

# BVH 10 Mile Race 1<sup>st</sup> October 2017

## Men

### Overall

1. Christopher Hollinshead 00:57:50 (Cannock & Stafford AC)
2. Neil Adams 00:59:22 (North Norfolk Beach Runners)
3. Peter Harvey 01:00:03 (Wymondham AC)

### M40-44

1. Richard Johnson 01:02:35 (Wymondham AC)
2. Marc Coles 01:03:02 (Norwich Road Runners)
3. Chris Bullock 01:03:54 (Norwich Road Runners)

### M45-49

1. Andrew Conway 01:01:43 (Tiptree Road Runners)
2. Jason Brunt 01:06:40 (Norfolk Gazelles AC)
3. Matthew Stone 01:06:48 (Bure Valley Harriers)

### M50-54

1. Jonathan Cordle 01:05:59 (Tri-Anglia Triathlon Club)
2. Adrian Hall 01:07:01 (Wymondham AC)
3. John Christopher 01:09:48

### M55-59

1. Nick Eley 01:14:08 (Coltishall Jaguars)
2. Peter Fox 01:16:14
3. Phil Henry 01:17:01 (Coltishall Jaguars)

### M60-64

1. Andrew Lane 01:13:21 (Wymondham AC)
2. Christopher jonathan Milnes 01:26:57 (Ryston Runners AC)
3. Nigel Bullen 01:29:07 (Norfolk Gazelles AC)

### M65+

1. Stephen W Mead 01:06:48 (Stowmarket Striders RC)
2. Kenneth Bowman 01:13:57 (Coltishall Jaguars)
3. Richard Preston 01:25:16

# Women

## Overall

1. Emma Attwood 01:09:13 (Stowmarket Striders RC)
2. Rowena Leary 01:09:46 (Norfolk Gazelles AC)
3. Emily Woodfield 01:10:37 (Tri-Anglia Triathlon Club)

## F40-44

1. Emma Blake 01:13:42 (Coltishall Jaguars)
2. Nicola Holden 01:14:13 (Coltishall Jaguars)
3. Kirsty Winter 01:18:17

## F45-49

1. Sharon Hurren 01:11:06 (Wymondham AC)
2. Theresa Dooley 01:14:25 (Norfolk Gazelles AC)
3. Vicky Tovell 01:17:17 (Coltishall Jaguars)

## F50-54

1. Carol Devlin 01:13:10 (Dereham Runners AC)
2. Claire Alcock 01:21:13
3. Janice Moore 01:30:54 (Dereham Runners AC)

## F55-59

1. Jenny Sheahan 01:18:11
2. Lesley Winston 01:31:28 (North Norfolk Beach Runners)
3. Helen Taylor 01:47:45 (Norwich Road Runners)

## F60-64

1. Lucy Walker 01:22:50
2. Beres Ward 01:31:43 (Wymondham AC)
3. Anne Sinclair 01:36:32

## F65+

1. Pat Brightman 01:54:47 (Great Yarmouth & District AC)

# Clubs

## Male U40

### Norwich Road Runners 1 (17)

4 Simon Wright

5 John Hudson

8 Carl White

### Wymondham AC 1 (46)

3 Peter Harvey

16 Sam Barker

27 Jason Mountain

### Coltishall Jaguars 1 (95)

20 Andy Mulligan

35 Nicholas Hudson

40 Tom Johnson

## Male O40

### Wymondham AC 1 (57) 03:16:23

10 Richard Johnson

22 Martin Stringfellow

25 Adrian Hall

### Norwich Road Runners 1 (57) 03:16:24

12 Marc Coles

13 Chris Bullock

32 David Tandy

### Norfolk Gazelles AC 1 (96)

17 Phil Whiting

21 Jason Brunt

58 Paul Cottrell

## **Female U40**

### **Norfolk Gazelles AC 1 (211)**

37 Rowena Leary

78 Emma Jay

96 Kathryn Head

### **Norwich Road Runners 1 (275)**

43 Jessica Behan

115 Jodie Causer

117 Stacey Harper

### **Stowmarket Striders RC 1 (336)**

30 Emma Attwood

126 Laura Brown

180 Charlotte Durrant

## **Female O40**

### **Coltishall Jaguars 1 (203)**

57 Emma Blake

64 Nicola Holden

82 Vicky Tovell

### **Wymondham AC 1 (241)**

42 Sharon Hurren

92 Cassie Barker

107 Louise Holland

### **Norfolk Gazelles AC 1 (431)**

66 Theresa Dooley

171 Justine Davenport

194 Sam Barwick