

Norfolk Cross Country Championships

Saturday 6 December 2014 - Colney Lane, Norwich

Under 11 girls

1	223	06:30.00	Grace	Jermy	City of Norwich Athletic Club
2	236	06:59.00	Tia	Crane	Dereham Runners AC
3	216	07:04.00	Eden	Harrison	City of Norwich Athletic Club
4	237	07:11.00	Abbi	Mccallum	North Norfolk Harriers AC
5	227	07:18.00	Memphis	Symonds	Dereham Runners AC
6	222	07:25.00	Meg	Willis	Ryston Runners AC
7	221	07:27.00	Kate	Calver	City of Norwich Athletic Club
8	220	07:28.00	Emily	Haslam	Buxton Primary School
9	363	07:31.00	Mia	Moore	Ryston Runners AC
10	231	07:32.00	May	Maclennan	North Norfolk Harriers AC
11	212	07:33.00	Leilani	King	City of Norwich Athletic Club
12	219	07:35.00	Jessica	Munford	City of Norwich Athletic Club
13	217	07:36.00	Abbi	Price	North Norfolk Harriers AC
14	249	07:37.13	Georgia	Pegg	North Norfolk Harriers AC
15	239	07:37.55	Olivia	Draper	City of Norwich Athletic Club
16	232	07:37.79	Abigail	Clouston	Thetford Athletic Club
17	353	07:38.00	Olivia	Sergeant	City of Norwich Athletic Club
18	253	07:41.00	Rosie	Langley	City of Norwich Athletic Club
19	252	07:49.00	Isabella	Taylor	City of Norwich Athletic Club
20	396	07:58.00	Lucy	Phelps	North Norfolk Harriers AC
21	215	08:00.00	Kaia	Peiris	City of Norwich Athletic Club
22	352	08:04.00	Niamh	Hermon	City of Norwich Athletic Club
23	226	08:06.00	Rianna	Platten	City of Norwich Athletic Club
24	234	08:09.00	Leah	Wightman	West Norfolk Athletics Club
25	362	08:12.00	Beth	Barrett	Dereham Runners AC
26	233	08:19.00	Martha	Shawyer	North Norfolk Harriers AC
27	224	08:22.00	Chantelle	Russell	City of Norwich Athletic Club
28	228	08:24.00	Fiona May	Swanson	North Norfolk Harriers AC
29	230	08:25.00	Charlotte	Marcuzzo	North Norfolk Harriers AC
30	241	08:28.00	Felicity	Jubb	North Norfolk Harriers AC
31	246	08:29.00	Rose	Ling	City of Norwich Athletic Club
32	395	08:31.00	Moira	Doleman	City of Norwich Athletic Club
33	247	08:38.00	Hetty	Life	Coltishall Primary School
34	248	08:49.00	Rosie	Smith	City of Norwich Athletic Club
35	250	08:54.00	Emma	Brooks	North Norfolk Harriers AC
36	244	08:57.00	Tessa	Farmer	Hingham Hares
37	245	09:39.00	Mitzie	Lewis	City of Norwich Athletic Club
38	251	10:04.00	Millie	Askins	Hingham Primary School

Teams
 City of Norwich AC (1, 3, 7) 11
 North Norfolk Harriers AC (4, 10, 13) 27
 Derham Runners AC (2, 5, 25) 32

Under 13 girls

1	266	09:31.00	Femke	Rosbergen	City of Norwich Athletic Club
2	261	09:35.00	Katie	Goldsmith	City of Norwich Athletic Club
3	255	09:39.00	Nelly	Porter	City of Norwich Athletic Club

4	361	09:47.00	Ellie	Taylor	City of Norwich Athletic Club
5	256	09:55.95	Thea	Howlett	Ryston Runners AC
6	257	10:12.26	Meredith	Winship	City of Norwich Athletic Club
7	260	10:29.00	Sophie	Peach	City of Norwich Athletic Club
8	280	10:42.00	Jessica	Norkett	Thetford Athletic Club
9	270	10:46.00	Erin	McNulty	Dereham Runners AC
10	263	10:48.00	Ellie	Foster	Dereham Runners AC
11	354	10:58.00	Maddie	Rolfe	Thetford Athletic Club
12	262	11:00.00	Naryce	Anderson	Thorpe St Andrew School and Sixth Form
13	265	11:05.00	Charlotte	Bull	City of Norwich Athletic Club
14	276	11:09.00	Rosie	Booth	West Norfolk Athletics Club
15	278	11:15.00	Emma	Ledward	City of Norwich Athletic Club
16	360	11:40.00	Maggie	Gentry	North Norfolk Harriers AC
17	273	11:42.00	Emily	Coles	North Norfolk Harriers AC
18	271	11:51.00	Clare	Coppin	Thetford Athletic Club
19	268	12:07.00	Abigail	Durand	Aylsham High School
20	269	12:30.00	Imogen	Eisenmann	City of Norwich Athletic Club
21	277	12:37.00	Macy	Guyton	City of Norwich Athletic Club
22	275	13:06.00	Emma	Statham	City of Norwich Athletic Club
23	259	13:26.00	Jessica	Annison	Harling AC
24	279	13:46.00	Ellen	Jack	City of Norwich Athletic Club
25	274	13:48.00	Harriet	Coles	North Norfolk Harriers AC

Teams
City of Norwich AC (1, 2, 3) 6
City of Norwich AC (4, 6, 7) 17
Thetford AC (8, 11, 18) 37

Under 15 girls

1	291	11:07.00	Rachel	Bruce	City of Norwich Athletic Club
2	281	11:17.00	Imogen	Crossland	City of Norwich Athletic Club
3	286	11:19.00	Daisy	Spurway	Great Yarmouth Athletics Club
4	285	11:44.00	Millie	Solway	City of Norwich Athletic Club
5	282	11:45.00	Flora	Dell	Great Yarmouth Athletics Club
6	289	11:53.00	Emily	Collins	West Norfolk Athletics Club
7	284	11:58.00	Iona	Brett	City of Norwich Athletic Club
8	288	12:10.30	Abigail	Foster	Dereham Runners AC
9	283	12:10.54	Katie	King	City of Norwich Athletic Club
10	292	12:14.00	Lucy	Emmett	City of Norwich Athletic Club
11	290	12:16.00	Tallulah Fifi	Lebon	City of Norwich Athletic Club

Teams
City of Norwich AC (1, 2, 4) 7
City of Norwich AC (7, 9, 10) 26

Under 17 women

1	295	21:23.00	Sophie	Alden	City of Norwich Athletic Club
2	300	23:01.00	Amy	Clarke	City of Norwich Athletic Club
3	298	23:09.00	Anna	Bakewell	City of Norwich Athletic Club
4	296	24:44.00	Alice	Rees	City of Norwich Athletic Club
5	297	25:05.00	Emma	Jones	Dereham Runners AC
6	299	26:12.00	Catherine	Longe	City of Norwich Athletic Club

Team
City of Norwich AC (1, 2, 3) 6

Under 20 women

1	305	22:30.00	Jihanna	Bonilla Allard	City of Norwich Athletic Club
2	302	24:10.00	Catherine	Lee	Great Yarmouth Athletics Club
3	304	24:41.00	Roseannagh	Wright	Norfolk Schools AA

Teams No complete teams

Senior women

1	312	20:20.00	Kelly	Grant	City of Norwich Athletic Club
2	310	20:52.00	Emma	Patel	North Norfolk Beach Runners
3	311	20:59.00	Charlotte	Rose	City of Norwich Athletic Club
4	309	21:25.00	Nicky	Alford	City of Norwich Athletic Club
5	314	22:54.00	Heather	Beattie	Ryston Runners AC
6	315	23:27.00	Rowena	Leary	Norfolk Gazelles
7	308	27:04.00	Kareana	Symonds	Dereham Runners AC

Team City of Norwich AC (1, 3, 4) 8

Veteran women 35-39

1	320	22:02.00	Cat	Ricketts	Wymondham AC
2	322	24:35.00	Carly	Jermy	Norwich Road Runners
3	318	24:52.00	Louise	White	Thetford Athletic Club
5	319	27:18.00	Amelia	Whiting	Norfolk Gazelles
4	317	31:40.00	Katie	Wilson	Ryston Runners AC

Veteran women 40-44

1	330	26:08.00	Rachel	Williamson	Longdale Striders
2	328	26:14.00	Vicky	Tovell	Coltishall Jaguars
3	323	26:33.00	Michelle	Bull	City of Norwich Athletic Club
4	331	26:35.00	Emma	Muffett	North Norfolk Beach Runners
5	324	28:33.00	Hildi	Mitchell	Brighton Phoenix
6	329	29:33.00	Janice	Coglin Hibbert	Tri-Anglia Triathlon Club

Teams 35-44 No complete teams

Veteran women 45-49

1	337	21:53.00	Lynn	Emmett	Beccles and Bungay Harriers AC
2	334	23:31.00	Helen	Mian	Norfolk Gazelles
3	332	25:37.00	Niki	Park	Norwich Road Runners
4	336	27:23.00	Tracy	Stevenson	Norfolk Gazelles
5	333	28:11.00	Ardyn	Ross	
6	338	28:15.00	Jude	Durrant	Longdale Striders
7	340	29:26.00	Sam	Barwick	Norfolk Gazelles
8	335	29:50.00	Michelle	Waters	Norfolk Gazelles

Veteran women 50-54

1	342	21:44.00	Jane	Clarke	City of Norwich Athletic Club
2	343	22:37.00	Tracey	Curl	City of Norwich Athletic Club
3	341	28:24.00	Patsy	Bradley	Wymondham AC
4	344	31:00.00	Carol	Cooper	Norfolk Gazelles

Veteran women 55-59

1	346	27:55.00	Bobbie	Sauerzapf	Bungay Black Dog Running Club
2	345	28:41.00	Jackie	Bye	Coltishall Jaguars

Veteran women 60+

1	351	30:43.00	Audrey	Batchelor	Norfolk Gazelles
2	349	30:46.00	Cindy	Burgess	Wymondham AC
3	350	30:57.00	Rebecca	Durant	Coltishall Jaguars

Teams 45+ Norfolk Gazelles (4, 6, 9) 19
 Norfolk Gazelles (10, 11, 14) 35

Under 11 boys

1	26	06:03.00	Henry	Jonas	North Norfolk Harriers AC
2	1	06:05.00	Cameron	Green	City of Norwich Athletic Club
3 =	22	06:25.00	Kit	Howlett	Ryston Runners AC
3 =	19	06:25.00	Innes	O'Malley	North Norfolk Harriers AC
5	10	06:25.84	Jake	Hart	City of Norwich Athletic Club
6	27	06:27.00	Harry	Wakefield	Ryston Runners AC
7	6	06:36.00	Michael	Langley	City of Norwich Athletic Club
8	31	06:36.00	Brad	Keay	North Norfolk Harriers AC
9	14	06:40.00	Joshua	Knights	Taverham Junior School
10	4	06:43.00	Archie	Mattocks	North Norfolk Harriers AC
11	11	06:46.00	Isaac	Bower	City of Norwich Athletic Club
12	21	06:48.00	Conrad	Winter	City of Norwich Athletic Club
13	12	06:49.00	Nicholas	Saunders	Beccles and Bungay Harriers AC
14	398	06:50.00	Billy	Life	
15	25	06:55.00	Nathan	Hutchings	North Norfolk Harriers AC
16	15	06:56.00	Jenson	Devlin	Dereham Runners AC
17	8	07:03.00	Charlie	Phillips	Ashill VCP School
18	5	07:05.00	James	Love	North Norfolk Harriers AC
19	23	07:07.00	Josh	Ingham	City of Norwich Athletic Club
20	24	07:17.00	Alfie	Mattocks	North Norfolk Harriers AC
21	28	07:23.00	Angus	White	North Norfolk Harriers AC
22	7	07:30.00	Cameron	Try	Thetford Athletic Club
23	29	07:34.00	Oliver	Yellop	Hethersett Junior School
24	30	07:34.85	Jacob	Want	City of Norwich Athletic Club
25	9	07:47.00	George	Phillips	Ashill VCP School
26	32	07:48.00	Tom	Love	Reepham Runners
27	365	07:57.00	Ewan	Brett	City of Norwich Athletic Club

Teams North Norfolk Harriers AC (1, 3, 8) 12
 City of Norwich AC (2, 5, 7) 14
 City of Norwich AC (11, 12, 19) 42

Under 13 boys

1	38	09:11.00	William	Mahoney	City of Norwich Athletic Club
2	51	09:13.00	Will	Simm	Beccles and Bungay Harriers AC
3	37	09:19.00	Joe	Smythe	Thetford Athletic Club
4	39	09:22.00	Jonathan	Chaney Baxter	City of Norwich Athletic Club
5	35	09:29.00	Cameron	Barnes	Great Yarmouth Athletics Club
6	56	09:33.00	Charlie	Wakefield	Ryston Runners AC

7	48	09:34.00	Jake	Armstrong	North Norfolk Harriers AC
8	41	09:38.00	Thomas	Mussen	Thorpe St Andrew School and Sixth Form
9	62	09:42.00	Finlay	Spear	City of Norwich Athletic Club
10	36	09:43.00	Tyler	Bilyard	Great Yarmouth Athletics Club
11	46	09:51.00	Rhys	Foyster	City of Norwich Athletic Club
12	52	09:53.00	Billy	Heseltine	Great Yarmouth Athletics Club
13	57	09:55.00	Oliver	O'Malley	North Norfolk Harriers AC
14	54	09:55.58	Zachary	Taylor	City of Norwich Athletic Club
15	47	10:02.00	Angus	Clark	Harling AC
16	44	10:08.00	William	Houghton	Thorpe St Andrew School and Sixth Form
17	60	10:12.05	Sam	Swales	Dereham Runners AC
18	43	10:28.00	Ewan	Short	City of Norwich Athletic Club
19	45	10:41.00	Aidan	Dures	City of Norwich Athletic Club
20	53	10:56.00	Mark	Fitzgerald	Thorpe St Andrew School and Sixth Form
21	394	10:58.00	William	Bussey	
22	49	10:59.00	Oliver	Wortley	Thorpe St Andrew School and Sixth Form
23	61	11:02.00	Toby	Robinson	City of Norwich Athletic Club
24	400	12:08.00	Tyler	Howard	Thetford Athletic Club
25	59	12:13.00	Cade	Emerson	City of Norwich Athletic Club
26	399	12:47.00	Oliver	Smith	City of Norwich Athletic Club
27	40	12:59.00	Lucas	Twaites	Thorpe St Andrew School and Sixth Form

Teams
City of Norwich AC (1, 4, 9) 14
Great Yarmouth AC (5, 10, 12) 27
City of Norwich AC (11, 14, 18) 43

Under 15 boys

1	73	13:49.00	Jack	White	City of Norwich Athletic Club
2	63	14:19.00	Jake	Stearman	Dereham Runners AC
3	75	14:31.00	Harley	Swan	Thetford Athletic Club
4	66	14:43.00	Cy	Wiseman	City of Norwich Athletic Club
5	74	14:46.00	Jamie	Stares	North Norfolk Harriers AC
6	72	14:52.00	Tom	Greenacre	City of Norwich Athletic Club
7	80	14:57.00	Aiden	Try	Thetford Athletic Club
8	364	15:09.00	Tom	Mead	Thetford Athletic Club
9	76	15:36.00	Noah	Downes	North Norfolk Harriers AC
10	71	15:37.00	Kieran	Moody	Thetford Athletic Club
11	64	15:54.00	James	Statham	City of Norwich Athletic Club
12	83	15:55.00	Edward	Whiting	City of Norwich Athletic Club
13	70	16:11.00	Kian	Statham	Thetford Athletic Club
14	77	16:12.00	George	Cardwell	City of Norwich Athletic Club
15	65	16:56.00	Thomas	Pegg	Wymondham College

Teams
City of Norwich AC (1, 4, 6) 11
Thetford AC (3, 7, 8) 18
City of Norwich AC (11, 12,14) 37

Under 17 men

1	93	18:17.00	Luke	Spear	City of Norwich Athletic Club
2	84	18:18.00	Ashley	Waterson	City of Norwich Athletic Club
3	86	18:26.00	Ben	Spratling	City of Norwich Athletic Club
4	90	18:27.00	George	Bowen	City of Norwich Athletic Club

5	92	19:28.00	Stanley	Collins	Great Yarmouth Athletics Club
6	88	19:51.00	Joshua	Shorrocks	City of Norwich Athletic Club
7	87	20:07.00	Mark	Chaney Baxter	City of Norwich Athletic Club
8	91	20:17.00	Daniel	Crowe	City of Norwich Athletic Club
9	85	20:31.00	Logan	Smith	Dereham Runners AC
10	94	20:43.00	Jacob	Cotton	City of Norwich Athletic Club
11	96	21:02.00	Tate	Devlin	Dereham Runners AC

Teams
City of Norwich AC (1, 2, 3) 6
City of Norwich AC (4, 6, 7) 17

Under 20 men

1	101	24:48.00	Kyle	Ella	Great Yarmouth Athletics Club
2	103	25:09.00	Bruce	Beckett	City of Norwich Athletic Club
3	104	25:35.00	Edward	Foster	City of Norwich Athletic Club
4	106	25:47.00	William	Cork	City of Norwich Athletic Club
5	102	26:24.00	Matt	Wileman	Tri-Anglia Triathlon Club
6	97	26:49.00	Adam	Matthews	Ryston Runners AC
7	100	27:20.00	George	Gay	North Norfolk Beach Runners
8	95	27:33.00	Alex	Bartlett	Diss and District Athletics Club
9	105	35:23.00	Ashley	Dennett	City of Norwich Athletic Club

Team
City of Norwich AC (2, 3, 4) 9

Senior men

1	131	29:28.00	Joe	Skipper	City of Norwich Athletic Club
2	110	30:34.00	Iain	Robertson	Tri-Anglia Triathlon Club
3	121	30:34.00	Richard	Bateson	Coltishall Jaguars
4	119	30:36.00	Michael	Eccles	Norfolk Gazelles
5	137	30:38.00	James	O'Neill	Ryston Runners AC
6	113	30:49.00	Chris	Merrylees	North Norfolk Beach Runners
7	117	30:53.00	Stephen	Gibbs	Norwich Road Runners
8	118	31:23.00	James	Senior	City of Norwich Athletic Club
9	133	31:29.00	Samuel	Allin	City of Norwich Athletic Club
10	128	31:42.00	Mark	Grubb	Norfolk Gazelles
11	138	31:45.00	Jack	Keywood	UEA Athletics Club
12	114	32:24.00	Matt	Ellis	Tri-Anglia Triathlon Club
13	125	32:46.00	Nathan	Risbey	North Norfolk Beach Runners
14	132	32:59.00	Stephen	Walwyn	City of Norwich Athletic Club
15	390	33:04.00	Jack	Gillick	Wymondham AC
16	108	33:14.00	Kristin	Barnard	Wymondham AC
17	116	33:15.65	Che	Plant	Ryston Runners AC
18	122	33:50.00	Joseph	Hawes	Norfolk Gazelles
19	129	33:55.00	Alistair	Robinson	Norfolk Gazelles
20	136	34:08.00	Charlie	Parr	City of Norwich Athletic Club
21	111	34:13.00	Paul	Martin	Norwich Road Runners
22	120	34:21.00	John	Dungar	City of Norwich Athletic Club
23	112	34:27.00	Mark	Collinson	Trail Running Association
24	139	34:42.00	Alfie	Bentley	UEA Athletics Club
25	393	35:22.00	Jason	Mountain	Wymondham AC
26	109	39:05.00	Andy	Wicklen	Ryston Runners AC
27	124	40:07.00	Dudley	Garner	Norfolk Gazelles

28	107	42:50.00	Ian	Edwards	Norfolk Gazelles
29	134	43:08.00	Josh	Mann	

Teams

City of Norwich AC (1, 7, 8) 16
 Norfolk Gazelles (3, 9, 17) 29
 Ryston Runners AC (4, 16, 23) 43

Veteran men 40-44

1	152	31:50.00	Jeremy	Rogers	Abbey Runners
2	147	31:55.00	Tim	Topper	Norwich Road Runners
3	157	32:25.00	Colin	Stark	North Norfolk Beach Runners
4	150	34:38.00	Martin	Stringfellow	Wymondham AC
5	143	35:39.00	Carmine	De Grandis	North Norfolk Beach Runners
6	149	36:19.00	Shaun	Mann	Ryston Runners AC
7	154	36:41.00	Mark	Harmer	Bure Valley Harriers
8	145	37:27.00	Alan	Bushell	Coltishall Jaguars
9	155	37:38.00	Phil	Whiting	Norfolk Gazelles
10	141	37:49.00	Jonathan	Cousins	North Norfolk Beach Runners
11	151	37:56.00	Ray	Kirby	Tri-Anglia Triathlon Club
12	142	42:00.00	Paul	Jarvey	Bure Valley Harriers
13	144	43:18.00	Miles	Thomas	Kings Lynn Triathlon Club

Veteran men 45-49

1	169	31:09.00	Spencer	Goodall	City of Norwich Athletic Club
2	177	33:19.00	Nicholas	Bensley	Ryston Runners AC
3	168	34:11.00	Tony	Witmond	North Norfolk Beach Runners
4	159	34:25.00	Andrew	Preston	Wymondham AC
5	166	35:18.00	Dave	Ledward	Tri-Anglia Triathlon Club
6	175	35:20.00	Karl	Chapman	Wymondham AC
7	167	35:23.00	Mark	Clues	Tri-Anglia Triathlon Club
8	160	35:38.00	Andrew	Manning	Great Yarmouth Road Runners
9	171	36:52.00	Mark	Solway	City of Norwich Athletic Club
10	165	37:09.00	Melvyn	Porter	Coltishall Jaguars
11	174	37:59.00	Paul	O'Malley	North Norfolk Beach Runners
12	164	38:46.00	Adrian	Waters	Norfolk Gazelles
13	158	38:57.00	Mark	Storey	City of Norwich Athletic Club
14	172	39:14.00	Jonathan	Baxter	Tri-Anglia Triathlon Club
15	176	39:45.00	Adrian	Jay	Bure Valley Harriers
16	392	41:01.00	Matthew	Frary	
17	162	42:14.00	Bernard	Brett	
18	163	47:15.00	Paul	Gerber	Coltishall Jaguars

Team 40-49

North Norfolk Beach Runners (3, 5, 12) 20
 Wymondham AC (6, 7, 9) 22
 Tri-Anglia Triathlon Club (8, 10, 17) 35

Veteran men 50-54

1	189	34:19.00	Karl	Sherry	Norwich Road Runners
2	187	34:31.00	Goy	Roper	City of Norwich Athletic Club
3	191	35:35.00	Mark	Garrett	Norwich Road Runners
4	183	37:41.00	Clive	Steward	Bishops Stortford Running Club
5	180	38:01.00	John	Gay	North Norfolk Beach Runners

6	190	39:33.00	Chris	Chorley	Bungay Black Dog Running Club
7	188	40:18.00	Stewart	Marden	Coltishall Jaguars
8	185	40:56.00	Paul	Woodyatt	City of Norwich Athletic Club
9	182	41:36.00	Rod	Bye	Coltishall Jaguars
10	184	43:07.00	Ivan	Colman	Wymondham AC
11	186	43:28.00	Tim	Woods	Norfolk Gazelles
12	179	45:28.00	Graham	Hardingham	Norfolk Gazelles

Veteran men 55-59

1	198	32:24.00	Paul	Muffett	North Norfolk Beach Runners
2	196	33:31.00	Nigel	Arnold	Norfolk Gazelles
3	194	33:47.00	Steve	Rolfe	Norfolk Gazelles
4	201	34:16.00	Kevin	Lemmon	Norfolk Gazelles
5	203	38:14.00	Stephen	Sadd	Norfolk Gazelles
6	391	39:02.00	Pete	Thompson	Norfolk Gazelles
7	200	41:39.00	Keith	Hood	Wymondham AC
8	199	42:02.00	Jonathan	Foot	Coltishall Jaguars

Veteran men 60-64

1	207	35:43.00	Pete	Johnson	Norfolk Gazelles
2	205	37:01.00	Colin	Robilliard	Bure Valley Harriers
3	204	38:42.00	Philip	Bamford	City of Norwich Athletic Club
4	206	48:46.00	Steve	Bradley	Wymondham AC

Veteran men 65+

1	211	37:08.00	Kevin	Youngs	Norfolk Gazelles
2	210	38:42.00	Ken	Bowman	Coltishall Jaguars
3	208	46:30.00	David	Gilbert	Tri-Anglia Triathlon Club

Teams 50+
 Norfolk Gazelles (2, 3, 4) 9
 Norfolk Gazelles (8, 9, 11) 28
 City of Norwich AC (6, 12, 14) 32

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