

forename	surname	club	category
Amii	Andrews		FO
Alison	Armstrong		FO
Claire	Baker	Great Yarmouth Road Runners	FO
Michelle	Barker	Wymondham AC	FO
Jessica	Behan	Norwich Road Runners	FO
Kayleigh	Bezance	Norwich Road Runners	FO
Kimberley	Birch		FO
Charlotte	Bird		FO
Holly	Bodmer	Norwich Road Runners	FO
Stephanie	Brighton	Norfolk Gazelles RC	FO
Amy	Brooke		FO
Esther	Brown		FO
Hayley	Clarke	Wymondham AC	FO
Jemma	Collins		FO
Joanna	Cottrell	Coltishall Jaguars RC	FO
Hannah	Cunningham	Pound Lane Running Club	FO
Natasha	Davis		FO
Jasmine	Daynes	Norwich Road Runners	FO
Holly	Edmonds		FO
Ginny	Fellows	Coltishall Jaguars RC	FO
Zoe	Gibbs		FO
Lisa	Glasel		FO
Kate	Gooding	Wymondham AC	FO
Julie	Gowland	Reephams Runners	FO
Nicola	Grimes		FO
Stacey	Halford		FO
Vicky	Hampson	North Norfolk Beach Runners	FO
Chloe	Harcourt	Norwich Road Runners	FO
Claire	Hews	Norfolk Gazelles RC	FO
Laura	Hick	Coltishall Jaguars RC	FO
Charlotte Lucy	Hodgson	Norwich Road Runners	FO
Alice	Horney		FO
Suzanne	Hurn	Norwich Road Runners	FO

Anna	Jolly	Reepham Runners	FO
Kirsty	Lack	Runners-next-the-Sea	FO
Rowena	Leary	Norfolk Gazelles RC	FO
Victoria	Leggett		FO
Victoria	Lintin	Longdale Striders	FO
Nicole	McNulty		FO
Negar	Mirshekar	Norfolk Gazelles RC	FO
Catriona	Morrison		FO
Jennifer	Neave	Dereham Runners AC	FO
Stacey	O'Donnell		FO
Tara	Olivier		FO
Hannah	Pegg		FO
Michelle	Pinnington	Norwich Road Runners	FO
Rachel	Plant	Lowestoft Road Runners	FO
Hannah	Purvis	Wymondham AC	FO
Lucy	Richardson	Norwich Road Runners	FO
Louise	Rowe	Dereham Runners AC	FO
Kelly	Simmonds	Norwich Road Runners	FO
Jenny	Sparkes	Norwich Road Runners	FO
Sarah	Sutton		FO
Helen	Terry	Norfolk Gazelles RC	FO
Eloise	Tinder		FO
Ami	Utting	Norwich Road Runners	FO
Connie	Vallis		FO
Jo	Wakeley		FO
Michelle	Ward	Lonely Goats RC	FO
Rose	Waterman	Tri-Anglia TC	FO
Alice	Watson		FO
Louise	Wicks		FO
Anna	Wright	Norwich Road Runners	FO
Katherine	Wright	North Norfolk Beach Runners	FO
Nicola	Adlam		F40-44
Julia	Allum		F40-44
Marion	Bensley	Coltishall Jaguars RC	F40-44

Claire	Berridge	Norfolk Gazelles RC	F40-44
Veronica	Bodell	St Albans Striders	F40-44
Andie	Brookes		F40-44
Leona	Broughton	Reepham Runners	F40-44
Wendy	Burgess	Wymondham AC	F40-44
Celia	Clarke	Wymondham AC	F40-44
Wendy	Cooper		F40-44
Kelly	Cornish	Norwich Road Runners	F40-44
Liz	Cox	Great Yarmouth Road Runners	F40-44
Danielle	Crane	Norwich Road Runners	F40-44
Cat	Cummings	Wymondham AC	F40-44
Heather	Dagraca		F40-44
Stephanie	Deeks	Great Yarmouth Road Runners	F40-44
Vicki	Drake	Three Counties Running Club	F40-44
Emma	Fiddy		F40-44
Anne	Flanagan	Norwich Road Runners	F40-44
Debbie	Foster	Waveney Valley AC	F40-44
Lisa	Greengrass	Wymondham AC	F40-44
Kirsty	Grint	Norfolk Gazelles RC	F40-44
Liz	Harris	North Norfolk Beach Runners	F40-44
Rachael	Huggins	Norwich Road Runners	F40-44
Louise	Isherwood	Norfolk Gazelles RC	F40-44
Sarah	Keeble	North Norfolk Beach Runners	F40-44
Beth	King	Norfolk Gazelles RC	F40-44
Christina	Lakey	Wymondham AC	F40-44
Aimee	Long		F40-44
Irena	Marcinek	Renegade Runners	F40-44
Kate	Moore	Norwich Road Runners	F40-44
Charlene.	Nicholls		F40-44
Sarah	Norman	Waveney Valley AC	F40-44
Megan	Oram	Dereham Runners AC	F40-44
Louise	Paterson	Bure Valley Harriers	F40-44
Jo	Pinkney	Great Yarmouth Road Runners	F40-44
Natasha	Powell	City of Norwich AC	F40-44

Charlotte	Richardson	Wymondham AC	F40-44
Sarah	Roadley		F40-44
Amanda	Smith		F40-44
Anna	Smith	Ryston Runners AC	F40-44
Anna	Spackman	Coltishall Jaguars RC	F40-44
Caroline	Stacey	North Norfolk Beach Runners	F40-44
Kirsty	Sturman		F40-44
Natasha	Sumner	North Norfolk Beach Runners	F40-44
Hannah	Suswain		F40-44
Hazel	Thorn		F40-44
Rachel	Turner		F40-44
Rebecca	Westmoreland	Coltishall Jaguars RC	F40-44
Sonja	White	Coltishall Jaguars RC	F40-44
Rebecca	Wicks	Coltishall Jaguars RC	F40-44
Nicola	Beevis		F45-49
Sara	Beevis		F45-49
Alison	Bilyard	Great Yarmouth Road Runners	F45-49
Susan	Bond	PCRC Runsters	F45-49
Karen	Bradley	Coltishall Jaguars RC	F45-49
Caroline	Britton	Coltishall Jaguars RC	F45-49
Linda	Carter	Great Yarmouth Road Runners	F45-49
Janice	Coglin-Hibbert	Tri-Anglia TC	F45-49
Theresa	Colby	Norwich Road Runners	F45-49
Estelle	Corner	Norfolk Gazelles RC	F45-49
Emma	Culley	North Norfolk Beach Runners	F45-49
Justine	Davenport	Norfolk Gazelles RC	F45-49
Vicky	Day	Wymondham AC	F45-49
Theresa	Dooley	Norfolk Gazelles RC	F45-49
Hannah	Everett		F45-49
Alison	Fishwick		F45-49
Jacqui	Gray	Norfolk Gazelles RC	F45-49
Vikki	Harper	Coltishall Jaguars RC	F45-49
Louise	Holland	Wymondham AC	F45-49
Mel	Howell	Great Yarmouth Road Runners	F45-49

Sharon	Hurren	Wymondham AC	F45-49
Maria	Lewis		F45-49
Fran	Morgan	Norwich Road Runners	F45-49
Karen	Nye	Longdale Striders	F45-49
Emma	Penfold	Coltishall Jaguars RC	F45-49
Tracie	Reynolds	Lonely Goats RC	F45-49
Sara	Shorten	Norwich Road Runners	F45-49
Claire	Smith	Norwich Road Runners	F45-49
Kerry	Smith	North Norfolk Beach Runners	F45-49
Paula	Smith	Runners-next-the-Sea	F45-49
Emily	Spragge	Coltishall Jaguars RC	F45-49
Sharon	Theobald	Norfolk Gazelles RC	F45-49
Alison	Turner		F45-49
Wendy	Wallace	Runbuddies - North Walsham	F45-49
Melanie	Widdows		F45-49
Julie	Winner	Wymondham AC	F45-49
Kate	Winter		F45-49
Shelley	Yeaman		F45-49
Sally	Black	Norfolk Gazelles RC	F50-54
Dawn	Cook	Norwich Road Runners	F50-54
Mary	Cordeaux	City of Norwich AC	F50-54
Karen	Davies		F50-54
Christine	Frazer	Wymondham AC	F50-54
Carolyn	Gerber		F50-54
Allison	Graves	Runners-next-the-Sea	F50-54
Louise	Hurr	Norfolk Gazelles RC	F50-54
Yvonne	Jackson		F50-54
Sharon	Jones	Coltishall Jaguars RC	F50-54
Paula	Jordan	Norwich Road Runners	F50-54
Lynn	Lambert	Coltishall Jaguars RC	F50-54
Julie	London	Norfolk Gazelles RC	F50-54
Nicola	MCgee	Great Yarmouth Road Runners	F50-54
Caroline	Nunn		F50-54
Lucinda	Osborne	Tri-Anglia TC	F50-54

Emma	Potter-Campbell	Dereham Runners AC	F50-54
Sonya	Powley	Run Buddies	F50-54
Marianne	Saunders	Longdale Striders	F50-54
Rochine	Symonds	Great Yarmouth Road Runners	F50-54
Sarah	Wright		F50-54
Katy	Armes	GoodGym Norwich	F55-59
Gail	Barnard	Norfolk Gazelles RC	F55-59
Dianne	Bird		F55-59
Linda	Bygrave	North Norfolk Beach Runners	F55-59
Anna	Coulborn	Great Yarmouth Road Runners	F55-59
Jackie	Eastough-king	Norwich Road Runners	F55-59
Ruth	Gainsford	Coltishall Jaguars RC	F55-59
Helen	Ganson	Coltishall Jaguars RC	F55-59
Catherine	Henery	City of Norwich AC	F55-59
Suzanne	Moore		F55-59
Jan	Totterdale	Dereham Runners AC	F55-59
Sylvia	Williamson	Norwich Road Runners	F55-59
Lesley	Winston	North Norfolk Beach Runners	F55-59
Hazel	Cason	Dereham Runners AC	F60-64
Elizabeth	Davison	Norwich Road Runners	F60-64
Penny	Edwards	Norwich Road Runners	F60-64
Susan	Moore	Norfolk Gazelles RC	F60-64
Ann Marie	Pointer		F60-64
Bobbie	Sauerzapf	Bungay Black Dog RC	F60-64
Alison	Stewart	Norwich Road Runners	F60-64
Cindy	Burgess	Wymondham AC	F65+
Gerlinde	Diehl		F65+
Margaret	Faherty	Norwich Road Runners	F65+
Gill	Woodhouse	Dereham Runners AC	F65+
Mike	Allum		MO
Mark	Armstrong		MO
Kirk	Bagge	Wymondham AC	MO
Adam	Bezance		MO
Peter	Bolgar		MO

Ben	Chamberlain	Cambridge & Coleridge AC	MO
Benjamin	Collison	West Norfolk AC	MO
Callum	Davenport	Norfolk Gazelles RC	MO
Ryan	Farrow	Great Yarmouth Road Runners	MO
John-David	Fisher	Norfolk Gazelles RC	MO
Matthew	Freezer	Dereham Runners AC	MO
Erik	Gibbons	Norwich Road Runners	MO
Neil	Gibbs		MO
Robert	Greeves	Reepham Runners	MO
Connor	Harwood	Norfolk Gazelles RC	MO
Nigel	Hick		MO
Steven	Hitcham	GoodGym Norwich	MO
David	Hook	City of Norwich AC	MO
John	Hudson	Norwich Road Runners	MO
Samuel	Huetson	North Norfolk Beach Runners	MO
James	Jaques		MO
Andrew	Leggett	Norwich Road Runners	MO
Daryl	London	North Norfolk Beach Runners	MO
James	Ludlam	Great Yarmouth Road Runners	MO
Neil	Marsden		MO
Daniel	Minister	North Norfolk Beach Runners	MO
Ian	Morgan		MO
Richard	Morris	Wymondham AC	MO
Simon	Mortlock		MO
Peter	O'Malley		MO
Ryan	Pack		MO
Phillip	Palmer		MO
Christopher	Parsons		MO
Karl	Peebles	City of Norwich AC	MO
Robert	Prettyman	Run Buddies	MO
Kirk	Price	North Norfolk Beach Runners	MO
Cameron	Raven	Runners-next-the-Sea	MO
George	Rodgers		MO
Mark	Shields		MO

Daniel	Smith	Coltishall Jaguars RC	MO
Craig	Smitherman	Norfolk Gazelles RC	MO
Shaun	Sparkes	Norwich Road Runners	MO
Robbie	Spencer		MO
Rowan	Stringer		MO
Greg	Tinder	Tri-Anglia TC	MO
Michael	Townsend		MO
Tyrone	Young	Team Dunerunner	MO
Neil	Adams	North Norfolk Beach Runners	M40-44
Chris	Adlam		M40-44
Michael	Berridge	Norwich Road Runners	M40-44
Dominique	Bivar Segurado	Norwich Road Runners	M40-44
Mark	Brooks		M40-44
Steven	Cleveland	Norwich Road Runners	M40-44
Marc	Coles	Norwich Road Runners	M40-44
Nick	Dann	Norfolk Gazelles RC	M40-44
Matt	Davey	Colchester Harriers AC	M40-44
James	Driscoll		M40-44
James	Fowler	Norfolk Gazelles RC	M40-44
Mark	Fowler	Norfolk Gazelles RC	M40-44
Paul	Freestone		M40-44
Niki	Glasel		M40-44
James	Hick	Coltishall Jaguars RC	M40-44
Adam	Hill		M40-44
Kevin	Holland	Wymondham AC	M40-44
Rajesh	Logasundaram		M40-44
Steven	Middleton		M40-44
Ronnie	Mount	Norwich Road Runners	M40-44
David	Murrell	Norfolk Gazelles RC	M40-44
Greg	Pearson	Reepham Runners	M40-44
Mark	Rose	Ipswich JAFFA RC	M40-44
Adam	Saunders		M40-44
Pete	Sharpe	Wymondham AC	M40-44
Ceri	Theobald	Norfolk Gazelles RC	M40-44

Jesse	Timberlake	Bungay Black Dog RC	M40-44
Thomas	Townshend		M40-44
Dominic	West		M40-44
Carl	White		M40-44
Simon	Wright	Norwich Road Runners	M40-44
Pete	Alder		M45-49
Andrew	Ayers	Waveney Valley AC	M45-49
Jeremy	Bell		M45-49
Jason	Black	Norfolk Gazelles RC	M45-49
Dean	Blake		M45-49
Jason	Brunt	Norfolk Gazelles RC	M45-49
Chris	Bullock	Norwich Road Runners	M45-49
Kevin	Burgess	Tri-Anglia TC	M45-49
Wayne	Cook	Colchester Harriers AC	M45-49
Brett	Cornish	Norwich Road Runners	M45-49
Jonathan	Denny		M45-49
Mark	Drysdale	Norfolk Gazelles RC	M45-49
James	Everett		M45-49
John	Fagan	North Norfolk Beach Runners	M45-49
Darren	Fishwick	chorley athletic and triathlon club	M45-49
Anthony	Fullam		M45-49
Darin	Geary	Norwich Road Runners	M45-49
Matthew	Green		M45-49
Howard	Harper	Coltishall Jaguars RC	M45-49
Dean	Howard	North Norfolk Beach Runners	M45-49
Jason	Knights		M45-49
Shaun	Mann	City of Norwich AC	M45-49
Darren	Matthewson	Coltishall Jaguars RC	M45-49
Thierry	Pennec	Sudbury Joggers	M45-49
Peter	Penny	Tri-Anglia TC	M45-49
Richard	Peters	Coltishall Jaguars RC	M45-49
Edward	Pinch	Tri-Anglia TC	M45-49
David	Smith	Lowestoft Road Runners	M45-49
Matt	Smith	North Norfolk Beach Runners	M45-49

Stephen	Terry	Norfolk Gazelles RC	M45-49
Nathan	Thompson		M45-49
Mark	Townsend	Norwich Road Runners	M45-49
Keith	Walpole	Norwich Road Runners	M45-49
Neil	Walpole	Norwich Road Runners	M45-49
Philip	Websdale	Dereham Runners AC	M45-49
Paul	Williamson		M45-49
Rob	Winner	Wymondham AC	M45-49
Neil	Winter		M45-49
Patrick	Aylmer		M50-54
Andrew	Barrett	Wymondham AC	M50-54
Steven	Basten		M50-54
James	Bool	Great Yarmouth Road Runners	M50-54
Steve	Cook	Norfolk Gazelles RC	M50-54
Richard	Crossland	Bungay Black Dog RC	M50-54
Martin	Doherty	Norfolk Gazelles RC	M50-54
Martin	Elsegood	Ryston Runners AC	M50-54
John	Greenhalgh	West Norfolk AC	M50-54
Richard	Houston	Diss Heywood Joggers	M50-54
Graham	Johnson	Coltishall Jaguars RC	M50-54
Mike	Jolly	Reepham Runners	M50-54
Jeremy	Lee		M50-54
Tony	Ludlam	Great Yarmouth Road Runners	M50-54
Glyn	Manton	Norwich Road Runners	M50-54
Peter	Milam		M50-54
Ian	Moore	Wymondham AC	M50-54
Keith	Moyse	Great Yarmouth Road Runners	M50-54
James	Nice	City of Norwich AC	M50-54
Lee	Oxbury	Norfolk Gazelles RC	M50-54
Andy	Pridmore		M50-54
Wayne	Ramsbottom	Dereham Runners AC	M50-54
Dean	Reeves	Lonely Goats RC	M50-54
Paul	Rodgers	Lonely Goats RC	M50-54
Julian	Smith	Coltishall Jaguars RC	M50-54

Matthew	Spillman	Tri-Anglia TC	M50-54
Mark	Storey	City of Norwich AC	M50-54
Kevin	Willoughby		M50-54
Martin	Bagnall	Reepham Runners	M55-59
Dougie	Barber	Coltishall Jaguars RC	M55-59
Adam	Bishop		M55-59
Stuart	Bizley	Dereham Runners AC	M55-59
Russell	Brown		M55-59
Leon	Carrara	City of Norwich AC	M55-59
Chris	Chorley	Bungay Black Dog RC	M55-59
Roly	Cook	Norwich Road Runners	M55-59
Gavin	Douglas	Norfolk Gazelles RC	M55-59
Ian	Fisher		M55-59
Kevin	Frazer	Wymondham AC	M55-59
Ian	Hawkes	Waveney Valley AC	M55-59
Phil	Henry	Coltishall Jaguars RC	M55-59
Carl	Higgins		M55-59
Ray	Howard		M55-59
James	Keeler		M55-59
David	Kellaway	Dereham Runners AC	M55-59
Carl	Manning	Renegade Runners	M55-59
Chris	Moore	Norfolk Gazelles RC	M55-59
John	Moore	Norfolk Gazelles RC	M55-59
Warren	Newell		M55-59
Craig	Osborn		M55-59
Andy	Potter	Stamford Striders	M55-59
Mark	Sheppard	Tri Anglia	M55-59
Andrew	Stratton	Wymondham AC	M55-59
Andrew	Toogood	North Norfolk Beach Runners	M55-59
Tim	Vials	South West Road Runners	M55-59
Ian	Walsh	Norwich Road Runners	M55-59
Tim	Woods	Norfolk Gazelles RC	M55-59
Steve	Brown	PCRC Runsters	M60-64
Derek	Bye	Norfolk Gazelles RC	M60-64

Nicholas	Eley	Coltishall Jaguars RC	M60-64
Nigel	Horney	Keswick AC	M60-64
Ivan	Lees	Great Yarmouth Road Runners	M60-64
Eric	Morgan		M60-64
Alan	Parsons		M60-64
Paul	Richardson	Dereham Runners AC	M60-64
Stuart	Sayer	Norwich Road Runners	M60-64
David	Aldis	City of Norwich AC	M65+
Neil	Anderton	Dereham Runners AC	M65+
Nigel	Bullen	Norfolk Gazelles RC	M65+
Stephen	Dady	Wymondham AC	M65+
William	Edmonds	GoodGym Norwich	M65+
David	Field	Norwich Road Runners	M65+
Andrew	Goodman	Birstall Running Club	M65+
Chris	Groves	Tri-Anglia TC	M65+
Roger	Osborne	Tri-Anglia TC	M65+
Sam	Weller	North Norfolk Beach Runners	M65+