

RESULTS

5k

	Gender position	Name	Time	Running club
1	1 <sup>st</sup> male	Ben King	21.27	
2	2 <sup>nd</sup> male	Glen Norcliffe	26.15	Toronto Olympic Club
3	3 <sup>rd</sup> male	S Brodie	27.31	Brandon Fern Hoppers
4	1 <sup>st</sup> female	Lyn Goodwin	28.08	Brandon Fern Hoppers
5	2 <sup>nd</sup> female	Andrea Connochie	29.07	
6	3 <sup>rd</sup> female	Jenny Jones	31.04	
7	4 <sup>th</sup> female	Lisa Stone	31.43	Thetford AC
8	4 <sup>th</sup> male	Paul Meader	37.06	Brandon Fern Hoppers

10k

	Gender position	Name	Time	Running club
1	1 <sup>st</sup> male	Martin Ineson	36.36	Ely Runners
2	1 <sup>st</sup> female	Lisa Marriott	41.00	Ramsey Road Runners
3	2 <sup>nd</sup> male	Ashley Gimson	43.51	St Edmunds Pacers
4	3 <sup>rd</sup> male	Richard Jones	48.34	
5	4 <sup>th</sup> male	Charlie Barker	49.50	Ely Runners
6	5 <sup>th</sup> male	Will Phillips	49.57	Brandon Fern Hoppers
7	6 <sup>th</sup> male	Derek Jones	50.58	Brandon Fern Hoppers
8	2 <sup>nd</sup> female	Alice Rouse	51.59	
9	7 <sup>th</sup> male	Craig Rouse	51.59	
10	8 <sup>th</sup> male	David Thomas	53.40	Bungay Black Dog Running Club
11	9 <sup>th</sup> male	Ken Rooke	54.20	Brandon Fern Hoppers
12	3 <sup>rd</sup> female	Samantha Lee	57.48	Downham Dollies
13	4 <sup>th</sup> female	Nikki Waldron	57.49	
14	10 <sup>th</sup> male	Stewart Docherty	57.55	
15	5 <sup>th</sup> female	Rebecca Wing	58.05	
16	11 <sup>th</sup> male	Peter Gay	59.13	Stowmarket Striders
17	12 <sup>th</sup> male	Trevor Rolph	59.32	Brandon Fern Hoppers
18	6 <sup>th</sup> female	Helene Grandison	1.04.47	Brandon Fern Hoppers
19	7 <sup>th</sup> female	Claire Mortimer	1.06.33	Hadleigh Hares
20	8 <sup>th</sup> female	Christina Baxter	1.09.15	Hadleigh Hares
21	9 <sup>th</sup> female	Amanda Earlam	1.09.15	
22	10 <sup>th</sup> female	Sarah Green	1.11.11	
23	11 <sup>th</sup> female	Jean Reynolds	1.20.57	Brandon Fern Hoppers
24	12 <sup>th</sup> female	Lynn Gilyatt	1.21.01	Brandon Fern Hoppers
25	13 <sup>th</sup> female	Chris Gay	1.24.01	Stowmarket Striders