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**5k**

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| --- | --- | --- | --- | --- |
|  | **Gender position** | **Name** | **Time** | **Running club** |
| 1 | 1st male | Stephen Whiting | 21.00 |  |
| 2 | 2nd male | Tom Whiting  | 25.44 |  |
| 3 | 3rd male | Simon Overton | 26.17 | Thetford Parkrunners |
| 4 | 1st female | Natalie Etches | 27.51 |  |
| 5 | 2nd female | Helen Pratt | 32.22 |  |
| 6 | 3rd female | Emma Harris | 34.52 |  |
| 7 | 4th female | Rebecca Lewis | 34.52 |  |
| 8 |  | Karen Inns | 37.20 |  |
| 9 |  | Rachel Wilding | 42.37 |  |
| 10 |  | Jonathon Wilding | 42.38 | Felixstowe Road Runners |
| 11 |  | Kerry Leake | 51.56 |  |
| 12 |  | Lisa Scarrow | 57.54 | Thetford Parkrunners |
| 13 |  | Pam Rae | 58.00 | Thetford Parkrunners |
|  | **2k** |  |  |  |
| 1 | 1st  | Michel Stone | 12.20 |  |
| 2 | 2nd | Theo Sargianopaulos | 12.33 |  |
| 3 | 3rd | Charlie Hernandez | 14.04 |  |
| 4 |  | Erin Hobbs | 15.09 |  |
| 5 |  | Jonathon Hobbs | 15.09 |  |
| 6 |  | Sienne Hernandex | 15.25 |  |
| 7 |  | Tarina Hernandex | 15.25 |  |
| 8 |  | Stamati Sargianopoulos | 15.38 |  |
| 9 |  |  |  |  |
|  |  |  |  |  |

**10k**

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|  | **Gender position** | **Name** | **Time** | **Running club** |
| 1 | 1st female | Bethany Runciman | 46.05 |  |
| 2 | 1st male | Stuart Kibble | 46.06 |  |
| 3 | 2nd male | Gary White | 46.15 | Poole Runners |
| 4 | 3rd Male | Derek Jones | 48.00 |  |
| 5 | 4th Male | Alexander Taylor | 48.18 |  |
| 6 | 5th Male | Michael Price | 50.35 |  |
| 7 |  | Adam Nunn | 50.39 |  |
| 8 |  | Richard Whiting | 50.41 |  |
| 9 |  | Jamie Leake | 51.05 |  |
| 10 | 2nd female | Anita Hinton | 52.33 | Thetford Parkrunners |
| 11 |  | Adam Etches | 53.06 |  |
| 12 | 3rd female | Kate Pollard | 53.23 | Brandon Fern Hoppers |
| 13 | 4th female | Helen Wass | 56.04 | Newmarket Joggers |
| 14 |  | Matt Horsham | 56.38 |  |
| 15 |  | Carolyn Hatton | 57.48 |  |
| 16 |  | Chris Aylmer | 57.48 | Newmarket Joggers |
| 17 |  | Jeanette Hobbs | 58.57 |  |
| 18 |  | Sam Cockett | 1:00.01 | Newmarket Joggers |
| 19 |  | Emma Goldberg | 1:01.57 |  |
| 20 |  | Kerry Kleinan | 1:04.32 |  |
| 21 |  | Claire Goldstone | 1:05.21 | Thetford AC |
| 22 |  | Julie Ebbage | 1:09.31 |  |
| 23 |  | Lisa Plumb | 1:11.40 |  |
| 24 |  | Jean Reynolds | 1:13.39 | Brandon Fern Hoppers |
| 25 |  | Lisa Moss | 1:14.19 |  |
| 26 |  | Eileen Cusack | 1:14.20 |  |
| 27 |  | Christina Hyne | 1:14.36 |  |
| 28 |  | Dianne Calvert | 1:17.19 |  |
| 29 |  | Andrea Connachie | 1:22.41 | Thetford Parkrunners |
| 30 |  | Laura Lingard | 1:22.41 | Thetford Parkrunners |
| 31 |  | Lynn Gilyatt | 1:27.46 | Brandon Fern Hoppers |
| 32 |  | Shirley Standley |  | No recorded time |
| 33 |  | Hayley Adams |  | No recorded time |
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