

Female Masters 35 to 39			
Position	FullName	ClubName	Time
1	Juliette Watkinson (278)	Wymondham AC	_27.36
2	Amy Beck (275)	Norwich Road Runners	_27.44
3	Rose Waterman (281)	Tri-Anglia Triathlon Club	_29.10
4	Amy Balaam (274)	Bure Valley Harriers	_30.26
5	Charlotte El-Labany (276)	Wymondham AC	_32.38
6	Lisa Greengrass (279)	Wymondham AC	_33.09
7	Jodie Causer (277)	Norwich Road Runners	_34.20
8	Sarah Knapp (282)	Norfolk Gazelles RC	_38.59
Female Masters 40 to 44			
Position	FullName	ClubName	Time
1	Kathryn Mathias (316)	City of Norwich AC	_28.06
2	Louise White (320)	Thetford AC	_28.52
3	Emma Blake (312)	Coltishall Jaguars	_28.56
4	Stacey Harper (324)	Norwich Road Runners	_31.09
5	Rachel Miller (322)	Norwich Road Runners	_31.58
6	Deborah English (311)	Norwich Road Runners	_32.19
7	Lisa Oakley (318)	North Norfolk Beach Runners	_32.25
8	Amelia Whiting (307)	Norfolk Gazelles RC	_32.33
9	Caroline Houghton (308)	Norwich Road Runners	_33.01
10	Joanna Killingworth (315)	Norwich Road Runners	_33.31
11	Louise Isherwood (319)	Norfolk Gazelles RC	_35.36
12	Katie Whitmore (317)	Wymondham AC	_38.55
13	Niki Kaiser (321)	East Anglian Swallow Tails	_42.25
14	Sarah Rhoden (323)	Wymondham AC	_45.11
Female Masters 45 to 49			
Position	FullName	ClubName	Time
1	Jo Andrews (351)	Bungay Black Dog Running Club	_25.55
2	Theresa Dooley (357)	Norfolk Gazelles RC	_31.03
3	Vicky Tovell (359)	Coltishall Jaguars	_32.52
4	Vicky Day (358)	Wymondham AC	_38.54
5	Katharine Bartram (352)	Norfolk Orienteering club	_40.47
6	Liz Clues (353)	Tri-Anglia Triathlon Club	_40.52

Female Masters 50 to 54			
Position	FullName	ClubName	Time
1	Elly Young (379)	Coltishall Jaguars	_31.23
2	Lynn Emmett (382)	Beccles & Bungay Harriers AC	_31.48
3	Louise Hurr (381)	Norfolk Gazelles RC	_33.35
4	Niki Park (385)	Wymondham AC	_33.53
5	Anneke Cook (377)	Wymondham AC	_34.40
6	Nicky Dowson (384)	Norwich Road Runners	_35.28
7	Tracey Renshaw (386)	Wymondham AC	_37.28
8	Jude Durrant (380)	FETCH Everyone	_37.56
9	Wendy Fisher (387)	Ryston Runners AC	_38.28
10	Michelle Waters (383)	Norfolk Gazelles RC	_39.25
Female Masters 55 to 59			
Position	FullName	ClubName	Time
1	Jane Clarke (410)	City of Norwich AC	_30.36
2	Catherine Henery (408)	City of Norwich AC	_32.11
3	Karen Balcombe (411)	North Norfolk Beach Runners	_35.49
4	Wendy Smith (415)	Norwich Road Runners	_41.40
5	Sally Porter (413)	Bure Valley Harriers	_42.05
Female Masters 60 to 64			
Position	FullName	ClubName	Time
1	Anne Ellen (427)	Norfolk Gazelles RC	_34.56
2	Bobbie Sauerzapf (428)	Bungay Black Dog Running Club	_36.19
3	Gail Hardingham (430)	Bure Valley Harriers	_36.27
4	Jackie Bye (431)	Coltishall Jaguars	_36.32
5	Caroline Taylor (429)	Norwich Road Runners	_40.36
6	Amanda Gray (426)	Wymondham AC	_45.17
Female Masters 65 to 69			
Position	FullName	ClubName	Time
1	Cindy Burgess (437)	Wymondham AC	_41.37
2	Pat Brightman (438)	Great Yarmouth & District AC	_49.32
Female Masters 70+			
Position	FullName	ClubName	Time
1	Christine Muttitt (444)	Bungay Black Dog Running Club	_40.19
2	Eva Osborne (445)	Wymondham AC	_42.10
3	Judy Potter (446)	Beccles & Bungay Harriers AC	_46.53

Senior Women

Position	FullName	ClubName	Time
1	Iona Lake (268)	City of Norwich AC	_24.23
2	Danielle Nimmock (263)	City of Norwich AC	_25.16
3	Isabel Rodriguez (269)	City of Norwich AC	_25.53
4	Mabel Beckett (272)	City of Norwich AC	_26.13
5	Faith Viney (264)	Bure Valley Harriers	_27.23
6	Charlotte Neale (260)	North Norfolk Beach Runners	_27.33
7	Jessica Behan (270)	Norwich Road Runners	_29.20
8	Sarah Imbush (273)	City of Norwich AC	_29.30
9	Autumn Hales (258)	Bure Valley Harriers	_29.52
10	Helen Aldous (267)	Diss & District AC	_30.47
11	Claire Kent (262)	Wymondham AC	_32.46
12	Georgia Williams (265)	Wymondham AC	_33.19
13	Hannah Monteverde (266)	Norfolk Gazelles RC	_36.53
14	Lisa Cooper (271)	Norwich Road Runners	_37.01
15	Anna Thorpe (257)	Norwich Road Runners	_40.02

U17 Men

Position	FullName	ClubName	Time
1	William Mahoney (185)	City of Norwich AC	_23.07
2	Will Simm (184)	City of Norwich AC	_23.24
3	Harry Allcock (170)	Bungay Black Dogs Running Club	_24.17
4	James Atkin (171)	City of Norwich AC	_24.25
5	Charlie Wakefield (169)	Ryston Runners AC	_24.52
6	Angus Clark (167)	Harling AC	_25.06
7	Aidan Banfield (166)	City of Norwich AC	_26.04
8	Tyler Howard (182)	Thetford AC	_26.19
9	James Price (172)	City of Norwich AC	_26.24
10	Samuel Cooper (178)	North Norfolk Harriers AC	_26.55
11	Will Browne (183)	City of Norwich AC	_27.32
12	Bailey Took (168)	Ryston Runners AC	_29.40
13	Owen Burge (175)	Ryston Runners AC	_31.22
14	Thomas Carey (179)	Norwich Road Runners	_34.16

U17 Women

Position	FullName	ClubName	Time
1	Megan Gadsby (193)	City of Norwich AC	_27.08
2	Ellie Taylor (188)	City of Norwich AC	_27.25
3	Jessica Norkett (191)	Thetford AC	_28.08
4	Sophie Peach (196)	City of Norwich AC	_31.09
5	Rosie Booth (195)	Ryston Runners AC	_32.27
6	Naryce Anderson (194)	City of Norwich AC	_32.49
7	Bryony Henshall (186)	City of Norwich AC	_34.01
8	Emma Ledward (189)	City of Norwich AC	_34.31

U20 Women

Position	FullName	ClubName	Time
1	Ella Sharrock (208)	City of Norwich AC	_27.28
2	Millie Solway (210)	City of Norwich AC	_28.33
3	Hannah Stone (209)	Bure Valley Harriers	_32.26

U17 Men			
Position	TeamName	Summary	Points
1	City of Norwich AC	William Mahoney(185), Will Simm(184), James Atkin(171)	7
2	City of Norwich AC	Aidan Banfield(166), James Price(172), Will Browne(183)	27
3	Ryston Runners AC	Charlie Wakefield(169), Bailey Took(168), Owen Burge(175)	30
U17 Women			
Position	TeamName	Summary	Points
1	City of Norwich AC	Megan Gadsby(193), Ellie Taylor(188), Sophie Peach(196)	7
2	City of Norwich AC	Naryce Anderson(194), Bryony Henshall(186), Emma Ledward(189)	21
U20 Women			
Position	TeamName	Summary	Points
Senior Women			
Position	TeamName	Summary	Points
1	City of Norwich AC	Iona Lake(268), Danielle Nimmock(263), Isabel Rodriguez(269)	6
2	Norwich Road Runners	Jessica Behan(270), Lisa Cooper(271), Anna Thorpe(257)	36
Female Masters 35-44			
Position	TeamName	Summary	Points
1	Norwich Road Runners	Amy Beck(275), Stacey Harper(324), Rachel Miller(322)	19
2	Wymondham AC	Juliette Watkinson(278), Charlotte El-Labany(276), Lisa Greengrass(279)	29
3	Norwich Road Runners	Deborah English(311), Caroline Houghton(308), Joanna Killingworth(315)	40
4	Norfolk Gazelles RC	Amelia Whiting(307), Louise Isherwood(319), Sarah Knapp(282)	50
Female Masters 45+			
Position	TeamName	Summary	Points
1	Norfolk Gazelles RC	Theresa Dooley(357), Louise Hurr(381), Anne Ellen(427)	22
2	Coltishall Jaguars	Elly Young(379), Vicky Tovell(359), Jackie Bye(431)	27
3	Wymondham AC	Niki Park(385), Anneke Cook(377), Tracey Renshaw(386)	36
4	Bungay Black Dog Running Club	Jo Andrews(351), Bobbie Sauerzapf(428), Christine Muttitt(444)	37
5	Norwich Road Runners	Nicky Dowson(384), Caroline Tayler(429), Wendy Smith(415)	62
6	Wymondham AC	Vicky Day(358), Cindy Burgess(437), Eva Osborne(445)	75