



# Ringland Half Marathon

## Results

### Men

#### Overall

1. Michael Eccles 01:12:24.7 (Bure Valley Harriers)
2. Dominic Blake 01:14:42.3 (Reepham Runners)
3. James Johnson 01:17:13.1 (Norwich Road Runners. )

#### MU40

1. Cameron Panting 01:18:26.2
2. Daniel Simmons 01:18:56.1 (Tri-Anglia TC)
3. Jack Noble 01:21:03.8 (Bure Valley Harriers)

#### M40-44

1. Neil Adams 01:17:49.3 (North Norfolk Beach Runners)
2. Trevor Gannon 01:18:59.9 (Norwich Road Runners)
3. Sam Evans 01:22:01.0

## **M45-49**

1. Jeremy Rogers 01:21:12.6 (Norfolk Gazelles RC)
2. Chris Haylock 01:21:26.2 (Lowestoft Road Runners)
3. Chris Bullock 01:22:33.9 (Norwich Road Runners)

## **M50-54**

1. Steven Carruthers 01:26:14.6 (Lowestoft Road Runners)
2. Mark Clues 01:27:00.2 (Tri-Anglia TC)
3. Sean Thompson 01:27:13.6 (Wymondham AC)

## **M55-59**

1. Mark Garrett 01:27:36.3 (Norwich Road Runners)
2. Kevin Frazer 01:29:12.6 (Wymondham AC)
3. Mark Griffin 01:35:36.6 (Pilch)

## **M60-64**

1. Andrew Millis 01:30:09.9
2. Nigel Arnold 01:30:34.9 (Bure Valley Harriers)
3. Derek Bye 01:34:10.3 (Norfolk Gazelles RC)

## **M65-69**

1. Pete Johnson 01:40:21.3 (Ryston Runners AC)
2. Glen Nelson 01:41:54.8
3. Stephen Dady 01:44:16.1 (Wymondham AC)

## **M70+**

1. Graham Cox 01:57:58.8 (Bure Valley Harriers)
2. Robin Farrar 02:21:08.3 (Bungay Black Dog RC)
3. Peter Adams 02:37:41.3 (Rickinghall Runners)

# Women

## Overall

1. Marie French 01:24:14.4
2. Leanne Finch 01:24:49.9
3. Amy Beck 01:25:05.2 (Norwich Road Runners)

### FU40

1. Juliette Watkinson 01:26:21.1 (Wymondham AC)
2. Jessica Behan 01:35:19.9 (Norwich Road Runners)
3. Kate Murrell 01:35:58.2 (Tri-Anglia TC)

### F40-44

1. Helen Terry 01:36:22.9 (Norfolk Gazelles RC)
2. Nicola Hill 01:37:14.2 (Norwich Road Runners)
3. Louise Marsden 01:40:24.8 (Tri-Anglia TC)

### F45-49

1. Sharon Hurren 01:37:05.8 (Wymondham AC)
2. Maria Lewis 01:40:09.8
3. Zoe Jones 01:47:52.8 (Wymondham AC)

### F50-54

1. Jo Anverali 01:34:12.7 (Great Yarmouth Road Runners)
2. Karen Archbold 01:37:58.7 (Lowestoft Road Runners)
3. Louise Hurr 01:39:39.2 (Norfolk Gazelles RC)

### F55-59

1. Catherine Henery 01:40:39.7 (City of Norwich AC)
2. Anna Coulborn 01:51:26.6 (Great Yarmouth Road Runners)
3. Ruth Gainsford 01:55:09.4 (Coltishall Jaguars RC)

### F60-64

1. Gail Hardingham 01:56:02.9 (Bure Valley Harriers)
2. Bobbie Sauerzapf 01:59:27.6 (Bungay Black Dog RC)
3. Doreen Neal 02:05:15.0 (Coltishall Jaguars RC)

### F65-69

1. Linda Cusack 01:47:32.0 (Thetford AC)
2. Rosemary Jackson 01:54:30.5 (Coltishall Jaguars RC)
3. Shirley Ball 01:58:35.8 (Bishops Stortford RC)

## **F70+**

1. Cindy Burgess 02:19:00.4 (Wymondham AC)

# Clubs

## Male U40

### **Norwich Road Runners 1 (05:35:56.8)**

01:21:41.8 Matt Howard

01:22:57.7 Chris Harrison

01:24:03.3 Ashley Hobbs

01:27:14.2 Richard Mead

### **Bure Valley Harriers 1 (05:50:13.7)**

01:12:24.7 Michael Eccles

01:21:03.8 Jack Noble

01:28:41.3 Arron Coe

01:48:04.1 Craig Dungar

### **Tri-Anglia TC 1 (05:59:07.2)**

01:18:56.1 Daniel Simmons

01:26:07.0 Pieter MacKeith

01:29:36.0 Ken Barcham-Bool

01:44:28.3 Louis Bond

## Male O40

### **Norwich Road Runners 1 (05:31:34.8)**

01:18:59.9 Trevor Gannon

01:22:33.9 Chris Bullock

01:24:14.7 Alastair Leckie

01:25:46.4 Neil Walpole

### **Norfolk Gazelles RC 1 (05:53:10.7)**

01:21:12.6 Jeremy Rogers

01:28:33.6 Phil Whiting

01:30:08.2 James Fowler

01:33:16.3 Mark Fowler

### **Tri-Anglia TC 1 (05:57:25.3)**

01:26:50.8 Duncan Samwell

01:27:00.2 Mark Clues

01:31:00.0 Mark Saunders

01:32:34.5 Jonathan Adams

## **Female U40**

### **Norwich Road Runners 1 (06:31:05.4)**

01:25:05.2 Amy Beck  
01:35:19.9 Jessica Behan  
01:43:36.2 Jennifer Border  
01:47:04.2 Marianne Armstrong

### **Wymondham AC 1 (07:02:20.8)**

01:26:21.1 Juliette Watkinson  
01:44:02.3 Kate Gooding  
01:45:12.8 Natasha Rout  
02:06:44.8 Dani Lynch

### **Reepham Runners 1 (07:17:16.9)**

01:42:07.5 Jennifer van Ree  
01:49:33.2 Hilary Peachment  
01:50:40.8 Hattie Bowden  
01:54:55.6 Julie Gowland

## **Female O40**

### **Norfolk Gazelles RC 1 (06:38:32.7)**

01:36:22.9 Helen Terry  
01:39:39.2 Louise Hurr  
01:40:05.6 Theresa Dooley  
01:42:25.2 Helen Mian

### **Norwich Road Runners 1 (06:49:43.2)**

01:37:14.2 Nicola Hill  
01:43:02.2 Stacey Harper  
01:44:36.1 Deborah English  
01:44:50.8 Joanna Killingworth

### **Wymondham AC 1 (06:56:58.8)**

01:37:05.8 Sharon Hurren  
01:43:47.2 Cassie Barker  
01:47:52.8 Zoe Jones  
01:48:13.2 Anneke Cook

# County Men

## Champion

1. Michael Eccles 01:12:24.7 (Bure Valley Harriers)

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### M50-54

1. Mark Clues 01:27:00.2 (Tri-Anglia TC)

2. Sean Thompson 01:27:13.6 (Wymondham AC)

3. Karim Ouaddane 01:28:28.4 (Waveney Valley AC)

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3. Andrew Lane 01:37:05.9 (Wymondham AC)

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1. Pete Johnson 01:40:21.3 (Ryston Runners AC)

2. Glen Nelson 01:41:54.8

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## **M70+**

1. Graham Cox 01:57:58.8 (Bure Valley Harriers)

## **County Women Champion**

1. Marie French 01:24:14.4

## **FU40**

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2. Leanne Finch 01:24:49.9
3. Amy Beck 01:25:05.2 (Norwich Road Runners)

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## **County Clubs Male U40**

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- 01:21:41.8 Matt Howard  
01:22:57.7 Chris Harrison  
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- 01:12:24.7 Michael Eccles  
01:21:03.8 Jack Noble  
01:28:41.3 Arron Coe  
01:48:04.1 Craig Dungar

### **Coltishall Jaguars RC 1 (06:05:54.5)**

- 01:22:06.7 Daniel Smith  
01:25:07.1 Jack Stuttle  
01:34:24.1 Franklyn Plume  
01:44:16.8 Chris Johnson

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- 01:26:50.8 Duncan Samwell  
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