

# Athletics Norfolk Cross Country Championships 2020

## Under 11s

Position	Name	Club	Time	Category position	Category
1	Jude Cassius Linstead	City of Norwich AC	9.37	1	U11B
2	Eva Barton	City of Norwich AC	9.43	1	U11G
3	Finn Kaiser	City of Norwich AC	9.51	2	U11B
4	James Ashton	City of Norwich AC	9.51	3	U11B
5	Harvey Shaw	North Norfolk Harriers AC	9.54	4	U11B
6	Toby Scott	Great Yarmouth & District AC	9.56	5	U11B
7	Stanley Farr-James	Ryston Runners AC	9.56	6	U11B
8	Mia Squires	Great Yarmouth & District AC	10.00	2	U11G
9	Kieran Walpole	North Norfolk Harriers AC	10.01	7	U11B
10	Jonah Life	North Norfolk Harriers AC	10.04	8	U11B
11	Lottie Hood	City of Norwich AC	10.05	3	U11G
12	Bobby Goldsmith	City of Norwich AC	10.08	9	U11B
13	Lexie Heather	City of Norwich AC	10.09	4	U11G
14	William Last	Beccles & Bungay Harriers AC	10.14	10	U11B
15	Lola Kidman	Kings Lynn Triathlon club	10.14	5	U11G
16	Milo Debbage	North Norfolk Harriers AC	10.17	11	U11B
17	Keane Mann	Norwich Road Runners	10.19	12	U11B
18	Alfred Sparkes	Attleborough Athletics Academy	10.20	13	U11B
19	Archie Rowe	Ryston Runners AC	10.24	14	U11B
20	Ashton Strowger	City of Norwich AC	10.28	15	U11B
21	Olivia Allen	North Norfolk Harriers AC	10.29	6	U11G
22	Charlie Fowler	Thetford AC	10.31	16	U11B
23	Tom Barber	Great Yarmouth & District AC	10.31	17	U11B
24	Amber Goddard	City of Norwich AC	10.34	7	U11G
25	Rosie-Mae Jackson	Thetford AC	10.41	8	U11G
26	Faye Nottage	Great Yarmouth & District AC	10.44	9	U11G
27	Asha Kandola	City of Norwich AC	10.48	10	U11G
28	Eloise Edridge	North Norfolk Harriers AC	10.51	11	U11G
29	Jacob Booth	Ryston Runners AC	10.54	18	U11B
30	Jasmine Kiy	North Norfolk Harriers AC	10.59	12	U11G
31	Seth Allott	None	11.02	19	U11B
32	Tobias Neale	North Norfolk Harriers AC	11.02	20	U11B
33	Harry Doran	Great Yarmouth & District AC	11.10	21	U11B
34	Isla Johnson	City of Norwich AC	11.18	13	U11G
35	Alice Smith	Norwich Road Runners	11.21	14	U11G
36	Agatha Thorby	none	11.27	15	U11G
37	Emily Lowther	Bungay Black Dog Running Club	11.28	16	U11G
38	Abigail Bransgrove	Ryston Runners AC	11.31	17	U11G
39	Evie Clayton	Ryston Runners AC	11.32	18	U11G

## Athletics Norfolk Cross Country Championships 2020

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Category position</b>	<b>Category</b>
40	Chloe Pratt	Ryston Runners AC	11.38	19	U11G
41	Lily Goddard	City of Norwich AC	11.39	20	U11G
42	Alex Collings	Thetford AC	11.41	22	U11B
43	Lola Liddiment	Great Yarmouth & District AC	11.43	21	U11G
44	Zoe Clues	Tri-Anglia Triathlon Club	12.07	22	U11G
45	Lydia Kelly	City of Norwich AC	12.15	23	U11G
46	Oscar Smith	Norwich Road Runners	12.22	23	U11B
47	Rosie Head	City of Norwich AC	12.31	24	U11G
48	Isla Pearson	Dereham Runners AC	16.45	25	U11G

## Athletics Norfolk Cross Country Championships 2020

### Under 13s

Position	Name	Club	Time	Category position	Category
1	Joe Machin	City of Norwich AC	11.21	1	U13B
2	Zachary Dunne	City of Norwich AC	11.24	2	U13B
3	Jake Dorbin	Thetford AC	11.55	3	U13B
4	Samuel Yellop	City of Norwich AC	12.12	4	U13B
5	Daniel Clouston	Thetford AC	12.23	5	U13B
6	Zak Barber	Great Yarmouth & District AC	12.25	6	U13B
7	Connie Easter	City of Norwich AC	12.28	1	U13G
8	Allyna Mukuya	Great Yarmouth & District AC	12.49	2	U13G
9	Billy Eccles	Bure Valley Harriers	12.53	7	U13B
10	Dylan White	City of Norwich AC	12.56	8	U13B
11	Henry Ashton	City of Norwich AC	13.02	9	U13B
12	Millie Adams	City of Norwich AC	13.04	3	U13G
13	Henry Mcneil	None	13.06	10	U13B
14	Max Parsley	North Norfolk Harriers AC	13.13	11	U13B
15	William Wassmer	Great Yarmouth & District AC	13.17	12	U13B
16	Billie-Jordan Butler	Thetford AC	13.18	4	U13G
17	Archie Heather	City of Norwich AC	13.20	13	U13B
18	Archie Middleton	Great Yarmouth & District AC	13.22	14	U13B
19	Matthew Benson	North Norfolk Harriers AC	13.22	15	U13B
20	Ruben Xuereb	City of Norwich AC	13.23	16	U13B
21	Edith Avowlanu	City of Norwich AC	13.31	5	U13G
22	Evie Hood	City of Norwich AC	13.33	6	U13G
23	Reuben Houghton	City of Norwich AC	13.41	17	U13B
24	Dominic Clues	Tri-Anglia Triathlon Club	13.43	18	U13B
25	Isabelle Last	Beccles & Bungay Harriers AC	13.45	7	U13G
26	Rosie Dickety	North Norfolk Harriers AC	13.48	8	U13G
27	Libby Ong	City of Norwich AC	13.52	9	U13G
28	Ackara Black	Ryston Runners AC	13.59	19	U13B
29	Georgia Shirley	City of Norwich AC	14.03	10	U13G
30	Alfie Findlay	Thetford AC	14.06	20	U13B
31	Esme Jonas	North Norfolk Harriers AC	14.08	11	U13G
32	Bronwen Nelson	City of Norwich AC	14.10	12	U13G
33	Nathan Yeaman	Renegade Runners	14.20	21	U13B
34	Bethany Wilson	Thetford AC	14.21	13	U13G
35	Thomas Smith	North Norfolk Harriers AC	14.46	22	U13B
36	Darcey Bradford	Fakenham Academy Norfolk	14.50	14	U13G
37	Jacob Campbell	Thetford AC	15.02	23	U13B
38	Stevie Ashby	North Norfolk Harriers AC	15.05	15	U13G
39	Cody Pearman	Renegade Runners	15.08	24	U13B

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<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Category position</b>	<b>Category</b>
40	Lily Musgrave	North Norfolk Harriers AC	15.13	16	U13G
41	Maxwell Barton	City of Norwich AC	15.16	25	U13B
42	Alicia Mae Howard	Thetford AC	15.53	17	U13G
43	Sophie Allen	North Norfolk Harriers AC	15.59	18	U13G
44	Ella Goldring	Ryston Runners AC	16.00	19	U13G
45	Ava Mears	North Norfolk Harriers AC	16.02	20	U13G
46	Oakley Took	Ryston Runners AC	16.05	26	U13B
47	Emily Roberts	Great Yarmouth & District AC	16.24	21	U13G
48	Edward Turner	Norwich Road Runners	16.28	27	U13B
49	Oscar Harris	Harling AC	16.31	28	U13B
50	Oliver Pearson	Dereham Runners AC	16.36	29	U13B
51	Tallulah Houghton	City of Norwich AC	16.41	22	U13G
52	Belle Watkins	Norwich Road Runners	16.43	23	U13G
53	Esmie Kidman	Kings Lynn Triathlon Club	16.57	24	U13G
54	Ben Goldspink	Norwich Road Runners	17.21	30	U13B
55	Charlie Tunmore	West Norfolk AC	17.22	31	U13B

## Athletics Norfolk Cross Country Championships 2020

### Under 15s

Position	Name	Club	Time	Category position	Category
1	Henry Jonas	North Norfolk Harriers AC	13.22	1	U15B
2	Jeya Kandola	City of Norwich AC	13.35	2	U15B
3	Innes O'Malley	North Norfolk Harriers AC	13.41	3	U15B
4	Aaron Roberts	Great Yarmouth & District AC	13.52	4	U15B
5	Brad Keay	North Norfolk Harriers AC	13.57	5	U15B
6	Tim Bongaerts	City of Norwich AC	14.01	6	U15B
7	Toby Nelson	City of Norwich AC	14.04	7	U15B
8	Tom Cugnoni	City of Norwich AC	14.14	8	U15B
9	Hattie Reynolds	North Norfolk Harriers AC	14.32	1	U15G
10	Oliver Carpenter	North Norfolk Harriers AC	14.59	9	U15B
11	Matthew Bye	North Norfolk Harriers AC	15.07	10	U15B
12	Peter Lowther	Bungay Black Dog Running Club	15.17	11	U15B
13	Madelene Bacon	City of Norwich AC	15.19	2	U15G
14	Tia-Lilly Crane	City of Norwich AC	15.25	3	U15G
15	James Goldspink	Norwich Road Runners	15.30	12	U15B
16	Harry Smith	Bungay Black Dog	15.50	13	U15B
17	Memphis Symonds	City of Norwich AC	15.56	4	U15G
18	Jack Abram	City of Norwich AC	16.03	14	U15B
19	Tess Andrews	Bungay Black Dog RC	16.09	5	U15G
20	Alice Daniels	City of Norwich AC	16.16	6	U15G
21	Raymond Turner	Norwich Road Runners	16.21	15	U15B
22	Martha Shawyer	North Norfolk Harriers AC	16.23	7	U15G
23	Martha Manning	City of Norwich AC	16.26	8	U15G
24	James Foot	No club - independent	16.29	16	U15B
25	Eleanor Phillips	City of Norwich AC	16.30	9	U15G
26	Esme Abbott	City of Norwich AC	16.31	10	U15G
27	Louis Preston	Dereham Runners AC	16.40	17	U15B
28	Madison Kelly	City of Norwich AC	16.46	11	U15G
29	Thomas Whiting	City of Norwich AC	16.47	18	U15B
30	Archie Manton	Norwich Road Runners	17.12	19	U15B
31	Ewan Peck	Thetford AC	17.22	20	U15B
32	Evie Goldring	Ryston Runners AC	17.44	12	U15G
33	Hannah Colby	City of Norwich AC	17.45	13	U15G
34	Sophie Mckee	North Norfolk Harriers AC	17.49	14	U15G
35	Holly Lawrence	West Norfolk AC	17.57	15	U15G
36	Jacob Last	Dereham Runners AC	18.13	21	U15B
37	Isabella Williams	City of Norwich AC	18.34	16	U15G
38	Natalia Jaworska	Thetford AC	18.46	17	U15G
39	Eleanor Chapman	Norwich Road Runners	18.56	18	U15G

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<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Category position</b>	<b>Category</b>
40	Charlie Fenn	Harling AC	19.35	22	U15B
41	Olivia Sargeant Sargeant	City of Norwich AC	19.55	19	U15G
42	Rose Jones	North Norfolk Harriers AC	25.45	20	U15G
43	Harriet Smith	Norwich Road Runners	27.16	21	U15G

## Athletics Norfolk Cross Country Championships 2020

### Under 17s & U20W

Position	Name	Club	Time	Category position	Category
1	Danny Adams	City of Norwich AC	21.25	1	U17B
2	James Price	City of Norwich AC	21.34	2	U17B
3	James Atkin	City of Norwich AC	21.35	3	U17B
4	Zak Houghton	City of Norwich AC	22.00	4	U17B
5	Callum Stedman	North Norfolk Harriers AC	22.17	5	U17B
6	Aidan Banfield	Wymondham AC	22.42	6	U17B
7	Billy Life	North Norfolk Harriers AC	22.47	7	U17B
8	Daniel Harrison	Great Yarmouth & District AC	22.51	8	U17B
9	Reuben Andrews	Bungay Black Dog RC	23.35	9	U17B
10	Joshua Keeble	North Norfolk Harriers AC	23.43	10	U17B
11	Ryan Lingwood	Dereham Runners AC	23.49	11	U17B
12	Bailey Took	Ryston Runners AC	24.05	12	U17B
13	Kate Willis	City of Norwich AC	24.08	1	U17G
14	Femke Rosbergen	City of Norwich AC	24.14	2	U17G
15	Samuel Cooper	North Norfolk Harriers AC	24.28	13	U17B
16	William Bartram	Norwich Road Runners	24.30	14	U17B
17	Rudy Haywood	North Norfolk Harriers AC	24.40	15	U17B
18	Grace Jermy	City of Norwich AC	24.44	3	U17G
19	Ella Sharrock	City of Norwich AC	25.38	1	U20W
20	Sophie Peach	City of Norwich AC	25.57	2	U20W
21	Megan Gadsby	City of Norwich AC	26.02	4	U17G
22	Owen Burge	Ryston Runners AC	26.05	16	U17B
23	Grace Buchanan	North Norfolk Harriers AC	26.19	5	U17G
24	Rosie Booth	Ryston Runners AC	27.44	6	U17G
25	Arabella Gingell	West Norfolk AC	27.55	7	U17G
26	Jasmin Honour	Team Dunerunner	28.53	3	U20W
27	Tiegan Moore	Ryston Runners AC	30.52	8	U17G

### Under 20M

Position	Name	Club	Time	Category position	Category
1	Callum Bowen-Jones	Dereham Runners AC	25.40	1	U20M
2	Tyler Bilyard	Great Yarmouth & District AC	26.00	2	U20M
3	William Mahoney	City of Norwich AC	26.36	3	U20M
4	Edward Whiting	City of Norwich AC	28.00	4	U20M
5	Jacob Ocal	City of Norwich AC	28.07	5	U20M
6	Harry Allcock	Bungay Black Dog RC	28.38	6	U20M
7	Kieron Mcfarlane	City of Norwich AC	29.15	7	U20M
8	Cameron Raven	Runners-next-the-sea	35.21	8	U20M
9	Theodore Maun	none	36.20	9	U20M

## Athletics Norfolk Cross Country Championships 2020

### Seniors and Masters

Position	Name	Club	Time	Category position	Category
1	Michael Eccles	Bure Valley Harriers	33.01	1	SM
2	Ben Spratling	City of Norwich AC	33.52	2	SM
3	Gary Crush	City of Norwich AC	33.56	1	M40-44
4	Scott Walford	Bure Valley Harriers	34.03	1	M45-49
5	James Senior	City of Norwich AC	34.29	3	SM
6	Neil Adams	North Norfolk Beach Runners	34.59	2	M40-44
7	James Johnson	Norwich Road Runners	35.17	3	M40-44
8	Callum Stanforth	Ryston Runners AC	35.23	4	SM
9	Sam Todd	City of Norwich AC	35.29	5	SM
10	Dominic Blake	Reepham Runners	35.44	4	M40-44
11	Kirk Bagge	City of Norwich AC	36.01	6	SM
12	Rob Simmonds	Ryston Runners AC	36.23	7	SM
13	Iona Lake	City of Norwich AC	36.36	1	SW
14	Ben Keeley	Ryston Runners AC	36.38	8	SM
15	Trevor Gannon	Norwich Road Runners	36.46	5	M40-44
16	Jan Kaiser	City of Norwich AC	36.51	2	M45-49
17	Jonathan Stockwell	City of Norwich AC	36.53	9	SM
18	Jeremy Rogers	Norfolk Gazelles RC	37.30	3	M45-49
19	Nicholas Bensley	Ryston Runners AC	37.40	1	M50-54
20	John Moore	Norfolk Gazelles RC	37.42	1	M55-59
21	Tony Witmond	North Norfolk Beach Runners	37.44	2	M50-54
22	Richard Jones	City of Norwich AC	37.47	10	SM
23	Jack Noble	Bure Valley Harriers	37.49	11	SM
24	Jo Andrews	Bungay Black Dog RC	37.49	1	F45-49
25	Simon English	Norwich Road Runners	37.50	4	M45-49
26	Kevin Vaughan	Thetford AC	37.57	2	M55-59
27	Shaun Mann	City of Norwich AC	38.01	5	M45-49
28	Darren Neale	North Norfolk Beach Runners	38.02	6	M40-44
29	Luke Pavey	None	38.05	12	SM
30	Glen Richardson	City of Norwich AC	38.07	7	M40-44
31	Marc Coles	Norwich Road Runners	38.08	8	M40-44
32	Colleen Nicole Mukuya	Great Yarmouth & District AC	38.09	2	SW
33	Matt Howard	Norwich Road Runners	38.33	13	SM
34	Chris Mickleburgh	Bure Valley Harriers	38.38	14	SM
35	Chris Merrylees	North Norfolk Beach Runners	38.39	9	M40-44
36	Chris Harrison	Norwich Road Runners	38.44	15	SM
37	David Houghton	Wymondham AC	38.57	6	M45-49
38	Martin Horlock	Norwich Road Runners	39.02	7	M45-49
39	Simon Wright	Norwich Road Runners	39.08	10	M40-44



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Position	Name	Club	Time	Category position	Category
40	Mabel Beckett	City of Norwich AC	39.10	3	SW
41	Amy Beck	Norwich Road Runners	39.12	1	W35-39
42	Juliette Watkinson	Wymondham AC	39.13	2	W35-39
43	Matthew Stone	Bure Valley Harriers	39.35	8	M45-49
44	Mark Garrett	Norwich Road Runners	39.47	3	M55-59
45	Nigel Arnold	Bure Valley Harriers	39.54	1	M60-64
46	Autumn Hales	Bure Valley Harriers	39.58	4	SW
47	Benjamin Collison	West Norfolk AC	40.02	16	SM
48	Daniel Guppy	Ryston Runners AC	40.18	17	SM
49	Phil Whiting	Norfolk Gazelles RC	40.23	9	M45-49
50	Mark Clues	Tri-Anglia Triathlon Club	40.24	3	M50-54
51	Darren Honour	Team Dunerunner	40.27	4	M50-54
52	Kevin Burgess	Tri-Anglia Triathlon Club	40.31	10	M45-49
53	John Fagan	North Norfolk Beach Runners	40.32	11	M45-49
54	Kevin Frazer	Wymondham AC	40.37	4	M55-59
55	Charlotte Neale	North Norfolk Beach Runners	40.46	5	SW
56	Paul Ward	Bure Valley Harriers	40.56	12	M45-49
57	Oliver Dack	Norwich Road Runners	41.05	18	SM
58	Mark Saunders	Tri-Anglia Triathlon Club	41.13	13	M45-49
59	Chris Bullock	Norwich Road Runners	41.20	14	M45-49
60	Bernard Mukuya	Great Yarmouth & District AC	41.22	11	M40-44
61	Matt Jenkins	Norwich Road Runners	41.27	19	SM
62	Daryl London	North Norfolk Beach Runners	41.33	20	SM
63	Alexandra Smith	Wymondham AC	41.43	1	W40-44
64	Stephen Rolfe	Norfolk Gazelles RC	41.46	2	M60-64
65	Mark Duffield	Team Dunerunner	41.53	15	M45-49
66	Gav Dent	North Norfolk Beach Runners	42.00	12	M40-44
67	Anthony Cude	Runners-next-the-sea	42.07	13	M40-44
68	Richard White	Wymondham AC	42.07	5	M55-59
69	Will Layton	Tri-Anglia Triathlon Club	42.09	21	SM
70	Chaz Sizeland	Lonely Goat RC	42.10	22	SM
71	Arron Coe	Bure Valley Harriers	42.21	23	SM
72	Dean Howard	North Norfolk Beach Runners	42.29	16	M45-49
73	Malcolm Tuff	Ryston Runners AC	42.37	6	M55-59
74	Jessica Behan	Norwich Road Runners	42.41	6	SW
75	Luke Guy	Bure Valley Harriers	42.43	24	SM
76	Steven Guy	City of Norwich AC	42.46	17	M45-49
77	Gary Grand	Norwich Road Runners	42.46	7	M55-59
78	Katherine Trehane	Norfolk Gazelles RC	42.48	3	W35-39
79	Jonathan Cordle	Norwich Road Runners	42.50	8	M55-59

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Position	Name	Club	Time	Category position	Category
80	Nick Gurney	Norwich Road Runners	42.56	25	SM
81	Mark Solway	City of Norwich AC	43.07	5	M50-54
82	Adam Pimble	Dunerunner	43.13	26	SM
83	Shaun Braybrook	Wymondham AC	43.20	27	SM
84	Matthew Crane	Bure Valley Harriers	43.26	14	M40-44
85	Tony Savage	Ryston Runners AC	43.45	9	M55-59
86	Derek Bye	Norfolk Gazelles RC	43.45	3	M60-64
87	Michael Sadler	North Norfolk Beach Runners	43.48	10	M55-59
88	Karl Wright	Thetford AC	43.51	28	SM
89	Ross Ashton	City of Norwich AC	43.53	15	M40-44
90	Lynn Emmett	Beccles & Bungay Harriers AC	43.56	1	F50-54
91	Louise White	Thetford AC	44.00	2	W40-44
92	Nicky Roger	Ryston Runners AC	44.01	2	F45-49
93	Chris Chorley	Bungay Black Dog Running Club	44.02	11	M55-59
94	Rod Bye	Coltishall Jaguars	44.14	12	M55-59
95	Jamie Bransgrove	Ryston Runners AC	44.17	16	M40-44
96	Frank Gribben	Bure Valley Harriers	44.18	1	M65-69
97	Thomas Lincoln-Kemp	Coltishall Jaguars	44.27	6	M50-54
98	Gary Malliband	Thetford AC	44.30	18	M45-49
99	Ashley Yellop	Norwich Road Runners	44.41	19	M45-49
100	Rebecca Thorby	City of Norwich AC	44.47	3	W40-44
101	Sabina Spence	Bure Valley Harriers	44.56	3	F45-49
102	Michael Armes	Norwich Road Runners	45.01	7	M50-54
103	Jason Black	Norfolk Gazelles RC	45.06	20	M45-49
104	Helen Terry	Norfolk Gazelles RC	45.07	4	W40-44
105	Shane Hunt	Runners-next-the-sea	45.14	17	M40-44
106	Mark Tufts	Wymondham AC	45.20	8	M50-54
107	Stephen Dye	DefraAC	45.27	21	M45-49
108	Lee Tunmore	West Norfolk AC	45.30	22	M45-49
109	Stephen Dady	Wymondham AC	45.38	2	M65-69
110	Elizabeth Goodliffe	North Norfolk Beach Runners	45.45	5	W40-44
111	Richard Crewe	Thetford AC	45.48	23	M45-49
112	Caroline Houghton	Wymondham AC	45.52	4	F45-49
113	Glyn Manton	Norwich Road Runners	46.03	9	M50-54
114	Andrew Lane	Wymondham AC	46.06	4	M60-64
115	Deborah English	Norwich Road Runners	46.13	6	W40-44
116	David Thomas	Norwich Road Runners	46.24	29	SM
117	Kevin Short	Runners-next-the-sea	46.54	13	M55-59
118	Owen Jary	Ryston Runners AC	46.59	24	M45-49
119	Mark Philo	Tri-Anglia Triathlon Club	47.08	10	M50-54

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Position	Name	Club	Time	Category position	Category
120	Kevin Took	Ryston Runners AC	47.10	30	SM
121	Stacey Harper	Norwich Road Runners	47.14	7	W40-44
122	Rob Hall	B.B.D.R.C	47.23	14	M55-59
123	Rebecca Maun	North Norfolk Beach Runners	47.27	2	F50-54
124	Christine Ashton	City of Norwich AC	47.33	8	W40-44
125	Helen Mian	Norfolk Gazelles RC	47.43	3	F50-54
126	James Birch	Wymondham AC	47.53	11	M50-54
127	Peter Thompson	Norfolk Gazelles RC	47.55	5	M60-64
128	Dawn Robinson	Ryston Runners AC	48.12	7	SW
129	Ian Edwards	Norfolk Gazelles RC	48.13	18	M40-44
130	Jason Hawes	Ryston Runners AC	48.14	25	M45-49
131	Jodie Causer	Norwich Road Runners	48.16	4	W35-39
132	Penny Seeger	Ryston Runners AC	48.18	8	SW
133	Andrew Hammond	Norfolk Gazelles RC	48.19	6	M60-64
134	Kevin Howlett	Ryston Runners AC	48.21	7	M60-64
135	Amanda Marshall	Runners-next-the-sea	48.23	5	F45-49
136	Gerry Watson	Wymondham AC	48.26	8	M60-64
137	Robert Jackman	Runners-next-the-sea	48.28	19	M40-44
138	Lisa Greengrass	Wymondham AC	48.30	9	W40-44
139	Tessa Killingbeck	U/A	48.31	5	W35-39
140	Paul Woodhouse	Runners-next-the-sea	48.32	15	M55-59
141	Lorraine Hunt	Runners-next-the-sea	49.05	10	W40-44
142	Janice Coglein-Hibbert	Tri-Anglia Triathlon Club	49.08	6	F45-49
143	Jo Phillips	None	49.17	11	W40-44
144	Nick Poole	Wymondham AC	49.19	9	M60-64
145	Garry Whiting	Wymondham AC	49.20	12	M50-54
146	Keith Brighty	Coltishall Jaguars	49.21	16	M55-59
147	Linda Marshall	Ryston Runners AC	49.23	4	F50-54
148	Anne Ellen	Norfolk Gazelles RC	49.28	1	F60-64
149	Cassie Barker	Wymondham AC	49.31	12	W40-44
150	Mark Tayler	Norwich Road Runners	49.46	3	M65-69
151	Amelia Whiting	Norfolk Gazelles RC	49.57	13	W40-44
152	Richard Beastall	Tri-Anglia Triathlon Club	50.08	31	SM
153	Anna Seaman	Ryston Runners AC	50.30	14	W40-44
154	Paula Smith	Runners-next-the-sea	50.41	7	F45-49
155	Neil Anderton	Dereham Runners AC	50.51	1	M70+
156	Anneke Cook	Wymondham AC	51.23	5	F50-54
157	Nigel Bradley	Wymondham AC	51.45	17	M55-59
158	Ruth Gainsford	Coltishall Jaguars	52.17	1	F55-59
159	Jim Hayes	North Norfolk Beach Runners	52.37	2	M70+

## Athletics Norfolk Cross Country Championships 2020

Position	Name	Club	Time	Category position	Category
160	Theresa Colby	Norwich Road Runners	52.38	8	F45-49
161	Sarah Cole	Wymondham AC	52.51	6	W35-39
162	Jackie Bye	Coltishall Jaguars	53.00	2	F60-64
163	Christina Lakey	Wymondham AC	53.02	15	W40-44
164	Rob Winner	Wymondham AC	53.50	26	M45-49
165	Tracey Renshaw	Wymondham AC	53.50	6	F50-54
166	Wendy Smith	Norwich Road Runners	53.59	2	F55-59
167	Rachel Chester	Wymondham AC	54.11	7	F50-54
168	Tim Woods	Norfolk Gazelles RC	54.41	18	M55-59
169	Daniel Porter	Bure Valley Harriers	55.37	32	SM
170	Peter Sharpe	Wymondham AC	55.48	20	M40-44
171	Maureen Hamis	Norwich Road Runners	55.51	16	W40-44
172	Liz Clues	Tri-Anglia Triathlon Club	55.58	9	F45-49
173	Susannah Towing	Runners-next-the-sea	56.04	3	F55-59
174	Emily Linnell	Norwich Road Runners	56.40	9	SW
175	Bobbie Sauerzapf	Bungay Black Dog Running Club	56.49	3	F60-64
176	Sue Stirling	Wymondham AC	57.14	8	F50-54
177	Julie Winner	Wymondham AC	57.28	10	F45-49
178	Anna Wright	Norwich Road Runners	57.41	10	SW
179	Richard Morris	Wymondham AC	57.43	33	SM
180	Hannah Purvis	Wymondham AC	57.44	7	W35-39
181	Wendy Burgess	Wymondham AC	59.31	17	W40-44
182	Samantha Wall	Norwich Road Runners	59.50	9	F50-54
183	Eva Osborne	Wymondham AC	59.59	1	F70+
184	James Hornigold	Ryston Runners AC	61.05	13	M50-54
185	Lesley Winston	North Norfolk Beach Runners	61.16	4	F55-59
186	Joe Woodley	Norwich Road Runners	61.48	21	M40-44
187	Nita Jackman	Runners-next-the-sea	62.30	11	F45-49
188	Kirsty Lack	Runners-next-the-sea	62.34	18	W40-44
189	Christine Frazer	Wymondham AC	62.54	10	F50-54
190	Niki Kaiser	U/A	62.56	12	F45-49
191	Serena Hill	TriAnglia	63.13	11	F50-54
192	Paula Newman	Coltishall Jaguars	63.25	12	F50-54
193	Nigel Bullen	Norfolk Gazelles RC	63.36	4	M65-69
194	Sally Porter	Bure Valley Harriers	64.17	5	F55-59
195	Jacquie Wood	Dereham Runners AC	64.59	1	F65-69
196	Cindy Burgess	Wymondham AC	65.52	2	F70+
197	Keith Beswick	Runners-next-the-sea	66.10	5	M65-69
198	Pat Brightman	Great Yarmouth & District AC	76.54	2	F65-69

## Athletics Norfolk Cross Country Championships 2020

### Team results

#### Under 11 boys

Position	Club	Runners	
1	City of Norwich AC	Jude Cassius Linstead, Finn Kaiser, James Ashton	6
2	North Norfolk Harriers	Harvey Shaw, Kieran Walpole, Jonah Life	19
3	GYDAC	Toby Scott, Tom Barber, Harry Doran	43

#### Under 11 girls

Position	Club	Runners	
1	City of Norwich AC	Eva Barton, Lottie Hood, Lexie Heather	8
2	North Norfolk Harriers	Eloise Edridge, Jasmine Kiy, Olivia Allen	29
3	City of Norwich AC	Amber Goddard, Asha Kandola, Isla Johnson	30

#### Under 13 boys

Position	Club	Runners	
1	City of Norwich AC	Joe Machin, Zachary Dunne, Samuel Yellop	7
2	Thetford AC	Jake Dorbin, Daniel Clouston, Alfie Findlay	28
3	City of Norwich AC	Dylan White, Henry Ashton, Archie Heather	30

#### Under 13 girls

Position	Club	Runners	
1	City of Norwich AC	Connie Easter, Millie Adams, Edith Avowlanu	9
2	City of Norwich AC	Evie Hood, Libby Ong, Georgia Shirley	25
=3	Thetford AC	Billie-Jordan Butler, Bethany Wilson, Alicia Mae Howard	34
=3	North Norfolk Harriers	Rosie Dickety, Esme Jonas, Stevie Ashby	34

#### Under 15 boys

Position	Club	Runners	
1	North Norfolk Harriers	Henry Jonas, Innes O'Malley, Brad Keay	9
2	City of Norwich AC	Jeya Kandola, Tim Bongaerts, Toby Nelson	15
3	City of Norwich AC	Tom Cugnoni, Jack Abram, Thomas Whiting	40

#### Under 15 girls

Position	Club	Runners	
1	City of Norwich AC	Madelene Bacon, Tia-Lily Crane, Memphis Symonds	9
2	North Norfolk Harriers	Hattie Reynolds, Martha Shawyer, Sophie Mckee	22
3	City of Norwich AC	Alice Daniels, Martha Manning, Eleanor Phillips	23

#### Under 17 boys

Position	Club	Runners	
1	City of Norwich AC	Danny Adams, James Price, James Atkin	6
2	North Norfolk Harriers	Callum Stedman, Billy Life, Joshua Keeble	22

#### Under 17 girls

Position	Club	Runners	
1	City of Norwich AC	Kate Willis, Femke Rosbergen, Grace Jermy	6

#### Under 20 men

Position	Club	Runners	
1	City of Norwich AC	William Mahoney, Edward Whiting, Jacob Ocal	21

## Athletics Norfolk Cross Country Championships 2020

### Senior men

Position	Club	Runners	
1	City of Norwich AC	Ben Spratling, James Senior, Sam Todd	10
2	Ryston Runners AC	Callum Stanforth, Rob Simmonds, Ben Keeley	19
3	City of Norwich AC	Kirk Bagge, Jonathan Stock, Richard Jones	25

### Senior women

Position	Club	Runners	
1	Norwich Road Runners	Jessica Behan, Emily Linnell, Anna Wright	25

### Master men 40-49

Position	Club	Runners	
1	City of Norwich AC	Gary Crush, Jan Kaiser, Shaun Mann	18
2	Norwich Road Runners	James Johnson, Trevor Gannon, Simon English	19
3	North Norfolk Beach Runners	Neil Adams, Darren Neale, Chris Merrylees	28

### Master women 35-44

Position	Club	Runners	
1	Wymondham AC	Juliette Watkinson, Alexandra Smith, Lisa Greengrass	19
2	Norwich Road Runners	Amy Beck, Deborah English, Stacey Harper	22
3	Norfolk Gazelles	Katherine Trehane, Helen Terry, Amelia Whiting	30

### Master men 50+

Position	Club	Runners	
=1	Norfolk Gazelles	John Moore, Stephen Rolfe, Derek Bye	29
=1	Ryston Runners AC	Nic Bensley, Malcolm Tuff, Tony Savage	29
2	Norwich Road Runners	Mark Garrett, Gary Grand, Jonathan Cordle	32
3	Wymondham AC	Kevin Frazer, Richard White, Mark Tufts	44

### Master women 45+

Position	Club	Runners	
1	Wymondham AC	Caroline Houghton, Anneke Cook, Tracey Renshaw	35
2	Runners next-the-sea	Amanda Marshall, Paula Smith, Susannah Towing	41
3	Norwich Road Runners	Theresa Colby, Wendy Smith, Samantha Wall	58