

forename	surname	club	category
Michelle	Barker	Wymondham AC	FO
Jodie	Causer	Norwich Road Runners	FO
Hannah	Chapman	Longdale Striders	FO
Hannah	Cunningham		FO
Stephanie	Evans	Norfolk Gazelles AC	FO
Kate	Gooding		FO
Sarah	Keeble		FO
Katherine	Mann	Norwich Road Runners	FO
Vanessa	May	LRR	FO
Sarah	Pearson		FO
Nikki	Southall	Norfolk Harriers	FO
Emma	Blake	Coltishall Jaguars RC	F40-44
Caroline	Britton	Coltishall Jaguars RC	F40-44
Andie	Brookes		F40-44
Helen	Dixon	Reepham Runners	F40-44
Liz	Harris	North Norfolk Beach Runners	F40-44
Rachael	Huggins	Norwich Road Runners	F40-44
Caroline	Kennell		F40-44
Paula	Lawson	Reepham Runners	F40-44
Olivia	Newstead	Coltishall Jaguars RC	F40-44
Cat	Wardell		F40-44
Kirsty	Winter		F40-44
Shelley	Burton	North Norfolk Beach Runners	F45-49
Justine	Davenport	Norfolk Gazelles AC	F45-49
Theresa	Dooley	Norfolk Gazelles AC	F45-49
Samantha	Hele		F45-49
Rachel	Ollett	Great Yarmouth Road Runners	F45-49
Jo	Ross	Norfolk Gazelles AC	F45-49
Julie	Winner	Wymondham AC	F45-49
Nilixa	Devlukia		F50-54
Sylvia	Williamson	Longdale Striders	F55-59
Lesley	Winston	North Norfolk Beach Runners	F55-59
Tom	Bool		MO

David	Freezer		MO
Danny	Loveday	Norwich Road Runners	MO
Chris	Parker	North Norfolk Beach Runners	MO
Richard	Tubb	Wymondham AC	MO
Simon	Wright	Norwich Road Runners	MO
Neil	Adams	North Norfolk Beach Runners	M40-44
Dean	Blake	Coltishall Jaguars RC	M40-44
Marc	Coles	Norwich Road Runners	M40-44
Adam	Hill		M40-44
Jeremy	Bell		M45-49
Robert	Crockford	Dereham Runners AC	M45-49
Mark	Ollett	Great Yarmouth Road Runners	M45-49
Nick	Ross	Norfolk Gazelles AC	M45-49
Philip	Websdale	Dereham Runners AC	M45-49
Rob	Winner	Wymondham AC	M45-49
Ivan	Allen	North Norfolk Beach Runners	M50-54
Martin	Doherty	Norfolk Gazelles AC	M50-54
Andy	Kinney	Harlow Running Club	M50-54
James	Nice	City of Norwich Athletics Club	M50-54
Lee	Oxbury	Norfolk Gazelles AC	M50-54
Wayne	Ramsbottom	Dereham Runners AC	M50-54
Gary	Grand	Norwich Road Runners	M55-59
Ray	Howard		M55-59
Andy	Potter	Stamford Striders	M55-59
Nigel	Bullen	Norfolk Gazelles AC	M65+
Frank	Ellis	Tri-Anglia Triathlon Club`	M65+
Chris	Groves	Tri Anglia	M65+

