Club											21:04.6	94			94					
Elana	Lloyd-Edwards									01:01:14.5	94						94					
Talia	Lloyd-Edwards									01:06:13.4	93						93					
SENIOR WOMEN																						
Charlotte Lucy	Hodgson	Norwich Road Runners	01:17:53	84	00:46:22	80	00:46:52.9	89	00:34:48.1	95	0:45:39.3	94	01:16:12.6	93	00:47:01.1	91	27:48.2	6	0:46:39.6	94		726
Alice	Horney	Norwich Road Runners	01:10:02	95			00:39:07.2	99	00:30:33.7	98	0:38:09.3	100	01:03:10.3	99	00:37:55.1	98	17:53.4	95				684
Kirsty	Wheeler	Lowestoft Road Runners	01:26:31	69			00:51:15.7	74	00:37:20.5	89	0:48:00.3	89	01:27:24.8	83	00:48:03.0	86	22:09.9	66	0:47:03.8	93		649
Chloe	Ward	Norwich Road Runners	01:18:54	83	00:47:09	75	00:35:53.1	92	0:45:24.8	96	01:18:22.1	92	00:45:59.9	92					0:45:52.2	95		625
May	Brown	Great Yarmouth Road Runners	01:20:34	78	00:48:59	70	00:39:27.5	85	0:50:38.4	86	01:23:11.7	87			23:04.4	57	0:48:34.1	92				555
Ginny	Fellows	Cottishall Jaguars RC	01:14:05	90			00:32:44.0	97	0:42:11.0	98			00:41:41.5	96					0:42:23.3	99		480
Shanon	Hodgson	Lonely Goat RC	01:41:40	44	00:57:01	39	00:55:44.4	61	00:42:44.3	74	0:54:28.8	79			00:56:52.0	73	25:47.4	23	0:57:19.6	74		467
Erin	Kelf	Great Yarmouth Road Runners	01:23:07	75			00:48:43.5	85					01:27:43.1	82	00:49:33.2	84	24:17.0	38	0:51:00.4	88		452
Daisy	Mattless		01:14:37	88	00:43:38	86			00:35:17.4	94					00:47:21.9	89	20:53.9	76				433
Chloe	Tovell				00:46:22	81	00:49:02.4	84	00:36:44.3	91	0:46:37.9	92					21:44.6	70				418
Eleanor	Grubb	City of Norwich AC	01:01:01	99	00:36:49	96			00:28:24.2	99							16:54.4	98				392
Danielle	Gilbert	Wymondham AC					00:52:41.7	66	00:38:35.8	88			01:25:19.0	86			22:40.3	60	0:49:09.6	90		390
Mabel	Beckett	City of Norwich AC			00:35:18	98	00:36:20.2	100	00:28:13.7	100							19:48.4	82				380
Kerrie	Lingwood	Aylsham Runners	01:17:22	86	00:46:01	82			00:37:07.3	90	1:04:55.8	49					22:21.7	63				370
Joanne	Watkins	Bure Valley Harriers	01:09:32	96			00:41:19.7	98									20:14.7	80	0:44:22.8	96		370
Heidi	Pearson				00:47:48	74	00:50:34.1	78			0:54:54.6	74	01:23:09.2	88			23:23.5	51				365
Becky	Willett	Norwich Road Runners			00:40:52	91	00:46:25.9	91						00:42:07.5	95		19:47.7	83				360
Emily	Ruane		00:59:13	100	00:34:55	99											16:25.0	99				298
Karen	Patterson	Norwich Road Runners			00:51:10	63			00:38:57.5	87			01:26:26.2	84			22:44.1	59				293
Grace	Buchanan	City of Norwich AC			00:38:10	95								00:37:32.0	99		17:45.9	96				290

SENIOR MEN

Jimmy	Tubb	Reepham Runners	01:01:23	91	00:36:16	77	00:36:59.8	92	00:28:34.4	80	0:36:38.5	94	01:04:14.7	87	00:37:24.7	88	16:51.9	71	0:36:51.7	84	764
Sean	Jerry	Great Yarmouth Road Runners	00:59:22	96	00:35:15	84	00:35:22.8	98	00:27:15.3	95	0:34:59.4	99	01:16:13.2	62	00:47:01.3	64			0:35:42.0	57	655
Andrew	Soanes	Waveney Valley AC	01:04:39	83			00:37:31.2	86	00:28:44.5	77	0:37:51.0	89	01:03:57.0	90	00:37:14.5	89	17:25.6	59	0:37:46.1	81	654
Daniel	Wilson		00:58:25	97	00:35:11	86	00:35:51.1	96	00:27:58.1	87	0:36:17.0	97					17:06.3	68	0:37:27.4	67	598
Ben	Beynon	Wymondham AC	01:00:15	92	00:36:15	78	00:37:00.7	91	00:28:09.4	85	0:37:04.8	92			00:36:11.6	94					532
Matthew	Plane				00:37:31	66	00:37:25.8	87	00:28:42.1	78	0:36:44.7	93	01:02:14.3	93	00:35:58.6	97					514
Jake	Grand	Norwich Road Runners	00:59:50	94					00:27:51.0	88			01:04:06.1	89			16:32.2	78	0:35:10.2	100	449
Harry	Neale	Norfolk Gazelles AC	01:01:58	90			00:37:25.5	88	00:28:47.8	76			01:01:25.0	94	00:36:36.6	92					440
William	George	Aylsham Runners	01:02:52	88	00:37:30	67	00:38:40.4	82	00:29:44.5	71	0:38:15.8	85					17:38.0	46			439
Samuel	Binks						00:39:30.0	75	00:29:54.7	70	0:39:07.7	82			00:38:49.1	85			0:39:07.5	99	411
Remi	Bullent	Great Yarmouth Road Runners	01:03:40	87	00:39:52	47	00:39:40.5	74					01:10:28.0	76	00:41:02.3	80	19:12.7	1	0:43:10.8	42	407
Perry	Kelf		01:03:43	86	00:37:27	68	00:38:36.9	83	00:29:32.6	73	0:46:39.5	42					17:39.6	45			397
Martyn	Bath	City of Norwich AC	00:56:30	99	00:33:16	97									00:34:20.7	100	15:39.9	93			389
Richard	Mead	Norwich Road Runners	01:03:53	85	00:37:54	61			00:29:41.4	72			01:05:00.0	85			17:42.9	41	0:37:43.2	43	387
Hugh	Tawell		00:57:50	98	00:34:17	92					0:35:44.1	98	01:00:23.7	96							384
George	Gay				00:35:07	87	00:36:45.4	94	00:27:17.7	93					00:35:32.3	99	19:49.4	1			374
Liam	Frost		01:21:27	37	00:44:22	16	00:45:10.8	41	00:34:14.5	51	0:43:50.5	60	01:19:18.3	55	00:44:26.2	70	19:18.5	1	0:42:54.0	38	369
Marcus	Pearson		01:07:18	80	00:40:02	43			00:32:35.8	56	0:41:18.5	75	01:11:12.4	74			19:22.9	1			329
Matt	Goode	Wymondham AC			00:41:14	36	00:40:42.1	69	00:31:50.0	61	0:42:19.3	70	01:09:50.9	77			18:48.7	9			322
Paul	Spooner		01:11:12	67	00:42:22	27	00:43:44.4	52	00:33:30.1	52			01:14:52.7	69			20:04.8	1	0:43:32.4	53	321

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John	Hudson	Norwich Road Runners	00:56:08	100	00:33:58	99	00:34:22.4	99	00:27:17.1	98	0:34:07.0	99	00:57:33.5	100			16:09.9	99	0:35:30.8	99	793
Chris	Gay	Wymondham AC	00:58:59	97	00:34:59	97	00:42:12.9	91			0:35:14.2	98	00:58:48.8	98	00:35:44.3	100	16:44.6	97			678
Chris	Harrison	Norwich Road Runners	01:03:12	95	00:37:32	90			00:29:56.0	92			01:03:50.4	95	00:37:51.6	98	17:56.3	88	0:38:07.6	98	656
Terry	Collins	Cottishall Jaguars RC	01:14:32	80	00:43:48	71			00:34:04.2	81	0:43:49.7	95	01:14:33.0	86					0:42:47.4	91	504
Stephen	Lee	Bure Valley Harriers	01:17:50	74	00:44:42	67	00:42:20.5	90	00:32:07.0	87			01:08:21.0	93	00:40:09.6	93					504
Matt	Howard	Norwich Road Runners	00:59:43	96	00:35:22	95	00:36:37.0	98	00:27:39.0	97			01:01:57.4	96							482
Ben	Stone	Great Yarmouth Road Runners	01:04:14	94	00:42:26	77							01:25:52.2	79	00:44:32.2	89	24:03.8	54	0:46:21.8	89	482
Tom	Downs		01:11:49	83	00:39:48	84	00:41:33.3	93	00:31:25.7	90	0:41:11.9	96									446
Steven	Bacon	North Norfolk Beach Runners			00:33:52	100			00:26:29.1	99	0:33:55.6	100					16:08.0	100			399
Christopher	Coates	Aylsham Runners			00:37:04	91	00:37:23.1	97	00:28:08.2	96							17:31.1	91			375
Lee	Symonds	Great Yarmouth Road Runners	01:16:36	75	00:46:15	63							01:13:50.5	87			21:11.7	58	0:45:00.1	90	373
Paul	Bulling	Norwich Road Runners	01:08:10	93	00:40:01	83					0:39:56.2	97	01:12:43.7	92							365
Timothy	Eart	Waveney Valley AC	01:09:38	88			00:42:02.6	92	00:32:53.1	84									0:42:31.1	93	357
Dan	Brocklehurst	Wymondham AC			00:41:29	80			00:32:22.6	85			01:06:32.7	94			17:58.8	87			346
Ben	Smith	Wymondham AC			00:42:39	74	00:44:07.1	88	00:33:23.8	83							20:15.1	66			311
Jason	Sparkes		01:19:57	71	00:45:05	64	00:44:35.4	86	00:35:05.9	77											298
Steven	McNicholas	Wymondham AC	00:58:26	98	00:35:03	96											16:46.8	96			290
Kevin	Fuller	Great Yarmouth Road Runners	01:15:39	77	00:46:59	61							01:19:58.3	84			20:23.8	64			286
Andrew	Knell	Norfolk Gazelles AC			00:36:53	93			00:28:45.0	94			01:01:00.8	97							284
David	Waters	Aylsham Runners	01:09:01	92													19:04.4	75	0:40:53.0	94	261

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Jason	Corner	Tri-Anglia Triathlon Club	01:08:32	89	00:41:31	81	00:41:57.8	88	00:36:51.8	82	0:43:08.0	93	01:11:00.4	92	00:42:11.2	85	19:30.2	74	0:43:17.3	86	770
Alan	Diaper	Great Yarmouth Road Runners	01:08:53	87	00:43:44	76	00:42:58.0	84	00:34:39.6	84	0:44:22.1	90	01:15:59.8	84	00:45:02.5	82	19:49.0	71	0:44:36.3	83	741
Richard	Hancock		01:07:42	92	00:40:36	86	00:42:49.5	85	00:31:24.3	93			01:11:03.6	91	00:40:47.9	90	18:37.2	86	0:41:32.6	90	713
Adrian	Slattery	Great Yarmouth Road Runners	01:11:15	81	00:45:16	69			00:32:10.7	91	0:41:38.6	96	01:13:37.8	86	00:41:11.2	89	19:21.5	75	0:42:20.9	87	674
Neil	Shorten	North Norfolk Beach Runners	00:59:53	98			00:37:29.2	95			0:37:20.6	99	01:00:52.7	96	00:36:30.0	96	17:27.7	93	0:36:52.7	95	672
Simon	Wright	Norfolk Gazelles AC	01:00:06	97			00:37:16.7	96	00:28:55.8	97			01:01:52.5	95	00:36:48.7	95	17:15.5	95	0:36:49.0	96	671
James	Howes	City of Norwich AC	01:04:12	94	00:38:41	93			00:30:52.4	95	0:40:19.2	97			00:39:37.5	94	17:44.4	91	0:39:11.1	94	658
Neil	Adams	North Norfolk Beach Runners			00:33:47	100	00:34:06.2	100	00:26:10.8	100			00:57:06.1	100	00:34:02.9	100			0:34:12.0	100	600
Kevin	Holland	Wymondham AC	00:57:44	100	00:34:07	99	00:34:20.1	99					00:58:13.6	99	00:34:26.9	99			0:39:15.9	93	589
Carl	White	Bure Valley Harriers			00:35:36	98	00:36:10.2	97			0:35:28.7	100	00:59:38.5	98	00:36:22.5	97			0:36:09.0	98	588
Paul	Jones	Norfolk Gazelles AC	01:17:27	67			00:42:18.7	86	00:32:23.0	90			01:12:32.8	87	00:41:42.5	86	19:09.3	78	0:41:40.1	89	583
Will	McMorris		01:07:43	90	00:40:23	87	00:40:52.3	89	00:31:13.0	94					00:40:33.7	91	18:28.6	88			539
Robert	Last	Dereham Runners AC	01:23:52	63	00:48:52	58	00:49:38.8	66			0:48:41.7	83			00:49:01.5	73	21:54.9	56	0:49:05.7	78	477
Gav	Dent	North Norfolk Beach Runners	01:15:15	70	00:42:09	79							01:10:49.4	93			19:09.9	77	0:46:10.0	82	401
Anthony	Cude	Runners-Next-the-Sea			00:40:43	85							01:12:19.2	88	00:40:20.2	92	18:42.4	85			350
Andrew	Thomas	Great Yarmouth Road Runners	01:11:08	82							0:43:43.4	92			00:45:17.6	81	20:29.0	64			319
Jack	Cheung	Alf Tupper Harriers			00:44:30	73	00:44:04.7	79			0:44:05.9	91					20:26.9	65			308

