Run Norwich 10K
30 August 2015
Category prize winners

Category Pos.	Overall Pos.	Name	Team	Bib No	Age	Age Group Place	Chip Time	Gun Time	Gender
Top 3 Male									
1	1	Nick Earl	City of Norwich AC	189	30	1 M 17-39	31:28	31:29	M
2	2	Ben Russell	Norwich Road Runners	517	25	2 M 17-39	31:34	31:34	M
3	3	Adrian Mussett	Colchester Harriers AC	3819	43	1 M 40-44	32:11	32:11	M
Top 3 Female									
1	18	Tracy Barlow	Thames Valley Harriers	35	30	1 F 17-39	35:46	35:46	F
2	37	Sarah Stradling	Colchester Harriers AC	3820	40	1 F 40-44	36:34	36:36	F
3	43	Danielle Nimmock	City of Norwich AC	427	25	2 F 17-39	37:19	37:21	F
Top 2 Male (17-39)									
1	1	Nick Earl	City of Norwich AC	189	30	1 M 17-39	31:28	31:29	M
2	2	Ben Russell	Norwich Road Runners	517	25	2 M 17-39	31:34	31:34	M
Top 2 Female (17-39)									
1	18	Tracy Barlow	Thames Valley Harriers	35	30	1 F 17-39	35:46	35:46	F
2	43	Danielle Nimmock	City of Norwich AC	427	25	2 F 17-39	37:19	37:21	F
Top 2 Male (40-44)									
1	3	Adrian Mussett	Colchester Harriers AC	3819	43	1 M 40-44	32:11	32:11	M
2	26	Richard Heath	Havering AC	287	41	2 M 40-44	35:46	36:18	M
Top 2 Female (40-44)									
1	37	Sarah Stradling	Colchester Harriers AC	3820	40	1 F 40-44	36:34	36:36	F
2	150	Jo Andrews	Bungay Black Dog RC	16	42	2 F 40-44	40:59	41:09	F
Top 2 Male (45-49)									
1	38	Tony Witmond	North Norfolk Beach Runners	632	47	1 M 45-49	36:45	36:48	M
2	82	Mark Clues	Tri-Anglia Triathlon Club	138	47	2 M 45-49	39:07	39:21	M
Top 2 Female (45-49)									
1	53	Philippa Taylor	Nene Valley Harriers	579	48	1 F 45-49	37:39	37:41	F
2	216	Helen Mian	Norfolk Gazelles AC	397	47	2 F 45-49	42:37	42:40	F
Top 2 Male (50-54)									
1	66	Mark Garrett	Norwich Road Runners	230	52	1 M 50-54	38:39	38:39	M
2	72	Richard Hanson	Tri-Anglia Triathlon Club	271	51	2 M 50-54	38:40	38:51	M
Top 2 Female (50-54)									
1	300	Maire Irlam	Fenland Running Club	316	50	1 F 50-54	44:01	44:14	F
2	464	Susan Aves	Springfield Striders RC	23	51	2 F 50-54	46:21	46:45	F
Top 2 Male (55-59)									
1	42	John Moore	Norfolk Gazelles AC	411	55	1 M 55-59	37:13	37:17	M
2	54	Steve Rolfe	Norfolk Gazelles AC	511	59	2 M 55-59	37:42	37:42	M
Top 2 Female (55-59)									
1	207	Jane Clarke	City of Norwich AC	135	55	1 F 55-59	42:28	42:32	F
2	759	Alison Stewart	Reepham Runners	2377	57	2 F 55-59	49:24	50:48	F
Top 2 Male (60-64)									
1	566	Stephen Graham	East Hull Harriers & AC	253	64	1 M 60-64	48:08	48:14	M
2	595	Andrew Hardy		1475	60	2 M 60-64	48:06	48:47	M
Top 2 Female (60-64)									
1	678	Anne Ellen	Norfolk Gazelles AC	1231	60	1 F 60-64	49:10	49:52	F
2	1054	Carole Crouch		1127	60	2 F 60-64	53:04	53:38	F
Top 2 Male (65-69)									
1	206	Kevin Youngs	Norfolk Gazelles AC	638	66	1 M 65-69	42:27	42:31	M
2	491	John Bone	Great Yarmouth Road Runners	74	69	2 M 65-69	46:41	47:02	M
Top 2 Female (65-69)									
1	1108	Jane Ashby	Ryston Runners	686	67	1 F 65-69	53:27	54:03	F
2	1393	Brenda Fee	Barnet & District AC	1260	68	2 F 65-69	55:45	56:41	F
Top 2 Male (70+)									
1	521	Ian Milburn	Fenland Running Club	401	71	1 M 70+	47:11	47:33	M
2	1294	John Tilbrook		2457	73	2 M 70+	54:23	55:55	M
Top 2 Female (70+)									
1	2336	Eva Osborne	Wymondham AC	2046	75	1 F 70-99	1:02:19	1:05:54	F
2	-	-	-	-	-	-	-	-	-