



GRAND PRIX RESULTS TO RACE 2

			FREETHORPE TEN		VALENTINES 10k	TOTAL 2 RACES
JUNIOR LADIES						
Eleanor	Chapman	Norwich Road Runners			50:17 100	100
Amberly	Wright	Runners-Next-the-Sea			54:15 99	99
SENIOR WOMEN						
Amy	Beck	Norwich Road Runners	1:03:29	98	38:11 100	198
Autumn	Hales	Bure Valley Harriers	1:03:48	96	38:40 98	194
Juliette	Watkinson	Wymondham AC	1:03:36	97	39:42 96	193
Jessica	Behan	Norwich Road Runners	1:06:13	94	40:58 95	189
Amy	Balaam	Bure Valley Harriers	1:12:22	92	42:25 94	186
Jasmin	Honour		1:10:41	93	43:06 91	184
Harriet	Carr	City Of Norwich AC	1:13:09	91	43:04 92	183
Alicia	Lacey	Norwich Road Runners	1:04:19	95	45:06 86	181
Natasha	Davis	Lonely Goat RC	1:13:32	90	44:33 89	179
Alison	Armstrong	Wymondham AC	1:16:07	87	44:38 88	175
Leanne	Botwright	Bure Valley Harriers	1:26:53	67	50:44 72	139
Anna	Wright	Norwich Road Runners	1:25:37	73	51:24 66	139
Amy	Prescott	Norwich Road Runners	1:26:41	68	50:57 70	138
Louise	Rowe	Dereham Runners & AC	1:26:38	69	51:08 69	138
Isabel	Shaw	Norwich Road Runners	1:30:06	60	50:24 75	135
Suzanne	Hurn	Norwich Road Runners	1:31:48	55	55:51 47	102
Danielle	Nimmock	City Of Norwich AC	58:57	100		100
Holly	Bodmer	Norwich Road Runners	1:35:42	46	54:41 53	99
Caroline	Fletcher	Dereham Runners & AC	1:36:08	43	53:50 56	99
Charlotte	Neale	North Norfolk Beach Runners			38:32 99	99
WOMEN 40-44						
Anne	Flanagan	Norwich Road Runners	1:13:45	97	45:53 98	195
Stacey	Harper	Norwich Road Runners	1:11:13	99	46:51 95	194
Sarah	Norman	Waveney Valley AC	1:17:00	94	45:42 99	193
Emma	Blake	North Norfolk Beach Runners	1:16:37	95	46:03 97	192
Marianne	Armstrong	Norwich Road Runners	1:17:43	93	46:46 96	189
Christine	Ashton	City Of Norwich AC	1:18:29	90	47:20 94	184
Helen	Terry	Norfolk Gazelles AC	1:12:08	98	1:00:36 69	167
Hazel	Thorn	Lonely Goat RC	1:26:02	78	51:43 86	164
Jasmine	Carr-Daynes	Norwich Road Runners	1:29:29	74	55:48 82	156
Liz	Browne	Norwich Road Runners	1:30:13	73	57:50 78	151
Ann	Cottingham		1:38:48	55	55:34 83	138
Nicola	Grimes	Lonely Goat RC	1:37:02	58	57:07 80	138
Hannah	Purvis	Wymondham AC	1:36:25	61	58:15 77	138
Beverley	Read		1:38:34	56	59:44 73	129
Sacha	Jenkinson	Norwich Road Runners	1:40:29	51	59:15 75	126
Kate	Moore	Norwich Road Runners	1:43:12	43	57:04 81	124
Terri	Read	Dereham Runners & AC	1:41:46	48	1:03:01 66	114
Tamara	Jordan	Stowmarket Striders RC	1:04:42	100		100
Annie	Schwick				43:49 100	100
Jane	Hannah	Tri-Anglia Triathlon Club	1:14:48	96		96
WOMEN 45-49						
Sharon	Hurren	Wymondham AC	1:10:46	99	43:19 100	199
Maria	Lewis		1:11:46	98	43:23 99	197
Nicola	Hill	Norwich Road Runners	1:13:38	97	43:27 98	195
Chantelle	Holmes	Norwich Road Runners	1:24:20	91	49:47 96	187
Clare	Symms		1:28:46	87	49:45 97	184
Sarah	Nelis	Wymondham AC	1:28:49	86	51:17 92	178
Wendy	Burgess	Wymondham AC	1:35:17	76	55:26 90	166
Alison	Hood	Coltishall Jaguars RC	1:37:48	70	57:32 86	156
Marion	Bensley	Coltishall Jaguars RC	1:42:06	62	56:36 88	150
Katie	Whitmore	Wymondham AC	1:40:44	63	58:16 82	145
Susan	Bond		1:39:11	65	59:56 76	141
Kerry	Smith	North Norfolk Beach Runners	1:42:36	60	59:33 77	137
Lynn	Tate		1:45:31	53	59:31 78	131
Sue	Emmett	Coltishall Jaguars RC	1:55:05	50	1:07:48 59	109
Laura	Waters	Lonely Goat RC	2:00:28	47	1:07:04 62	109
Alexandra	Smith	Wymondham AC	1:07:57	100		100
Penny	Studley	Great Yarmouth Road Runners	1:16:29	96		96
Cassie	Barker	Wymondham AC	1:18:57	95		95
Sonja	White	Coltishall Jaguars RC			50:01 95	95
Emily	Jordan	Norwich Road Runners			50:05 94	94

WOMEN 50-54

Sabina	Spence	Bure Valley Harriers	1:11:29	100	43:25	99	199
Rebecca	Maun	North Norfolk Beach Runners	1:14:10	99	58:17	90	189
Louise	Hurr	Norfolk Gazelles AC	1:16:27	95	1:05:07	81	176
Caroline	Peek	Lowestoft Road Runners	1:34:26	77	54:39	94	171
Hayley	Gerrard	Lonely Goat RC	1:37:14	74	53:28	96	170
Mary	Cordeaux	City Of Norwich AC	1:41:45	64	57:48	91	155
Tracey	Reynolds	Lonely Goat RC	1:44:02	60	1:02:26	85	145
Alison	Read	Coltishall Jaguars RC	1:43:46	61	1:02:54	83	144
Jo	Anverali	Great Yarmouth Road Runners			42:29	100	100
Theresa	Dooley	Norfolk Gazelles AC	1:14:45	98			98
Emma	Potter-Campbell	Dereham Runners & AC			48:49	98	98
Vanessa	Duffy	Dereham Runners & AC			51:41	97	97
Helen	Mian	Norfolk Gazelles AC	1:15:14	97			97
Justine	Fawcett	Bungay Black Dog RC	1:16:11	96			96
Tracey	Renshaw				54:13	95	95
Melanie	Widdows	Lonely Goat RC	1:21:56	94			94
Ruth	Gaunt	Norwich Road Runners	1:22:00	93			93
Nicola	Weldon	Wymondham AC			54:40	93	93
Sandra	Hepburn	Norwich Road Runners			57:43	92	92
Emma	Meiring	Bungay Black Dog RC	1:24:27	92			92

WOMEN 55-59

Nicky	Dowson	Norwich Road Runners	1:29:20	96	52:09	97	193
Wendy	Smith	Norwich Road Runners	1:28:15	97	53:25	96	193
Susan	Stirling	Wymondham AC	1:33:33	90	56:20	93	183
Marina	Murdoch	Wymondham AC	1:56:36	76	1:06:44	86	162
Jenny	Sheahan	Eastern Masters AC	1:22:33	100			100
Joanne	Walmsley	Wymondham AC			46:27	100	100
Anneke	Cook	Wymondham AC	1:23:01	99			99
Niki	Park	Wymondham AC			49:18	99	99
Anna	Coulborn	Great Yarmouth Road Runners			50:58	98	98
Ruth	Gainsford	Coltishall Jaguars RC	1:26:51	98			98
Dianne	Bird	Aylsham runners	1:30:57	95			95
Karen	Davies				53:52	95	95
Sarah	Bradley	Norwich Road Runners			55:20	94	94
Debbie	Lovegrove	Lowestoft Road Runners	1:31:11	94			94
Philippa	Rudd	Norwich Road Runners	1:31:57	93			93
Carolyn	Gosling	Waveney Valley AC	1:32:35	92			92
Susan	Ilsley	North Norfolk Beach Runners			56:47	92	92
Trudi	Bradford	Norwich Road Runners			57:05	91	91
Julie	Hughes	Sherfield Park Runners	1:33:04	91			91
Valerie	Gidney	City Of Norwich AC			59:22	90	90

WOMEN 60-64

Jane	Clarke	City Of Norwich AC			48:30	100	100
Doreen	Neal	Coltishall Jaguars RC	1:29:26	100			100
Jackie	Bye	Coltishall Jaguars RC			50:46	99	99
Bobbie	Sauerzapf	Bungay Black Dog RC	1:29:38	99			99
Gail	Hardingham	Bure Valley Harriers			51:40	98	98
Pauline	Leeves	Great Yarmouth Road Runners	1:29:45	98			98
Jenny	Mayne	City Of Norwich AC			55:24	97	97
Elaine	Savvas	Lonely Goat RC	1:33:10	97			97
Julie	Dilrew		1:35:23	96			96
Teresa	Solomon	Lonely goat rc			1:06:22	96	96
Amanda	Gray	Wymondham AC			1:08:43	95	95
Caroline	Taylor	Norwich Road Runners	1:40:54	95			95
Jayne	Capps-Jenner	Bungay Black Dog RC	1:44:32	94			94
Hazel	Cason	Dereham Runners & AC			1:11:34	94	94
Sheila	Nicholls				1:14:30	93	93
Penelope	Pullinger	Bungay Black Dog RC	1:52:07	93			93
susan	fletcher	Waveney Valley AC	1:55:28	92			92
Nicky	Hornsey	Lonely Goat RC	2:01:52	91			91

WOMEN 65-69

Rosemary	Jackson	Coltishall Jaguars RC	1:29:58	99	51:18	99	198
Sheila	Smith		1:45:17	96	1:00:31	98	194
Linda	Cusack	Thetford AC	1:21:14	100			100
Linda	Cusack	Thetford AC			48:17	100	100
Susan	Moore	Norfolk Gazelles AC	1:39:19	98			98
Francesca	Crawford		1:41:20	97			97
Jacqueline	Wood	Dereham Runners & AC			1:02:14	97	97
Elaine	Haggarty	Great Yarmouth & District AC	1:55:05	95			95
Angela	Mower	Waveney Valley AC	2:02:42	94			94

WOMEN 70+

Jane	Ashby	Ryston Runners	1:30:09	100	53:30	100	200
Gill	Woodhouse	Dereham Runners & AC	1:41:56	99	58:34	99	198
Cindy	Burgess	Wymondham AC	1:43:17	98	1:00:54	98	196
Carole	Spong	Great Yarmouth Road Runners	1:45:08	97			97

JUNIOR MEN

Aidan	Banfield	Wymondham AC		35:59	100	100
Billy	Life	North Norfolk Harriers Athletics Club		37:04	99	99
William	Bartram	Norwich Road Runners		40:56	98	98
Matthew	Snell			42:56	97	97
Liam	Davenport			45:12	96	96
Thomas	Carey			47:17	95	95
SENIOR MEN						
Kirk	Bagge	City Of Norwich AC	56:27	98	34:55	98
John	Hudson	Norwich Road Runners	57:23	97	34:45	99
Charles	Bowen	City Of Norwich AC	1:01:20	92	37:32	93
Chris	Harrison	Norwich Road Runners	1:01:25	91	37:16	94
Michael	Savvas	Norwich Road Runners	1:02:27	87	37:13	95
Ian	Bray	Norwich Road Runners	1:02:19	88	38:20	88
Chris	Parker	North Norfolk Beach Runners	1:06:59	80	37:45	92
Steve	Walker	Dereham Runners & AC	1:05:01	82	39:12	85
Tyrone	Young	Team Dunerunner	1:08:26	77	39:54	82
Kierstan	Foreman	Norwich Road Runners	1:08:48	76	41:12	79
Michal	Grucelski		1:09:23	71	42:32	75
Adam	Bezance		1:12:26	60	42:53	74
Franklyn	Plume	Coltishall Jaguars RC	1:14:33	55	42:14	77
Oliver	Dack		1:16:19	53	43:35	70
Lewis	Grimes	Norwich Road Runners	1:18:06	46	45:54	65
Daniel	Paris	Lowestoft Road Runners	1:19:27	40	45:41	66
Ash	Harrell	City Of Norwich AC	50:14	100		100
James	Senior	City Of Norwich AC			33:41	100
Alan	Darby	Ely Runners	53:30	99		99
Geoffrey	Green	Wymondham AC			36:18	97
MEN 40-44						
Neil	Adams	North Norfolk Beach Runners	57:25	98	34:53	99
Trevor	Gannon	Norwich Road Runners	59:11	96	35:15	98
Simon	Wright	Norwich Road Runners	59:06	97	37:02	97
Sam	Evans		1:00:22	95	37:27	95
Owen	Marsden	Tri-Anglia Triathlon Club	1:05:28	89	41:29	87
Dylan	Neeve	Waveney Valley AC	1:06:28	87	44:13	83
Andrew	Thomas	Great Yarmouth Road Runners	1:11:36	81	43:05	85
Adrian	Leddy		1:13:58	77	44:30	82
Liam	Swift		1:13:31	78	44:40	80
Mark	Fowler	Norfolk Gazelles AC	1:10:24	84	49:54	66
Mark	Sharman		1:18:52	73	46:08	76
Gareth	Davies	Great Yarmouth Road Runners	1:19:35	71	46:54	73
Matthew	Parkhouse	Norwich Road Runners	1:25:28	62	46:51	75
Iain	Mapley	Saint Edmund Pacers	1:25:58	60	48:41	68
Tomasz	Kwiatkowski		1:25:39	61	50:07	65
James	Plunkett		1:26:14	58	49:21	67
Michael	Eccles	Bure Valley Harriers	54:17	100		100
James	Johnson				34:11	100
Dominic	Blake	Reepham Runners	57:09	99		99
Joe	Woodley	Norwich Road Runners	2:34:23	44	1:08:18	53
MEN 45-49						
Shaun	Mann	City Of Norwich AC	1:00:13	99	36:35	99
Chris	Bullock	Norwich Road Runners	1:00:55	98	37:18	98
Mark	Banfield	Wymondham AC	1:01:54	97	37:42	95
Alan	Diaper	Great Yarmouth Road Runners	1:10:47	83	43:19	82
Mark	Stone	Great Yarmouth Road Runners	1:12:19	78	43:05	83
Simon	Ottaway	Tri-Anglia Triathlon Club	1:15:35	74	44:05	79
Matt	Howes	Norwich Road Runners	1:18:41	68	46:24	74
Richard	Peters	Coltishall Jaguars RC	1:20:50	63	47:01	71
Philip	Bartram		1:24:44	53	47:22	69
David	Murrell	Norfolk Gazelles AC	1:22:18	59	55:22	59
Kevin	Bray	Norwich Road Runners	1:33:30	40	55:01	60
Mitchell	Dann	City Of Norwich AC			36:19	100
Scott	Walford	Bure Valley Harriers	54:54	100		100
Chris	Haylock	Lowestoft Road Runners			37:18	97
Kristin	Barnard	Wymondham AC	1:02:24	96		96
Matthew	Stone	Bure Valley Harriers			37:19	96
John	Fagan	North Norfolk Beach Runners	1:03:19	95		95
Steve	Ely	Wymondham AC			38:18	94
Neil	Walpole	Norwich Road Runners	1:03:45	94		94
Mark	Betts	Norwich Road Runners			39:22	93
MEN 50-54						
Steven	Carruthers		1:03:26	99	37:52	100
Tony	Witmond	North Norfolk Beach Runners	1:02:09	100	38:10	99
Sean	Thompson	Wymondham AC	1:03:49	98	38:32	97
Darren	Honour	Team Dunerunner	1:05:43	96	39:38	96
Neil	Button	Coltishall Jaguars RC	1:06:48	95	41:17	93
Dios	Fernandez	Norwich Road Runners	1:15:17	87	46:27	79
Shaun	Brinded		1:19:51	79	45:50	82
Garry	Whiting	Wymondham AC	1:19:40	80	46:39	77
Julian	Smith	Coltishall Jaguars RC	1:20:07	77	48:28	73

Adrian	Hollis	Dereham Runners & AC	1:22:48	71	48:48	71	142
Stephen	Hill	Norwich Road Runners	1:24:45	69	49:13	70	139
Kevin	Clark	Bungay Black Dog RC	1:31:15	61	52:33	64	125
Alan	Anthony	Dereham Runners & AC	1:32:16	60	54:24	60	120
David	Graham	Lowestoft Road Runners	1:34:19	57	54:31	59	116
Ian	Jarvis		1:40:20	52	1:05:09	50	102
Paul	Ward	Bure Valley Harriers			38:30	98	98
Mark	Clues	Tri-Anglia Triathlon Club	1:04:22	97			97
Jon	Shorten	Norwich Road Runners			40:06	95	95
Mark	Brown		1:10:20	94			94
Andrew	Dorner	Great Yarmouth Road Runners			40:09	94	94

MEN 55-59

Mark	Garrett	Norwich Road Runners	1:05:46	100	38:53	100	200
Kevin	Frazer	Wymondham AC	1:06:12	99	40:17	99	198
Mark	Griffin	Lonely Goat RC	1:11:35	92	42:37	97	189
James	Cordeaux	City Of Norwich AC	1:12:31	90	44:29	94	184
Andy	Rowles	Dereham Runners & AC	1:16:41	85	46:05	92	177
Shaun	Conway		1:17:21	83	47:14	87	170
David	Buck	Coltishall Jaguars RC	1:18:58	78	46:36	90	168
Peter	Swales	Dereham Runners & AC	1:20:13	77	46:35	91	168
Stuart	Bizley	Dereham Runners & AC	1:28:45	69	52:37	81	150
Dougie	Barber	Coltishall Jaguars RC	1:43:49	62	57:08	74	136
Gary	Grand	Norwich Road Runners			42:12	98	98
Malcolm	Tuff	Ryston Runners	1:06:38	98			98
Mark	Storey	City Of Norwich AC	1:07:53	97			97
Rod	Bye	Coltishall Jaguars RC			43:07	96	96
Karl	Sherry	Norwich Road Runners	1:08:07	96			96
John	Christopher				44:25	95	95
Karim	Ouaddane	Waveney Valley AC	1:08:24	95			95
Steven	Elvin		1:08:57	94			94
David	Crotch	Norwich Road Runners			44:57	93	93
Graham	Moore		1:10:03	93			93

MEN 60-64

Nigel	Arnold	Bure Valley Harriers	1:05:15	99	39:30	100	199
Wayne	Freeman		1:12:14	98	44:49	97	195
Andrew	Lane	Wymondham AC	1:12:41	97	43:55	98	195
Nicholas	Eley	Coltishall Jaguars RC	1:13:21	95	43:51	99	194
Duncan	Smith	Reepham Runners	1:17:58	93	46:05	95	188
Nick	Hatton	Norwich Road Runners	1:16:55	94	47:08	93	187
Paul	Dowson	Norwich Road Runners	1:20:51	91	46:58	94	185
Steven	Tuttle	Lonely Goat RC	1:23:21	86	45:09	96	182
Neville	Knights	Dereham Runners & AC	1:26:06	82	49:09	92	174
Chris	Richardson	Norwich Road Runners	1:25:40	84	49:43	90	174
Peter	Kean-Cockburn	Coltishall Jaguars RC	1:32:36	78	52:02	87	165
Bernard	Nunn	Lonely Goat RC	1:43:29	74	55:42	84	158
Stephen	Andrews		1:54:46	71	1:05:04	81	152
John	Moore	Norfolk Gazelles AC	1:01:14	100			100
Tom	Townsend	Norfolk Gazelles AC	1:12:52	96			96
Leslie	Slater		1:20:03	92			92
Craig	Osborn				49:33	91	91
Stephen	Sadd	Norfolk Gazelles AC	1:21:27	90			90
Gary	Phillips		1:21:38	89			89
Francis	Vickers				50:56	89	89

MEN 65-69

Derek	Sadler	North Norfolk Beach Runners	1:22:07	92	49:11	98	190
Martin	Howard	Norwich Road Runners	1:24:44	88	49:21	97	185
Chris	Groves		1:34:01	84	53:56	94	178
Stephen	Dady	Wymondham AC			44:45	100	100
Stephen W	Mead	Stowmarket Striders RC	1:07:42	100			100
Glen	Nelson				45:20	99	99
Colin	Robilliard	Bure Valley Harriers	1:12:49	99			99
Neville	Clarke	Newmarket Joggers	1:15:47	98			98
Andrew	Hammond	Norfolk Gazelles AC	1:17:33	97			97
Philip	Bamford	City Of Norwich AC			51:36	96	96
Stephen	Pulfer	Bungay Black Dog RC	1:18:07	96			96
David	Mower	Waveney Valley AC	1:18:16	95			95
Denis	Tuttle				52:00	95	95
Bill	Kingaby	Waveney Valley AC	1:19:44	94			94
Eamonn	McCusker	Ryston Runners	1:20:37	93			93
Michael	Persich	Beccles & Bungay Harriers			59:09	93	93
John	Oliver				1:01:44	92	92
Robert	Fleetcroft		1:22:15	91			91
Robert	Scarfe	Wymondham AC			1:02:08	91	91
Philip	Hymers	Saint Edmund Pacers	1:23:25	90			90

MEN 70+

Ken	Bowman	Coltishall Jaguars RC	1:14:38	100	44:55	100	200
David	Aldis	City Of Norwich AC	1:22:30	98	48:58	97	195
Neil	Anderton	Dereham Runners & AC	1:26:13	97	50:04	96	193
David	Goodwin	Norfolk Gazelles AC	1:18:20	99			99

Graham	Walsh	Wymondham AC		46:12	99	99
Sam	Weller	North Norfolk Beach Runners		48:15	98	98
John	Bone	Great Yarmouth Road Runners	1:26:21	96		96
Jim	Hayes	North Norfolk Beach Runners	1:33:35	95		95
Howard	Tully				53:18	95
John	Causer	Norwich Road Runners			54:40	94
Barry	Wells	Norwich Road Runners	1:37:16	94		94
Philip	Neave	Bungay Black Dog RC			1:06:26	93
Graham	Sampson	Bungay Black Dog RC	1:54:30	93		93
Chris	Harbord	Great Yarmouth Road Runners			1:27:25	92
Phillip	Laurier	Lowestoft Road Runners	2:09:07	92		92
Bob	Arnell	Great Yarmouth Road Runners	2:21:52	91		91