



Category Results

Run Norwich 2016



F40 - 44

Bib	Forename	Surname	Gender	Club	GunTime	Position	ChipTime	ChipPosition	Category	CategoryPosition
6	Sarah	Stradling	Female	Colchester Harriers AC	00:38:04	25	00:38:03	25	F40-44	1
36	Jo	Andrews	Female	Bungay Black Dog RC	00:40:04	61	00:40:02	63	F40-44	2
1319	Sarah	Stubbs	Female	Bure Valley Harriers	00:46:19	348	00:46:10	392	F40-44	3
498	Alexandra	French	Female	Tri-Anglia Triathlon Club	00:48:03	501	00:47:21	517	F40-44	4
303	Clare	Coombes	Female	Vegan Runners UK	00:48:31	543	00:47:28	529	F40-44	5
703	Jenny	Humphrey	Female		00:49:53	645	00:49:42	747	F40-44	6
659	Nicola	Hill	Female	Norwich Road Runners	00:49:58	651	00:49:15	708	F40-44	7
681	Caroline	Houghton	Female		00:50:38	708	00:50:22	824	F40-44	8
1368	Debbie	Tooke	Female		00:51:05	741	00:50:36	846	F40-44	9
2499	Lisa	Oakley	Female		00:51:18	756	00:48:46	662	F40-44	10

F45 - 49

Bib	Forename	Surname	Gender	Club	GunTime	Position	ChipTime	ChipPosition	Category	CategoryPosition
1336	Philippa	Taylor	Female	Nene Valley Harriers	00:38:42	36	00:38:40	36	F45-49	1
929	Helen	Mian	Female	Norfolk Gazelles AC	00:44:10	222	00:43:55	233	F45-49	2
380	Theresa	Dooley	Female		00:46:29	371	00:46:09	390	F45-49	3
1104	Emma	Potter-Campbell	Female	Dereham Runners & AC	00:46:53	400	00:46:33	427	F45-49	4
512	Louise	Gardiner	Female		00:49:27	600	00:48:54	670	F45-49	5
2308	Andrea	Kelly	Female		00:49:38	626	00:47:00	482	F45-49	6
183	Claire	Brooke	Female	Wymondham AC	00:49:52	641	00:49:30	727	F45-49	7
446	Tracie	Farmer	Female		00:50:41	711	00:49:47	759	F45-49	8
2392	Nicci	Manning	Female		00:50:59	735	00:48:33	637	F45-49	9
2136	Mary	Gillings	Female		00:52:00	817	00:49:54	776	F45-49	10



Category Results

Run Norwich 2016



F50 - 54

Bib	Forename	Surname	Gender	Club	GunTime	Position	ChipTime	ChipPosition	Category	CategoryPosition
370	Carol	Devlin	Female	Dereham Runners & AC	00:42:05	119	00:42:00	131	F50-54	1
649	Catherine	Henery	Female		00:45:16	285	00:45:06	303	F50-54	2
525	Ruth	Gaunt	Female	Norwich Road Runners	00:48:17	524	00:47:16	512	F50-54	3
1172	Debbie	Rodwell	Female		00:48:30	541	00:48:15	614	F50-54	4
342	Sally	Cushing	Female	Norwich Road Runners	00:49:13	586	00:49:07	692	F50-54	5
57	Susan	Aves	Female	Springfield Striders RC	00:49:32	613	00:48:55	671	F50-54	6
1405	Joanne	Walmsley	Female		00:50:29	695	00:49:36	739	F50-54	7
700	Julie	Hughes	Female	Sherfield Park Runners	00:50:39	709	00:49:44	753	F50-54	8
187	Claire	Brown	Female		00:50:52	727	00:50:22	825	F50-54	9
164	Sarah	Bradley	Female	Norwich Road Runners	00:51:51	797	00:51:35	953	F50-54	10

F55 - 59

Bib	Forename	Surname	Gender	Club	GunTime	Position	ChipTime	ChipPosition	Category	CategoryPosition
265	Jane	Clarke	Female	City of Norwich AC	00:45:55	319	00:45:36	334	F55-59	1
1305	Alison	Stewart	Female	Norwich Road Runners	00:49:49	639	00:49:10	699	F55-59	2
750	Kirsty	Johnstone	Female	Barnet & District AC	00:52:03	821	00:51:58	996	F55-59	3
1211	Violet	Sauerzapf	Female	Bungay Black Dog RC	00:53:20	942	00:52:34	1096	F55-59	4
11	Louise	Adamson	Female	Waveney Valley AC	00:54:55	1078	00:53:49	1269	F55-59	5
878	Annette	Manning	Female	Bungay Black Dog RC	00:55:28	1124	00:54:36	1377	F55-59	6
1146	Shirley	Reynolds	Female	Reading Roadrunners	00:55:28	1126	00:52:31	1086	F55-59	7
115	Alison	Bennett	Female		00:55:45	1154	00:55:09	1460	F55-59	8
1123	Beverley	Rackham	Female		00:56:25	1231	00:56:03	1607	F55-59	9
239	Anna	Carter	Female		00:56:34	1249	00:56:06	1613	F55-59	10



Category Results

Run Norwich 2016



F60 - 64

Bib	Forename	Surname	Gender	Club	GunTime	Position	ChipTime	ChipPosition	Category	CategoryPosition
416	Anne	Ellen	Female	Norfolk Gazelles AC	00:49:19	593	00:48:42	656	F60-64	1
937	Anne	Millett	Female	Norwich Road Runners	00:51:37	775	00:51:21	925	F60-64	2
1402	Lucy	Walker	Female		00:53:15	931	00:52:11	1030	F60-64	3
331	Carole	Crouch	Female		00:53:56	987	00:53:25	1216	F60-64	4
1270	Sheila	Smith	Female		00:56:27	1236	00:56:02	1603	F60-64	5
877	Roberta	Manners	Female		00:56:30	1241	00:55:51	1575	F60-64	6
1363	Dianne	Tilbrook	Female		00:57:43	1377	00:54:40	1387	F60-64	7
340	Linda	Cusack	Female		00:57:55	1401	00:56:50	1724	F60-64	8
1423	Beres	Ward	Female	Wymondham AC	00:58:42	1497	00:58:16	1940	F60-64	9
565	Anne	Graveling	Female		00:59:13	1566	00:58:47	2028	F60-64	10

F65 - 69

Bib	Forename	Surname	Gender	Club	GunTime	Position	ChipTime	ChipPosition	Category	CategoryPosition
673	Heather	Hollister	Female	Coltishall Jaguars RC	00:56:15	1210	00:55:31	1528	F65-69	1
453	Brenda	Fee	Female	Barnet & District AC	00:58:51	1518	00:57:50	1867	F65-69	2
719	Brenda	Hutcheon	Female	Bure Valley Harriers	01:02:17	1879	01:01:17	2398	F65-69	3
1186	Alison	Rostron	Female		01:09:20	2665	01:08:45	3313	F65-69	4
1032	Mary	Owen	Female		01:14:26	3128	01:09:40	3403	F65-69	5
1454	Sandy	Wells	Female		01:14:42	3150	01:13:42	3746	F65-69	6
1326	Desmonde	Talbot	Female		01:16:14	3313	01:14:06	3772	F65-69	7
942	June	Millwood	Female		01:25:57	3912	01:24:48	4133	F65-69	8

F70+

Bib	Forename	Surname	Gender	Club	GunTime	Position	ChipTime	ChipPosition	Category	CategoryPosition
1066	Rita	Peck	Female		00:53:36	965	00:52:41	1111	F70+	1
1024	Lesley	Oliver	Female		01:01:53	1832	01:01:28	2436	F70+	2
444	Margaret	Faherty	Female	Norwich Road Runners	01:12:43	2980	01:12:06	3623	F70+	3
427	Maureen	England	Female	Great Yarmouth & District AC	01:20:02	3596	01:13:48	3753	F70+	4



Category Results

Run Norwich 2016



F16 - 39

Bib	Forename	Surname	Gender	Club	GunTime	Position	ChipTime	ChipPosition	Category	CategoryPosition
5	Tracy	Barlow	Female	Thames Valley Harriers	00:35:19	7	00:35:19	7	FS	1
1227	Ruth	Senior	Female	City of Norwich AC	00:36:31	11	00:36:30	11	FS	2
354	Helen	Davies	Female	Ipswich Jaffa RC	00:36:48	13	00:36:47	13	FS	3
1054	Emma	Patel	Female	Winchester & District AC	00:38:51	39	00:38:50	40	FS	4
21	Nicky	Alford	Female	City of Norwich AC	00:40:42	75	00:40:38	76	FS	5
1344	Laura	Thomas	Female	Ipswich Jaffa RC	00:41:24	100	00:41:23	108	FS	6
1439	Rose	Waterman	Female	Tri-Anglia Triathlon Club	00:42:32	138	00:42:29	151	FS	7
1219	Sabine	Schaefer	Female	Thetford AC	00:42:34	140	00:42:22	145	FS	8
201	Rachel	Bull	Female		00:42:36	142	00:42:27	148	FS	9
89	Holly	Bateman	Female		00:43:29	184	00:43:22	195	FS	10

M40 - 44

Bib	Forename	Surname	Gender	Club	GunTime	Position	ChipTime	ChipPosition	Category	CategoryPosition
3	Adrian	Mussett	Male	Colchester Harriers AC	00:33:01	4	00:33:01	4	M40-44	1
670	Kevin	Holland	Male	Crawley AC	00:37:22	18	00:37:21	18	M40-44	2
635	Richard	Hayes	Male		00:38:34	33	00:38:30	32	M40-44	3
1302	Richard	Stevenson	Male	Clayton-le-Moors Harriers	00:38:40	35	00:38:38	35	M40-44	4
1446	Shaun	Webb	Male		00:39:13	43	00:39:10	43	M40-44	5
285	Marc	Coles	Male		00:40:37	72	00:40:32	73	M40-44	6
1438	Graham	Watering	Male	Norwich Road Runners	00:40:45	76	00:40:40	77	M40-44	7
443	John	Fagan	Male		00:40:53	79	00:40:48	79	M40-44	8
403	Darren	Easter	Male	Ryston Runners	00:40:55	80	00:40:35	74	M40-44	9
526	Charlie	Gauvain	Male		00:41:00	86	00:40:53	85	M40-44	10



Category Results

Run Norwich 2016



M45 - 49

Bib	Forename	Surname	Gender	Club	GunTime	Position	ChipTime	ChipPosition	Category	CategoryPosition
1399	Scott	Walford	Male	Bure Valley Harriers	00:36:04	10	00:36:03	10	M45-49	1
540	Richard	Ginn	Male	Pocklington Runners	00:37:00	14	00:36:58	14	M45-49	2
1500	Tony	Witmond	Male	North Norfolk Beach Runners	00:38:04	24	00:38:02	24	M45-49	3
1229	Tim	Sexton	Male	Norfolk Gazelles AC	00:40:03	60	00:39:54	58	M45-49	4
1541	Matthew	Pask	Male	Norwich Road Runners	00:40:21	67	00:40:11	66	M45-49	5
14	Anthony	Alborough	Male		00:40:59	84	00:40:54	86	M45-49	6
682	David	Houghton	Male		00:41:00	85	00:40:57	89	M45-49	7
1274	Mark	Solway	Male	City of Norwich AC	00:41:28	103	00:41:21	107	M45-49	8
1239	Martin	Sheldrick	Male	Ryston Runners	00:41:33	105	00:41:13	100	M45-49	9
1314	Jason	Stone	Male		00:41:51	113	00:41:31	112	M45-49	10

M50 - 54

Bib	Forename	Surname	Gender	Club	GunTime	Position	ChipTime	ChipPosition	Category	CategoryPosition
1108	Andrew	Preston	Male	Wymondham AC	00:38:57	41	00:38:55	41	M50-54	1
809	Todd	Lake	Male	Dereham Runners & AC	00:39:45	55	00:39:43	55	M50-54	2
609	Richard	Hanson	Male	Tri-Anglia Triathlon Club	00:39:59	57	00:39:41	54	M50-54	3
311	Jonathan	Cordle	Male	Tri-Anglia Triathlon Club	00:40:00	59	00:39:55	60	M50-54	4
493	Kevin	Frazer	Male		00:40:13	63	00:40:09	65	M50-54	5
520	Mark	Garrett	Male		00:40:59	83	00:40:55	88	M50-54	6
266	Peter	Clarke	Male		00:41:05	88	00:41:01	93	M50-54	7
766	Andy	Keeler	Male		00:41:36	106	00:41:30	111	M50-54	8
388	John	Drewry	Male		00:42:09	121	00:42:02	132	M50-54	9
589	Adrian	Hall	Male	Wymondham AC	00:42:14	124	00:42:10	136	M50-54	10



Category Results

Run Norwich 2016



M55 - 59

Bib	Forename	Surname	Gender	Club	GunTime	Position	ChipTime	ChipPosition	Category	CategoryPosition
962	John	Moore	Male	Norfolk Gazelles AC	00:37:30	19	00:37:27	19	M55-59	1
42	Nigel	Arnold	Male	Norfolk Gazelles AC	00:38:03	23	00:38:01	23	M55-59	2
995	Steven	Neaves	Male	Bungay Black Dog RC	00:43:45	200	00:43:19	191	M55-59	3
769	David	Kellaway	Male	Dereham Runners & AC	00:43:54	208	00:43:50	225	M55-59	4
528	John	Gay	Male	North Norfolk Beach Runners	00:44:09	221	00:43:39	215	M55-59	5
714	Phil	Hurr	Male	North Norfolk Beach Runners	00:44:45	253	00:44:22	252	M55-59	6
1367	Ian	Todd	Male		00:45:04	276	00:44:29	261	M55-59	7
376	Chris	Doggett	Male		00:46:16	344	00:45:57	365	M55-59	8
1120	Gregory	Quinn	Male		00:46:17	345	00:45:54	356	M55-59	9
1013	Simon	Norton	Male	Bungay Black Dog RC	00:46:23	358	00:45:50	349	M55-59	10

M60 - 64

Bib	Forename	Surname	Gender	Club	GunTime	Position	ChipTime	ChipPosition	Category	CategoryPosition
1179	Stephen	Rolfe	Male	Norfolk Gazelles AC	00:38:32	32	00:38:30	33	M60-64	1
1410	Nigel	Walsh	Male		00:43:31	185	00:43:21	192	M60-64	2
1442	Gerry	Watson	Male	Wymondham AC	00:46:25	366	00:46:04	381	M60-64	3
600	Andrew	Hammond	Male	Norfolk Gazelles AC	00:48:08	509	00:47:56	579	M60-64	4
470	John	Ford	Male		00:48:59	575	00:48:36	643	M60-64	5
1163	Alan	Robertson	Male		00:50:13	676	00:50:02	791	M60-64	6
612	Andrew	Hardy	Male		00:50:46	716	00:50:20	822	M60-64	7
442	Nick	Excell	Male		00:52:00	816	00:49:04	684	M60-64	8
1385	Denis	Tuttle	Male		00:52:01	818	00:51:16	916	M60-64	9
75	Philip	Bamford	Male	City of Norwich AC	00:52:33	854	00:52:22	1058	M60-64	10



Category Results

Run Norwich 2016



M65 - 69

Bib	Forename	Surname	Gender	Club	GunTime	Position	ChipTime	ChipPosition	Category	CategoryPosition
930	Desmond	Michael	Male	Barnet & District AC	00:42:38	143	00:42:35	155	M65-69	1
1452	Sam	Weller	Male	North Norfolk Beach Runners	00:47:10	425	00:46:54	470	M65-69	2
1527	Martin	Yeomans	Male	Norwich Road Runners	00:47:15	438	00:47:08	500	M65-69	3
851	Mick	Liston	Male		00:48:59	576	00:48:20	620	M65-69	4
1381	Howard	Tully	Male		00:50:40	710	00:49:52	769	M65-69	5
602	Paul	Hann	Male		00:52:41	866	00:52:22	1061	M65-69	6
255	Michael	Childs	Male		00:54:14	1021	00:53:55	1283	M65-69	7
581	Chris	Groves	Male	Tri-Anglia Triathlon Club	00:54:18	1030	00:51:51	982	M65-69	8
1421	Peter	Wapshott	Male		00:54:24	1039	00:53:41	1249	M65-69	9
870	Tony	Magee	Male		00:54:45	1064	00:54:41	1390	M65-69	10

M70+

Bib	Forename	Surname	Gender	Club	GunTime	Position	ChipTime	ChipPosition	Category	CategoryPosition
934	Ian	Milburn	Male	Fenland Running Club	00:48:23	532	00:47:50	571	M70+	1
1206	Graham	Sampson	Male	Bungay Black Dog RC	00:56:05	1182	00:55:37	1539	M70+	2
840	Victor	Leeder	Male		00:56:32	1247	00:55:56	1584	M70+	3
1389	Alan	Varle	Male	Waveney Valley AC	00:57:39	1365	00:56:43	1708	M70+	4
534	David	Gilbert	Male	Tri-Anglia Triathlon Club	00:58:18	1446	00:58:01	1901	M70+	5
414	Roger	Eglen	Male		00:58:39	1487	00:58:04	1911	M70+	6
1364	John	Tilbrook	Male		00:59:06	1552	00:56:00	1595	M70+	7
720	David	Hutcheon	Male	Bure Valley Harriers	01:03:02	1964	01:02:03	2508	M70+	8
887	Mike	Marshall	Male	North Norfolk Beach Runners	01:05:28	2251	01:04:17	2793	M70+	9
332	Colin	Crouch	Male		01:10:49	2814	01:10:17	3450	M70+	10



Category Results

Run Norwich 2016



M16 - 39

Bib	Forename	Surname	Gender	Club	GunTime	Position	ChipTime	ChipPosition	Category	CategoryPosition
1	Nick	Earl	Male	City of Norwich AC	00:32:23	1	00:32:23	1	MS	1
43	Piers	Arnold	Male	City of Norwich AC	00:32:41	2	00:32:40	2	MS	2
1180	Dave	Roper	Male	Cheltenham and County Harriers	00:32:44	3	00:32:43	3	MS	3
787	George	King	Male	Winchester & District AC	00:33:47	5	00:33:46	5	MS	4
1263	Logan	Smith	Male	Dereham Runners & AC	00:34:42	6	00:34:41	6	MS	5
1023	Dominic	Oliver	Male	City of Norwich AC	00:35:42	8	00:35:41	8	MS	6
1288	Ben	Spratling	Male	City of Norwich AC	00:36:00	9	00:35:59	9	MS	7
294	Jamie	Conyard	Male		00:36:37	12	00:36:36	12	MS	8
135	Paul	Blazey	Male	Norwich Road Runners	00:37:04	15	00:37:02	15	MS	9
70	Laurence	Ball	Male		00:37:09	16	00:37:07	16	MS	10