

# Results

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
1	Stephen Miller	Wrekin Road Runners	SM	56 37
2	Pete Johnson	Norfolk Gazelles AC	M45	58 08
3	David Minister	Bungay Black Dog RC	SM	59 06
4	Kevin Youngs	Norfolk Gazelles AC	M50	59 34
5	Mick Yaxley	Norfolk Gazelles AC	M40	59 34
6	Glen Dunham	City of Norwich AC	SM	59 46
7	Richard Moore	Waveney Valley AC	SM	61 10
8	Andrew Smith	Ryston Runners AC	SM	61 10
9	Nigel Jackson	Lowestoft R R	M40	61 19
10	Mike Spragg	Gt Yarmouth Road Runners	M55	61 49
11	Russell Clarke	Wymondham AC	M45	61 57
12	Terery Epps	Wymondham AC	M45	62 05
13	Raymond Hill	Ipswich Jaffa	M50	62 24
14	Simon Richardson	Gt Yarmouth & District AC	JM	63 01
15	Peter Tuttle	Norwich Road Runners	SM	63 04
16	Richard Blake	Gt Yarmouth Road Runners	M50	63 06
17	Kevin Pritchard	Unattached	SM	63 07
18	philip Quantrill	Ipswich Jaffa	SM	63 28
19	Peter Andrews	City of Norwich AC	M60	63 31
20	Steve Kenyon	Waveney Valley AC	SM	64 06
21	Simon Millett	Waveney Valley AC	JM	64 15
22	John Hardy	City of Norwich AC	M45	64 27
23	Andrew Houghton	Unattached	M45	64 54
24	Leslie Scott	Ryston Runners AC	M45	65 05
25	Andrew Preston	Wymondham AC	SM	65 13
26	Tessa Jones	City of Norwich AC	F35	65 16
27	Ian Cooper	Thetford A C	M40	65 32
28	Helen Cawthorne	Redhill Road Runners	F40	66 28
29	Teppey Fukada	Norfolk Gazelles AC	SM	66 57
30	Paul Firmage	Ryston Runners AC	M45	67 13
31	Alan Holland	Wymondham AC	M55	67 16
32	Peter Nelson	Unattached	SM	67 24
33	Marie Elliot	City of Norwich AC	SF	67 37
34	Hefin Matthews	Unattached	SM	68 34
35	Kevin Palmer	Unattached	SM	68 37
36	Anthony Croucher	Gt Yarmouth & District AC	JM	68 45
37	Peter Oldman	North Norfolk Beach Runners	M60	68 52
38	Peter Downing	Unattached	W/Chair	68 55
39	Chris Milnes	Ryston Runners AC	M45	69 01
40	Christopher Brittain	Road Runners Club	M50	69 03
41	Andrew Menin	Wymondham AC	M40	69 11
42	Martin Yeomans	Norwich Road Runners	M50	69 14
43	William Haining	Colchester Harriers	M45	69 24
44	Ivan Colman	Norfolk Gazelles AC	M40	69 45
45	Robert Isbill	Ryston Runners AC	SM	69 58

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
46	Adrian Preston	Unattached	SM	70 22
47	Jane Horler	Norfolk Gazelles AC	SF	70 32
48	John O'Leary	Gt Yarmouth Road Runners	M50	70 46
49	Barry Bye	Ryston Runners AC	M55	71 11
50	Jeremy Navrady	Ryston Runners AC	SM	71 14
51	Andrew Fretwell	Norwich Road Runners	M40	71 20
52	Ian Bailey	Norfolk Gazelles AC	M40	71 45
53	Stephen Byrne	Unattached	M40	71 46
54	Geoff Hayward	North Norfolk Beach Runners	M60	71 57
55	Terry Brannan	Wymondham AC	M55	72 02
56	John Hills	Gt Yarmouth Road Runners	M55	72 06
57	Gavin Thouless	Norwich Road Runners	SM	72 12
58	Hugh Mcgill	City of Norwich AC	M40	72 26
59	Mike Smith	Wymondham AC	M60	72 31
60	Gordon Peck	Unattached	M60	72 55
61	Gina Borley	Ryston Runners AC	F35	73 31
62	Ashley Gilbert	Unattached	JM	73 32
63	Richard Handoll	Unattached	M40	73 33
64	Veronica Manly	Wymondham AC	F50	73 35
65	Nicola Alford	City of Norwich AC	SF	74 00
66	Michael Smith	Wymondham AC	M55	74 15
67	Paul Westgate	Gt Yarmouth Road Runners	M45	74 15
68	Yvonne Parker	Road Runners Club	F45	74 25
69	Peter Sherlock	Unattached	M50	75 00
70	Samantha Cadman	Unattached	SF	75 12
71	Tony Heath	North Norfolk Beach Runners	M50	75 26
72	Anne Mullett	Waveney Valley AC	F45	75 29
73	Malcolm Ball	North Norfolk Beach Runners	M60	75 38
74	Dave Brunton	Unattached	M40	75 53
75	John Leach	North Norfolk Beach Runners	M40	75 53
76	Elize Harkendorp	Wymondham AC	F45	75 58
77	Tim Linstead	Unattached	SM	76 23
78	Julie Garrett	Norwich Road Runners	F35	76 58
79	Tony Wenlock	Unattached	M45	77 16
80	Rita Peck	Unattached	F55	77 29
81	Carole Spong	Gt Yarmouth Road Runners	F55	78 14
82	Trevor Horrex	Norwich Road Runners	M40	78 44
83	Alison Rostron	Unattached	F50	78 53
84	sarah Taylor	Ryston Runners AC	F35	79 19
85	Victoria Gardiner	Gt Yarmouth Road Runners	SF	79 26
86	Paul Harvey	North Norfolk Beach Runners	M40	79 36
87	Sarah Cook	Unattached	F35	79 57
88	Andy Bartram	Unattached	SM	79 58
89	Stuart Adams	Unattached	M40	80 01
90	Dennis Simpson	Norwich Road Runners	M40	80 24
91	Richard Morris Jones	Unattached	SM	81 20
92	Richard McCormack	Unattached	SM	81 43
93	Karen Manning	Gt Yarmouth Road Runners	SF	81 49

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
94	David Beckett	Unattached	M40	82 04
95	Philip Neave	Bungay Black Dog RC	M50	82 10
96	Andrew Hammond	Unattached	M45	82 40
97	Alan Bray	Unattached	M45	83 20
98	Keith Nichols	Unattached	M50	84 12
99	Colin Fox	Unattached	SM	84 33
100	Tony Evans	Waveney Valley AC	M45	84 59
101	Paul Fisher	Unattached	M50	85 21
102	Derek Ribbons	Gt Yarmouth Road Runners	M40	85 42
103	Jo Malone	Unattached	F35	85 48
104	John England	Gt Yarmouth & District AC	M55	86 21
105	Michael Harvey	North Norfolk Beach Runners	M45	86 27
106	Michael Lyons	Dereham Runners	SM	86 52
107	Gary Chaffe	Unattached	M40	86 52
108	Jay Howard	Unattached	F40	87 01
109	Elaine Bray	Unattached	F45	87 15
110	Robert Scarfe	Wymondham AC	M50	87 23
111	Carl Evans	Wayland Runners	SM	87 35
112	Andrew Burrage	Norfolk Gazelles AC	M45	87 40
113	Stephen Clarke	Gt Yarmouth & District AC	M40	87 53
114	Sue Fraser	Gt Yarmouth & District AC	F40	88 30
115	Rouston Payne	Unattached	M60	88 33
116	Nigel Hart	Unattached	M40	88 55
117	Kevin Woodruff	Unattached	SM	89 08
118	Ronnie Burtenshaw	Bungay Black Dog RC	M45	89 09
119	Denise Beckett	Bungay Black Dog RC	F35	89 22
120	Kate Barlow	Wymondham AC	F45	90 03
121	Chris Harbord	Gt Yarmouth Road Runners	M55	90 23
122	Carolyn Burrage	Norfolk Gazelles AC	F45	90 32
123	Andy Smith	Bungay Black Dog RC	M40	90 36
124	Steven Gray	Unattached	SM	90 57
125	Michael Steinfeldt	Unattached	M40	92 02
126	Robert Daykin	Unattached	M55	93 01
127	Ruth Dajda	Unattached	SF	95 08
128	Cliff Moore	Unattached	M55	95 14
129	Albert Spong	Gt Yarmouth Road Runners	M60	95 44
130	Judith Wright	Unattached	F40	96 27
131	Jean McKenzie	Unattached	F40	96 27
132	Andrew Easter	Wayland Runners	M45	97 21
133	Stuart Knott	Wayland Runners	SM	97 30
134	Louis Miller	Unattached	M60	97 46
135	Kevin Bayne	Unattached	SM	99 14
136	Anthony Rickwood	Unattached	SM	99 14
137	Angela Littlewood	Gt Yarmouth Road Runners	SF	99 27
138	Maureen England	Gt Yarmouth & District AC	F55	102 26
139	Yvonne Curran	Wayland Runners	SF	104 36
140	Ian Davidson	Unattached	SM	109 23
141	Pat Brightman	Gt Yarmouth & District AC	F50	128 50

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
DNF	David Goodwin	Gt Yarmouth & District AC	M45	0 00
DNF	Julie Reeves	Unattached	F35	0 00
DNF	Paullette Judd	Ryston Runners AC	F35	0 00
DNF	Helen Sewell	Ryston Runners AC	F55	0 00
DNF	Karly Clegg	Gt Yarmouth & District AC	SF	0 00
DNF	Trish Judson	Wymondham AC	F45	0 00
DNF	Denise Goodwin	Gt Yarmouth & District AC	F45	0 00
DNF	Mark Clues	Unattached	SM	0 00
DNF	Paul Williamson	Unattached	SM	0 00
DNF	Kevin Parfitt	North Norfolk Beach Runners	M40	0 00
DNF	Dan Archer	Norfolk Gazelles AC	SM	0 00
DNF	Glynn White	Unattached	M45	0 00
DNF	Jeremy Bunton	West Norfolk AC	SM	0 00
DNF	Gavin Vogt	Unattached	M40	0 00
DNF	Barry Parker	Wymondham AC	M50	0 00
DNF	Trevor Emery	North Norfolk Beach Runners	M50	0 00
DNF	Jean Whiting	Unattached	F35	0 00
DNF	Kenneth Overy	Gt Yarmouth Road Runners	M60	0 00

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## *Team Results*

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<i>Category</i>	<i>Club</i>	<i>Name</i>	<i>Time</i>
<b>Female Veteran</b>			
	<i>Wymondham AC (260)</i>		
		1 Veronica Manly	73 35
		2 Elize Harkendorp	75 58
		3 Kate Barlow	90 03
	<i>Gt Yarmouth &amp; District AC (393)</i>		
		1 Sue Fraser	88 30
		2 Maureen England	102 26
		3 Pat Brightman	128 50
<b>Female Senior</b>			
	<i>Gt Yarmouth Road Runners (315)</i>		
		1 Victoria Gardiner	79 26
		2 Karen Manning	81 49
		3 Angela Littlewood	99 27
<b>Male Veteran</b>			
	<i>Norfolk Gazelles AC (11)</i>		
		1 Pete Johnson	58 08
		2 Kevin Youngs	59 34
		3 Mick Yaxley	59 34
	<i>Wymondham AC (54)</i>		
		1 Russell Clarke	61 57
		2 Terery Epps	62 05
		3 Alan Holland	67 16
	<i>Gt Yarmouth Road Runners (74)</i>		
		1 Mike Spragg	61 49
		2 Richard Blake	63 06
		3 John O'Leary	70 46
	<i>Ryston Runners AC (93)</i>		
		1 Leslie Scott	65 05
		2 Paul Firmage	67 13
		3 Chris Milnes	69 01

<i>Category</i>	<i>Club</i>	<i>Name</i>	<i>Time</i>
	<i>City of Norwich AC (99)</i>		
		1 Peter Andrews	63 31
		2 John Hardy	64 27
		3 Hugh McGill	72 26
	<i>North Norfolk Beach Runners (162)</i>		
		1 Peter Oldman	68 52
		2 Geoff Hayward	71 57
		3 Tony Heath	75 26
	<i>Norwich Road Runners (175)</i>		
		1 Martin Yeomans	69 14
		2 Andrew Fretwell	71 20
		3 Trevor Horrex	78 44
	<i>Bungay Black Dog RC (336)</i>		
		1 Philip Neave	82 10
		2 Ronnie Burtenshaw	89 09
		3 Andy Smith	90 36

## **Male Senior**

	<i>Ryston Runners AC (103)</i>		
		1 Andrew Smith	61 10
		2 Robert Isbill	69 58
		3 Jeremy Navrady	71 14

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## *Results Male Categories*

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<i>Category</i>	<i>Pos</i>	<i>Name</i>	<i>Time</i>
<i>JM</i>			
	1	Simon Richardson	63 01
	2	Simon Millett	64 15
	3	Anthony Croucher	68 45
<i>SM</i>			
	1	Stephen Miller	56 37
	2	David Minister	59 06
	3	Glen Dunham	59 46
<i>M40</i>			
	1	Mick Yaxley	59 34
	2	Nigel Jackson	61 19
	3	Ian Cooper	65 32
<i>M45</i>			
	1	Pete Johnson	58 08
	2	Russell Clarke	61 57
	3	Terery Epps	62 05
<i>M50</i>			
	1	Kevin Youngs	59 34
	2	Raymond Hill	62 24
	3	Richard Blake	63 06
<i>M55</i>			
	1	Mike Spragg	61 49
	2	Alan Holland	67 16
	3	Barry Bye	71 11
<i>M60</i>			
	1	Peter Andrews	63 31
	2	Peter Oldman	68 52
	3	Geoff Hayward	71 57
<i>W/Chair</i>			
	1	Peter Downing	68 55

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## *Results Female Categories*

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<i>Category</i>	<i>Pos</i>	<i>Name</i>	<i>Time</i>
<i>SF</i>			
	1	Marie Elliot	67 37
	2	Jane Horler	70 32
	3	Nicola Alford	74 00
<i>F35</i>			
	1	Tessa Jones	65 16
	2	Gina Borley	73 31
	3	Julie Garrett	76 58
<i>F40</i>			
	1	Helen Cawthorne	66 28
	2	Jay Howard	87 01
	3	Sue Fraser	88 30
<i>F45</i>			
	1	Yvonne Parker	74 25
	2	Anne Mullett	75 29
	3	Elize Harkendorp	75 58
<i>F50</i>			
	1	Veronica Manly	73 35
	2	Alison Rostron	78 53
	3	Pat Brightman	128 50
<i>F55</i>			
	1	Rita Peck	77 29
	2	Carole Spong	78 14
	3	Maureen England	102 26