

## Ladies 5k 12 September 2004

Position	Time	Name	Club	Category	Age	Sex
1	0:18:42	Dungar, Amy	City Of Norwich		22	F
2	0:19:28	Emmett, Lynn	City Of Norwich		36	F
3	0:19:47	Clarke, Jane	Norfolk Gazelles	V40	44	F
4	0:19:47	Parfitt, Dena	Norfolk Gazelles	V40	42	F
5	0:19:58	Alford, Nichola	City Of Norwich		23	F
6	0:21:07	Cooper, Lucy	Norfolk Gazelles		37	F
7	0:21:34	Blaxell, Alexander	City Of Norwich		28	F
8	0:21:55	Millett, Anne	Norwich Road Runners	V45	48	F
9	0:21:59	Cushing, Sally	Norwich Road Runners		39	F
10	0:22:06	Bull, Michelle	Norwich Road Runners		34	F
11	0:22:35	Bond, Loretta		V40	40	F
12	0:23:01	Ekkerd, Marli			27	F
13	0:23:05	Hampshire, Beverley			34	F
14	0:23:16	Armstrong, Donna	City Of Norwich		24	F
15	0:23:33	Woodhouse, Gill	Dereham Runners	V55	56	F
16	0:23:45	Garrett, Julie	Norwich Road Runners		36	F
17	0:24:04	Beukes, Eldre			27	F
18	0:24:13	Smith, Wendy	Norwich Road Runners	V40	42	F
19	0:24:22	Poole, Carolyn	Norfolk Gazelles	V45	48	F
20	0:24:49	Moore, Debbie	Norfolk Gazelles		39	F
21	0:25:37	Broadhurst, Bridget	Tynedale Harriers Athletic Club	V45	45	F
22	0:25:39	Bailey, Dawn			32	F
23	0:25:48	Martin, Anne	Wymondham Athletic Club	V60	68	F
24	0:25:51	Moore, Lynda	Norwich Road Runners	V50	51	F
25	0:26:01	Huggins, Jackie		V40	43	F
26	0:26:04	Burfoot, Jennifer	Norfolk Gazelles	V55	55	F
27	0:26:13	Potter-Campbell, Emma			34	F
28	0:26:18	Neave, Rachel			25	F
29	0:26:56	Smith, Sheila		V50	51	F
30	0:26:57	Neave, Marianne	Norfolk Gazelles		35	F
31	0:26:58	Farrow, Linda	Norfolk Gazelles	V55	57	F
32	0:26:59	Gannon, Debbie	Norfolk Gazelles		27	F
33	0:27:03	Sawyer, Wendy			30	F
34	0:27:04	Batram, Catherine	North Norfolk Beach Runners	V40	41	F
35	0:27:07	Wyatt, Carole		V40	43	F
36	0:27:26	Perry, Lucy	Wymondham Athletic Club		39	F
37	0:27:31	Burton, Diane	Wymondham Athletic Club		38	F
38	0:27:41	Theobald, Corrina			33	F
39	0:27:46	Frary, Bernice			35	F
40	0:28:19	Wilson, Philly	Wreake Runners	V60	63	F
41	0:28:32	Harvey, Laura			20	F
42	0:28:32	Harvey, Jane		V45	45	F
43	0:28:50	Brogan, Patricia		V50	51	F
44	0:28:52	Warford, Kirsty			24	F

45	0:28:57	Weavers, Samantha	Norwich Road Runners		35	F
46	0:29:26	Dady, Sylvia			24	F
47	0:29:39	Overy, Melanie		V40	42	F
48	0:29:48	Gibb, Phillipa			20	F
49	0:30:34	Gibb, Sandra			24	F
50	0:30:55	Heard, Andrea		V45	45	F
51	0:30:55	Gough, Linda		V40	42	F
52	0:31:47	Van Tonder, Esmarie			27	F
53	0:31:55	Bates, Cath			37	F
54	0:32:22	Price, Naomi		V40	43	F
55	0:32:29	Stone, Victoria			30	F
56	0:34:35	Malone, Maxine			37	F
57	0:34:35	Cooper, Sandra	Brandon Fern Hoppers		39	F
58	0:34:36	Whyand, Julie			33	F
59	0:34:53	Simmonds, Alma	Norwich Road Runners	V60	63	F
60	0:34:53	Claxton, Mhairi	Norwich Road Runners		32	F
61	0:35:13	Potter, Tina	Norfolk Gazelles	V45	47	F
62	0:36:00	Venter, Elmarie	Tortoise & Hare		31	F
63	0:36:00	Kruger, Marina			29	F
64	0:37:54	Julnes, Tessa	Wayland Runners	V60	61	F
65	0:42:56	Brightman, Pat	Great Yarmouth & Distric Athletics Club	V50	52	F