

forename	surname	club	category
Michelle	Barker	Wymondham AC	FO
Samantha	Beales	Coltishall Jaguars	FO
Tanya	Cable	Norwich Road Runners	FO
Jodie	Causer	Norwich Road Runners	FO
Hannah	Chapman	Longdale Striders	FO
Hannah	Cunningham		FO
Gemma	Cushion		FO
Natasha	Davis		FO
Hanna	Dean	Bungay Black Dog RC	FO
Stephanie	Evans	Norfolk Gazelles AC	FO
Kate	Gooding		FO
Nicola	Grimes		FO
Vicky	Hampson	North Norfolk Beach Runners	FO
Emma	Hunt		FO
Sarah	Keeble		FO
Sarah	Knapp	Norfolk Gazelles AC	FO
Victoria	Leggett		FO
Katherine	Mann	Norwich Road Runners	FO
Vanessa	May	Lowestoft Road Runners	FO
Victoria	McNorton		FO
Zoe	Parish	North Norfolk Beach Runners	FO
Sarah	Pearson		FO
Hannah	Pegg		FO
Nikki	Southall	Norfolk Harriers	FO
Sarah	Sutton		FO
Ami	Utting	Norwich Road Runners	FO
Emma	Adcock	Dereham Runners AC	F40-44
Cassie	Barker	Wymondham AC	F40-44
Marion	Bensley	Coltishall Jaguars	F40-44
Emma	Blake	Coltishall Jaguars	F40-44
Caroline	Britton	Coltishall Jaguars	F40-44
Andie	Brookes		F40-44
Wendy	Cooper		F40-44

Helen	Dixon	Reepham Runners	F40-44
Liz	Harris	North Norfolk Beach Runners	F40-44
Sarah	Heatley	Beccles Triathlon Club	F40-44
Ruth	Hedge		F40-44
Clare	Hicks	Coltishall Jaguars	F40-44
Rachael	Huggins	Norwich Road Runners	F40-44
Caroline	Kennell		F40-44
Joanna	Killingworth	Norwich Road Runners	F40-44
Paula	Lawson	Reepham Runners	F40-44
Olivia	Newstead	Coltishall Jaguars	F40-44
Lyn	Ottaway	Wymondham AC	F40-44
Ruth	Pilch	Coltishall Jaguars	F40-44
Cat	Wardell		F40-44
Ursie	Webber	Reepham Runners	F40-44
Kirsty	Winter		F40-44
Shelley	Burton	North Norfolk Beach Runners	F45-49
Ali	Cook		F45-49
Justine	Davenport	Norfolk Gazelles AC	F45-49
Theresa	Dooley	Norfolk Gazelles AC	F45-49
Joanna	Godwin	Wymondham AC	F45-49
Lynn	Greenfield		F45-49
Samantha	Hele		F45-49
Louise	Holland	Wymondham AC	F45-49
Emma	Hollinshead	Cannock & Stafford AC	F45-49
Deirdre	Mary	Stowmarket Striders RC	F45-49
Fran	Morgan	Norwich Road Runners	F45-49
Rachel	Ollett	Great Yarmouth Road Runners	F45-49
Jo	Ross	Norfolk Gazelles AC	F45-49
Debbie	Schwarz	West Norfolk AC	F45-49
Sara	Shorten	Norwich Road Runners	F45-49
Paula	Smith	Runners next the Sea	F45-49
Sarah	Sparkes	Bungay Black Dog RC	F45-49
Wendy	Wallace		F45-49
Julie	Winner	Wymondham AC	F45-49

Nilixa	Devlukia		F50-54
Rachel	Hirst	Bungay Black Dog RC	F50-54
Ellen	Hollingworth	Stowmarket Striders RC	F50-54
Sharon	Jones	Coltishall Jaguars	F50-54
Dawn	King		F50-54
Kay	Montandon		F50-54
Sonya	Powley		F50-54
Denise	West		F55-59
Sylvia	Williamson	Longdale Striders	F55-59
Lesley	Winston	North Norfolk Beach Runners	F55-59
Lucy	Walker	Coltishall Jaguars	F60-64
Margaret	Faherty	Norwich Road Runners	F65+
Tom	Bool		MO
Ken	Bool	Tri-Anglia Triathlon Club	MO
Benjamin	Collison	West Norfolk AC	MO
David	Freezer		MO
James	Goldsmith		MO
Danny	Loveday	Norwich Road Runners	MO
Ian	Old	Ipswich Jaffa	MO
Chris	Parker	North Norfolk Beach Runners	MO
Robert	Prettyman	FiT2RuN	MO
Mark	Shields		MO
Richard	Tubb	Wymondham AC	MO
Simon	Wright	Norwich Road Runners	MO
Neil	Adams	North Norfolk Beach Runners	M40-44
Dean	Blake	Coltishall Jaguars	M40-44
Marc	Coles	Norwich Road Runners	M40-44
Adam	Hill		M40-44
Matt	Smith		M40-44
Jeremy	Bell		M45-49
Robert	Crockford	Dereham Runners AC	M45-49
Mark	Drysdale	Norfolk Gazelles AC	M45-49
James	Howlett	Framlingham Flyers	M45-49
Martin	Koenigsberger	West Norfolk AC	M45-49

Mark	Ollett	Great Yarmouth Road Runners	M45-49
Nick	Ross	Norfolk Gazelles AC	M45-49
Simon	Sparkes	Bungay Black Dog RC	M45-49
Keith	Walpole	Norwich Road Runners	M45-49
Neil	Walpole	Norwich Road Runners	M45-49
Philip	Websdale	Dereham Runners AC	M45-49
Rob	Winner	Wymondham AC	M45-49
Ivan	Allen	North Norfolk Beach Runners	M50-54
Jon	Brooker	Newmarket Joggers	M50-54
Kevin	Clark	Bungay Black Dog RC	M50-54
Martin	Doherty	Norfolk Gazelles AC	M50-54
John	Greenhalgh	West Norfolk AC	M50-54
Christopher	Hollinshead	Cannock & Stafford AC	M50-54
David	King		M50-54
Andy	Kinney	Harlow Running Club	M50-54
Tony	Ludlam	Great Yarmouth Road Runners	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
Paul	West		M50-54
Gary	Grand	Norwich Road Runners	M55-59
Graham	Hardingham	Norfolk Gazelles AC	M55-59
Ray	Howard		M55-59
Stewart	Marden		M55-59
Andy	Potter	Stamford Striders	M55-59
Nigel	Bullen	Norfolk Gazelles AC	M65+
William	Edmonds	Norwich Good Gym	M65+
Frank	Ellis	Tri-Anglia Triathlon Club`	M65+
Chris	Groves	Tri-Anglia Triathlon Club	M65+